

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



Avenida Bruselas, 9
(Alcobendas) Madrid



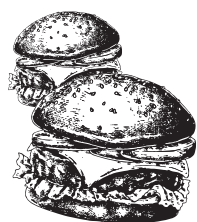
To share

- | | |
|---|---------|
| Iberian ham croquettes (10 pieces) | 12,00 € |
| Homemade chicken fingers with honey and mustard sauce | 12,00 € |
| Fried eggs with Iberian ham | 12,50 € |

Pokes



- | | |
|---|---------|
| Vegetable quinoa poke (V) | 12,00 € |
| 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 | 13,00 € |
| White rice, avocado, edamame, wakame seaweed, and sweet soy sauce | |



Sándwiches, Baguettes and Burguers

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|---|--------|
| Mixed sandwich | 6,50 € |
| Tramezzino bread with ham and melted Edam cheese | |
| Chicken Caesar baguette | 8,50 € |
| Grilled chicken, iceberg lettuce, Parmesan cheese, and Caesar sauce | |
| Iberian Ham Baguette | 9,00 € |
| Fresh tomato spread and extra virgin olive oil | |



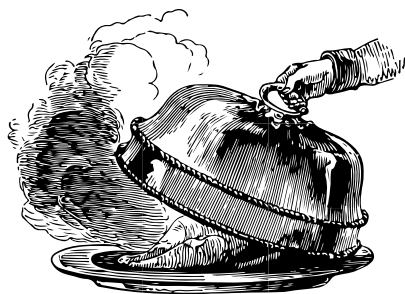
Healthy Dishes WITH PROTEIN

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

Our *Hot Dishes*

..... From PM 12:00 to PM 04:00

SOUP OR BROTH
· 5,50 € ·

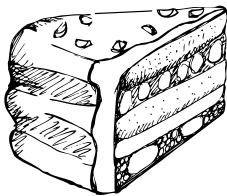


HOT DISH
· 9,90 € ·

SOUP + HOT DISH * + DRINK
· 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

5,50 €

MENUS

Valid until PM 5:00

**SALAD
+ SOFT DRINK**

10,60 €



**SALAD
+ DETOX JUICE**

11,70 €



**DESIGN
YOUR SALAD**

BASE +
3 TOPPINGS +
SAUCE

9,00 €



Allergen information available. Please ask our staff.

Toppings & Salads