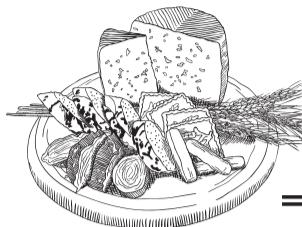


Monday to Friday  
From 8:00 AM to 6:30 PM

Calle Velazquez, 86d  
Madrid



## To share

Iberian ham board with breadsticks 18,00 €

Cheese board with breadsticks 17,00 €  
Idiazabal, Manchego, and Parmesan

Fried eggs with Iberian ham 12,50 €



## 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 €  
V  
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   
V 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 shiitake 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 €

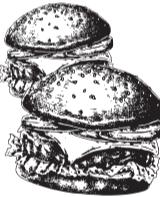
Baby potatoes, mushrooms, and avocado sauce

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   
V 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

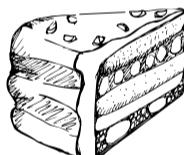
· 12,50 € ·

### 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 coulan 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