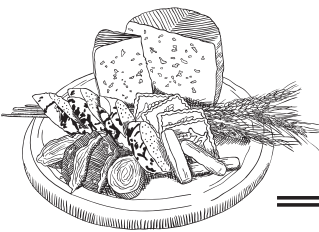


Monday to Friday
From 8:00 AM to 6:30 PM

Calle Velazquez, 86d
Madrid



To share

- Iberian ham board with breadsticks18,00 €
- Cheese board with breadsticks17,00 €
Idiazabal, Manchego, and Parmesan
- Fried eggs with Iberian ham12,50 €



Salads

- Gourmet 13,50 €
Mixed greens, avocado, Iberian ham, red onion, walnuts, sun-dried tomatoes, and sherry vinaigrette
- Caesar Iceberg 13,50 €
Lettuce, grilled chicken, Parmesan cheese, croûtons, and Caesar dressing
- Smoked salmon 13,90 €
Mixed greens, lamb's lettuce, capers, fresh cheese, red onion, and old-fashioned mustard vinaigrette
- Greek Whole wheat pasta 13,00 €
Mixed greens, feta cheese, cherry tomatoes, black olives, red onion, oregano, and lemon vinaigrette
- Mediterranean 12,50 €
Tuna, mixed greens, arugula, boiled egg, black olives, onion, tomato, and sherry vinaigrette

Pokes

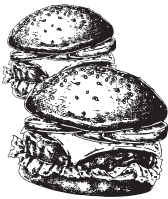


- Vegetable quinoa poke 12,50 €
Wakame seaweed, edamame, cucumber, avocado, nori seaweed, and ponzu sauce
- Hawaiian poke with fresh salmon 15,00 €
Brown rice, avocado, wakame seaweed, edamame, cucumber, and ponzu sauce
- Crispy chicken poke 13,50 €
White rice, avocado, edamame, wakame seaweed, and sweet soy sauce



Healthy Dishes WITH PROTEIN

- Vegetable wok 13,90 €
Seasonal vegetables with vegetable protein (Heura) and sweet soy sauce
- Yakisoba noodles 13,90 €
Beef, vegetables, pak choi, and oyster sauce
- Chicken and shitake mushroom bowl 12,50 €
Brown rice, vegetables, and soy sauce
- Grilled chicken breast 12,50 €
Lamb's lettuce salad, quinoa, and red pesto sauce
- Grilled turkey breast 13,50 €
Baby potatoes, mushrooms, and avocado sauce
- Roasted picanha with chimichurri 14,50 €
Brown rice, vegetables, and pak choi
- Fresh grilled salmon 15,00 €
Brown rice with vegetables, rocket salad, and sweet soy sauce



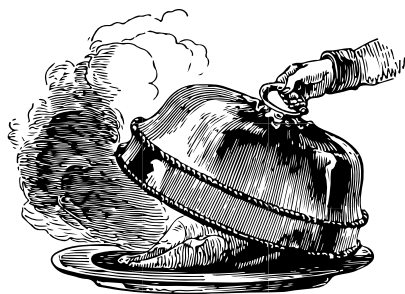
Sandwiches, Baguettes and Burgers

- Mixed sandwich 6,50 €
Tramezzino bread with ham and melted Edam cheese
- T&S special vegetable sandwich with egg 9,50 €
Two slices of whole wheat bread with mayonnaise, tomato, asparagus, pickles, and avocado
- Club House sandwich 12,50 €
Chicken, ham, bacon, Edam cheese, iceberg lettuce, tomato, pickles, and Dijon mayonnaise with French fries
- British baguette 9,90 €
Roast beef, rocket, cheddar cheese, pickles, tomato, and Dijon mayonnaise
- Chicken Caesar baguette 9,50 €
Grilled chicken, iceberg lettuce, Parmesan cheese, and Caesar sauce
- Tuna Baguette 9,00 €
Egg, piquillo peppers, lettuce, piparras, and mayonnaise
- Iberian Ham Baguette 9,50 €
Fresh tomato spread and extra virgin olive oil
- Iberian Ham and Brie Cheese Baguette 11,00 €
- Vegetable Burger 15,00 €
Vegan tartar sauce, lettuce, pickles, avocado, and tomato on a brioche bun with French fries
- American burger 15,90 €
Bacon, cheddar cheese, pickles, avocado, lettuce with tartar sauce and barbecue sauce on a brioche bun

Our *Hot Dishes*

..... From PM 12:00 to PM 06:00

SOUP OR BROTH
· 5,50 € ·



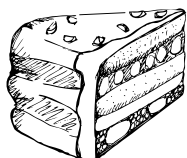
HOT DISH
· 9,90 € ·

.....
+ HOT DISH *
+ DRINK + COFFEE
· 12,50 € ·

.....
SOUP
+ HOT DISH *
+ DRINK + COFFEE
· 13,50 € ·

..... * Ask our waiters-waitresses about
the hot dishes of the day

For those with a sweet tooth



Homemade cakes
Ask about our selection

5,90 €



**Chocolate coullan with
raspberry sorbet** 

6,00 €

Apple sablé with vanilla ice cream

6,00 €

Our ice creams and sorbets
Ask about our selection

5,75 €

MENUS

Valid until PM 5:00

**SALAD
+ SOFT DRINK**

11,50 €



**SALAD
+ DETOX JUICE**

12,50 €



**DESIGN
YOUR SALAD**

BASE +
3 TOPPINGS +
SAUCE

9,60 €



Allergen information available. Please ask our staff.

Toppings & Salads