



rachel's

ORGANIC ECO LOVE FOOD



Puerta Romana

BEACH RESORT & SPA

*Thanks to
acknowledge the time
we take to prepare
our meals*

*They re made in the
moment with fresh
products and love*



Our history... Do what you love.

The legend states that one who acts towards securing other's well-being has already secured its own.

Maybe that's why for my father just the gesture of giving me a rose once a week made him happy...

To him I owe my enthusiasm, the man that sat one day in front of me and said: "Raquel, anything you do, do it with love".

And then came Rachel's, our cult of beauty, care, love and effort. A place where time stops and gives us a truce to look after ourselves, love us, pamper us and get away from the everyday noise.

Every dish, every juice, each coffee is elaborated with exclusive products to ensure the well-being of our customers and of all these people who come to our restaurant each day and who we love to make them feel special. At Rachel's we value the personal treatment, that is what really matters. We focus on small details because they're the ones to make us discover that there is magic in all things.

Healthy and ecologic food, natural juices, picnics on the beach, delicious cakes and products to take care of ourselves every day.

The legend states that one who acts towards securing other's well-being, has already secured it own. Everyone has an hero, someone who exercises the role of guardian angel with infinite strength! Mine gave me a rose once a week... and now this place is full of them that make me remember those wise words: Do what you love!

TRADITIONAL BAKING

♥ **BANANA BREAD** | 6,90€

♥ **LEMON AND CHIA SEEDS CAKE** | 6,90€

♥ **CARROT CAKE** | 6,90€

♥ **CHOCOLATE CAKE** | 6,90€

♥ **BROWNIE** | 6,90€

♥ **LEMON, CHEESE AND GINGER CAKE** | 6,90€

*Don't forget to ask about our daily special

SWEET/SALTY

♥ **THANKSGIVING SWEET** | 14,95€

Pancakes with caramelized banana, maple syrup and coconut cream

♥ **SWEET CREPES** | 8€

Choose your filling: maple syrup, agave, chocolate, strawberries, peach, honey, organic chocolate, nutella or seasonal fruits.

♥ **SAVOURY CREPES** | 8€

Seasonal veggies
Ham and cheese

BREAKFAST

♥ **GOOD MORNING TOAST** | 3,50€

Multigrain bread + butter/olive and tomato/jam

♥ **TURKEY TOAST** | 4€

Multigrain bread with turkey and tomato

♥ **AVOCADO TOAST** | 4€

Rustic olive bread with avocado and sesame seeds

♥ **SUPER POWER** | 5,50€

Toast with small pieces of Iberian ham + tomato + olive oil

♥ **FRUITS BREAD** | 4€

*Gluten free toasts +2€

HEALTHY BOWLS

♥ **MUESLI** | 6,50€

Natural yogurt with a base of muesli and fruits

♥ **GLUTEN FREE MUESLI** | 7,50€

Gluten free muesli + season fruits + yogurt

♥ **SEASON FRUIT SALAD** | 6,90€

Fresh fruit salad - the fruit may vary according to the season

♥ **ACAI BOWL** | 8,50€

Banana, mango, berries and acai

♥ **JUNGLE BREAKFAST** | 9,50€

Homemade granola, seasonal fruits and lots of love

SUPER BREAKFAST



♥ **MONTERREY EGGS** | 14€

Fried eggs, smashed avocado, market salad, toast and roasted potatoes

♥ **SCRAMBLED BREAKFAST** | 6€

Scrambled eggs and toasted olive bread

♥ **BENEDICTE EGGS** | 11,80€

*Add turkey or salmon + 2,90€

♥ **SMASH AVOCADO TOAST BENEDICTE** | 12€

Poached eggs with Hollandaise sauce and curry on top of an avocado base

♥ **REVUELTO DEL GALLINERO** | 13,50€

Ecologic eggs with potatoes and small pieces of Iberian ham in rye bread

♥ **SCRAMBLED EGGS WITH TURKEY** | 6€

In bagel + avocado/feta cheese

♥ **GREEN EGGS** | 9,50€

Scrambled eggs with pesto and Parmesan cheese, toasted olive bread

♥ **PUENTE ROMANO MARINA BREAKFAST** | 14,50€

Smoked salmon, scrambled eggs, avocado, grilled halloumi cheese and salad

♥ **FRENCH OMELETTE** | 6€

*Add onion, tomato, pepper, mushroom, spinach or cheese (+1€ per every extra ingredient)

♥ **SCRAMBLED EGGS WITH TOFU** | 13,50€

Scrambled eggs with tofu, peppers, dry tomato, turmeric and onion

SNACKS & STARTERS

♥ **RAW CARROT HUMMUS** | 7,50€

Carrot hummus with multigrain bread

♥ **BAKED PUMPKIN** | 11,90€

Pumpkin with sweet spices, lime and green chili

♥ **ECOSPANISH** | 22€

Ecologic Iberian acorn-fed ham platter (eco)

♥ **CHEESE DELICES** | 22€

Cheese selection board

♥ **DELICIOUS BEEF CARPACCIO** | 18€

GREEN, HOW I WANT YOU GREEN

♥ **ALL TERRAIN** | 11,90€

Avocado salad with chicken, pumpkin seeds and mustard sauce

♥ **BEETROOT SUPER BOWL** | 12,50€

Quinoa, lentils, pumpkin, nuts, seeds, spinach, beetroot and feta cheese

♥ **MARQUIS' SALAD** | 10,50€

Avocado, tomato and spring onion salad

♥ **QUEEN'S SALAD** | 11,90€

Avocado, broad beans, radish and quinoa salad

♥ **LENTIL SALAD** | 10,50€

Castelluccio lentils with tomatoes and Gorgonzola cheese

♥ **BROCCOLI SALAD** | 12€

Broccoli and beans salad with sweet sesame

♥ **WAKE UP** | 9€

Cherry tomatoes, goji berries, nuts and our special vinaigrette on a bed of rocket salad

♥ **BEETROOT SALAD** | 10,50€

Beetroot with yogurt sauce and a hint of lemon

♥ **TO THE RICH LEGUMES** | 10,50€

Chickpeas, red peppers and carrot salad with yogurt sauce

WRAPS & SANDWICHES

♥ **SALMON & AVOCADO** | 12€

♥ **CHICKEN & SALAD** | 12€

♥ **CAPRESSE** | 12€

♥ **KEBAB** | 12€

♥ **CRAB** | 14€

♥ **MIXED SANDWICH** | 7,50€

QUICHES

♥ **HOMEMADE QUICHES** | 9€/portion

Ask about our daily quiches

RACHEL'S SPECIALS

♥ **NO PASTA PASTA** | 11,90€

Zucchini noodles. (Choose the sauce: pesto or beef ragout with tomato)

♥ **TRUE BURGER** | 14,50€

Ox meat with caramelised onion, rocket salad and our special sauce

♥ **AUBERGINES** | 12€

Aubergines with yogurt sauce and pomegranate

♥ **BAKED EGGS** | 12€

Eggs with yogurt and chilli on a bed of rocket salad

♥ **LEMON CHICKEN** | 14€

Chicken with side cucumber salad, crushed garlic and ginger

♥ **MEE GORENG** | 12€

Chinese noodles with vegetable wok and organic chicken or tofu **Spicy!**

♥ **CRAB MEDALLION** | 14€

Crab medallions resting on a bed of guacamole

♥ **SPAGHETTIS OF THE LAND** | 9€

Spaguetti with a delicious sauce of fresh tomatoes from our garden

♥ **SPAGHETTIS OF THE SEA** | 12€

Spaghetti with jumbo shrimps and cherry tomatoes

♥ **CHICKEN PASTILLA** | 12€

Moroccan-style chicken pie with nuts and spices

♥ **GRILLED SALMON** | 16€

Grilled salmon with lime

♥ **FALAFEL** | 14€

Falafel accompanied with red peppers

OUR JUICES

We only serve freshly
squeezed juices.
The wait is worth it!

Best sellers

♥ **PREYSLER** | 6,90€

The secret of eternal youth
(broccoli, green pepper, cabbage, spinach, apple, cucumber and lime)

♥ **HULK CAPPUCINO** | 6,90€

Treat your energetic centres
(cabbage, apple and fennel)

♥ **PRETTY PROZAC** | 6,90€

Relaxing juice for stressed workers
(carrot, apple and fennel)

♥ **RED EARTHQUAKE** | 6,90€

Detox powers for sprint tigers
(carrot, beetroot, celery, fennel and lemon)

♥ **YOGI-DRINK 3.0** | 6,90€

Almond drink for yogi's
(almond, orange, carrot, ginger and saffron)

♥ **VEGGIE FIRESTARTER** | 6,90€

Vegan bomb for spice lovers
(celery, fennel, spinach, parsley, garlic, green chili, spring onion
and coconut water)

♥ **PINNEAPPLE EXPLOSION** | 6,90€

Travel to a tropical paradise
(pineapple, carrot and turmeric)

♥ **ECSTASY 4EVER** | 6,90€

For healthy junkies
(apple, lemon, mint and coconut water)

♥ **PINK PARADISE** | 6,90€

To soothe your thirst if you want to maintain your weight
(celery, apple, blueberry, strawberry, ginger)

Our classics

♥ **ENERGETIC** | 6,90€

(orange, apple, carrot and beetroot)

♥ **HANGOVER** | 6,90€

(tomato, carrot, tabasco, salt and pepper)

♥ **RELAXING** | 6,90€

(pineapple, apple, lime and mint)

♥ **DETOX** | 6,90€

(cabbage, lemon, cucumber, apple and celery)

♥ **ORANGE** | 4,50€

♥ **ORANGE + 2 FLAVOURS** | 6,90€

(fruits depend on the season)

♥ **MILKSHAKES** | 7,50€

(whole or fat-free milk, almond or soya milk + 2 fruits)

♥ **HOMEMADE LIMONADE** | 5,90€

Super juices

♥ **Super Green Smoothie** | 9,50€

(spinach, cabbage, celery, cucumber, ginger, pollen and 2 teaspoons of Super Elixir)

♥ **TURKISH DELIGHT PROTEIN SHAKE** | 9,50€

(banana, strawberries, almond milk, coconut water, 2 teaspoons of Nourishing Protein and 2 teaspoons of Super Elixir)

♥ **GIVE ME THE POWER** | 9,50€

(lemon, orange and spirulina)

DRINKS

Coffee & Tea

- ♥ **EXPRESO** | 2,50€

- ♥ **CAPUCCINO** | 3€

- ♥ **LATTE MAQUIATO** | 3,50€

- ♥ **AMERICAN COFFEE** | 2,50€

- ♥ **TEA OR INFUSION** | 3€

Water menu

- ♥ **NUMEN** | 3€
(Flavourful water from Toledo's mountains)

- ♥ **22 ARTESIAN WATER** | 3€
(Medicinal properties from an ancient fountain in La Rioja)

- ♥ **SAN PELLEGRINO (Sparkling)** | 3,50€

- ♥ **COCONUT WATER** | 4,90€
(Now also mango and peach flavoured)

- ♥ **VITAMIN WELL** | 4,90€
Defence, Reload, Antioxidant and Care

Refreshing drinks

- ♥ **SOFT DRINKS** | 3,50€

- ♥ **SANGRIA (RED WINE)** | 6,90€

- ♥ **SANGRIA (WHITE WINE)** | 6,90€

- ♥ **BEER - ISLEÑA** | 3,50€

- ♥ **BEER - CORONITA** | 3,50€

- ♥ **BEER - HEINEKEN** | 3,50€

WINE MENU

Red wines

♥ MURUA (D.O. RIOJA) | 29€

♥ DOCE LUNAS (D.O. SAMONTANO) | 25€

♥ HACIENDA MONASTERIO (D.O. RIBERA DEL DUERO) | 60€

♥ ALION (D.O. RIBERA DEL DUERO) | 89€

♥ HOUSE WINE | 7€/copa

♥ LA PLANTA (D.O. RIBERA DEL DUERO) | 25€

White wine

♥ AFORTUNADO (D.O. VERDEJO) | 25€

♥ EL PERRO VERDE (D.O. RUEDA) | 27€

♥ MAR DE FRADES (ALBARIÑO) | 29€

♥ CHABLIS PREMIER CRU VAILLONS (BOURGOGNE) | 49€

♥ LADoucETTE BARON DE L 2006 (SAUVIGNON) | 145€

♥ FINCA LA COLINA (SAUVIGNON BLANC) | 35€

♥ SANZ (SAUVIGNON) | 28€

WINE MENU

Rosé

♥ RAMÓN BILBAO | 23€

♥ DOMAINE PRONFRACT COTE PROVENCE | 28€

♥ MI MI EN PROVENCE | 34€

♥ DOMAINE DE OTT | 68€

CHAMPAGNE

♥ MOET ET CHANDON BRUT | 80€

♥ MOET ET CHANDON NECTAR IMPERIAL | 80€

♥ MOET ROSÉ | 90€

♥ MOET ICE | 90€

♥ RUINARD BLANC DE BLANCS | 115€

♥ LAURENT PERRIER (ROSÉ) | 117€

♥ VIN DORÉ | 157€

♥ DON PERIGNON | 320€

♥ VIN DORÉ MAGNUM | 420€

♥ PAGO DE THARSYS BRUT NATURE CAVA | 32€



Eating is a pleasure. Make it healthy, too...

With the Mediterranean diet as a basis, Rachel's Organic Eco Love Food has a special commitment to healthy, organic and natural food, included in all its dishes.

With a fresh and casual touch, Rachel's kitchen combines each of its ingredients to get a menu that always offers delicious, original and above all very healthy dishes. Indeed, our menu is at the height of the most demanding palates: lovers of good meat or fresh fish, vegans, advocates of bio and organic ingredients, those who count calories, people who take care of their skin and body through diet and, in general, all those of us who enjoy good food.

Would you like to take a full breakfast for two in our pleasant terrace? Do you want to recover your energy after swimming in the pool with one of our fresh juices? Maybe you just want to enjoy our salads, green and original, or recharge your batteries with our ox burger, accompanied by our red and rosé wines.

For all this and much more, Rachel's is considered one of the best culinary offers of Marbella. Without any doubts, to have the opportunity of enjoying a healthy meal in one of the most emblematic terraces of the Costa del Sol, with the freshness of a nearby fountain, the scent of aromatic plants and the privacy offered by this corner surrounded by in Puente Romano gardens, promises its guests unforgettable moments.

Welcome!

We hope you enjoy our menu!



Consult our specialities
in our blackboard

You can also have our menu
to take away

We follow our grandmothers believes:
handmade meals on a low-heat
and with lots of love.

100% ecologic and certified cattle
of Sierra de Ávila.

You can add ingredients to your dish, but
they cannot be sustitued for any other; if
you want to put an extra ingredient it will
be charged to your bill.