

CHIRINGUITO

PUENTE ROMANO

PURE FRESH JUICES

ENERGY SHOOTERS

Vitamin - Charged

FRESH ORANGE JUICE

9

CITRUS START

Fresh pink grapefruit juice
10

GET GOING SHOT

Fresh pure ginger shot
6

PH BALANCING SHOT

*Organic raw
apple cider vinegar*
6

SUN SALUTATION

Bee pollen & orange juice
10

MORNING BEATS

Beetroot, carrot & apple
10

SUNRISE SHOT

*Fresh ginger, lemon,
bee pollen*
6

TURMERIC KICKSTART TONIC

*Turmeric, raw apple cider
vinegar, ginger & apple*
6

TROPICAL SUNRISE

*Mango, pineapple, apple &
passion fruit*
10

FRESH FACED GLOW

*Spinach, wheatgrass, celery,
cucumber, apple & lime*
10

FRESH FRUIT & SUPERFOODS

TROPICAL RAINBOW FRUIT PLATTER ^{V-GF}

*Variety of tropical fruits.
Bursting with essential health
boosting vitamins!*
15

PINEAPPLE CARPACCIO ^{V-GF}

*Served with toasted coconut
shavings, superfood crunch &
creamy coconut yogurt
Packed with immune boosting &
digesting enzymes!*
9.5

WILD MAQUI BERRY SMOOTHIE BOWL ^{V-GF}

*Served with sprinkles of homemade
granola & red berries
Loaded with inflammation-
fighting antioxidants and
macronutrients!*
12

CHIA, MANGO & PASSION FRUIT PARFAIT ^{V-GF}

*Layers of chia, mango & passion
fruit purée, coconut yogurt, topped
with fresh mango
Heart-healthy omega - 3s & high
quality protein!*
9

CREAMY BLUEBERRY - PECAN OVERNIGHT OATS ^{V-GF}

*Containing beta-glucan soluble
fibres & helps to lower Cholesterol!*
8.5

TOAST & BREADS

Choose from a wide selection of organic, artisan rye, protein & sourdough breads, as well as a variety of gluten free breads made from buckwheat, corn, millet & manioc stone milled organic flours.

BREAD ROLLS & PASTRIES

Served with butter
8

SOURDOUGH SELECTION

*Served with seasonal jam or
homemade Raw-Tella*
7.5

CREAMY TOASTED ALMOND BUTTER

*Served with figs & walnuts on
gluten free raisin & nut toast*
7.5

WILD SMOKED SALMON

& Herb Cream Cheese
12.5

SELECTION OF COLD CUTS AND MANCHEGO CHEESE

8.5

CRUNCHY ROASTED CHICKPEAS & SMASHED AVOCADO ^{DF}

*On protein bread - add
poached egg for extra protein!*
10 + 2 /egg

NUTRITIOUS SMOOTHIES

MORNING MANTRA

Wheatgrass, cucumber,
apple, avocado & lemon
12

PINK POSITIVITY

Chia, raspberries,
blueberries, strawberries,
banana & coconut milk
12

BREAKFAST DATE

Dates, cashew nuts,
avocado, banana, cinnamon
& almond milk
12

ADD EXTRA SUPERFOODS

Vegan protein powder 2
Collagen 2

PANCAKES & SWEET TREATS

CARAMELISED BANANA & OAT PANCAKES ^{V-GF}

Served with organic maple
syrup and creamy coconut
yogurt
11

VEGAN QUINOA & SPELT CROISSANT ^V

Served with seasonal jam
4.5

BANANA & WALNUT BREAD ^{V-GF}

Served with creamy almond
butter or Raw-Tella
7

CLASSIC FRENCH BUTTERY CROISSANT

Served with butter & jam
4.5

ORGANIC EGGS

CLASSIC EGG BENEDICT

Served with wild Norwegian
in-house smoked salmon
or bacon and poached egg,
topped with creamy
Hollandaise sauce and
finished with chives
15 +2/extra ham

THE PERFECT GARDEN FRY-UP ^{V-GF}

Grilled portobello, shiitake
mushrooms, wilted spinach
& tofu with cherry
tomatoes, plant based
sausage & Jospir avocado
+ add poached egg
16+2 /egg

MATSUHISA BENEDICT

Asian style crispy tofu
stacked with sautéed
spinach and shiitake
mushrooms, poached eggs,
topped with Hollandaise
sauce, finished with ikura,
Japanese spices & chives
16

EGGS YOUR WAY

Poached, scrambled, fried,
omelette. Served with toast
14

EGGS DRY MISO

Jidori eggs served with
spinach, dry miso and yuzu
sauce
16

SCRAMBLED EGGS & SALMON DONBURI

Salmon, steamed rice,
nori seaweed, sesame
seeds, soy sauce, salmon
roe & shiro tamago
(egg white)
18

BIG BEN BREAKFAST ^{DF}

Fried eggs, Cumberland
sausage, Irish bacon, grilled
portobello & shiitake
mushrooms on a bed of
wilted spinach, served with
gluten free bread
18

EGG WHITE OMELETTE

Egg whites, spinach, feta
cheese, extra virgin olive
oil & dry miso
16

BREAKFAST SIDES

Avocado 3 | Guacamole 2.5 | Wilted spinach 3 |
Sautéed mushrooms 2.5 | Red peppers 1.5 | Cheddar cheese 1.5
| Feta cheese 1.5 | Vegan cheese 1.5 | Wild Norwegian in house
smoked salmon 4.5 | Grated tomato 2.5 | Bacon 3 |
Selection of yoghurts 3.5

COFFEES & TEAS

RISTRETTO 6
ESPRESSO 6
AMERICANO 6
LATTE MACCHIATO 6
CAPPUCCINO 6
MACCHIATO 6
MATCHA LATTE 10
ENGLISH BREAKFAST 6
EARL GREY 6

MAROCCAN MINT TEA 6
GRAND JASMINE TEA 6
GINGER & LEMON 6
ROYAL DARJEELING 6
CAMOMILE 6
FRESH MINT TEA 6

Basic allergens: **V:** vegan **GF:** Gluten Free **DF:** Dairy Free

Sustainably sourced fish | Bread & extra virgin olive oil, 5,00 | VAT included

Allergen information available on request. Please inform your waiter of any allergies or food intolerances.

All our fish served raw has continued the process of freezing at -20 degrees centigrade. All our seafood is sustainably caught.