

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



Avenida Bruselas, 9
(Alcobendas) Madrid



To share

Iberian ham croquettes (10 pieces) 13,00 €

Homemade chicken fingers with honey and mustard sauce 13,00 €

Fried eggs with Iberian ham 12,50 €

Pokes



Vegetable quinoa poke (V) 12,50 €

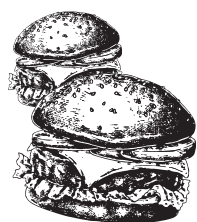
Wakame seaweed, edamame, cucumber, avocado, nori seaweed, and ponzu sauce

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



Sándwiches, Baguettes and Burguers

Mixed sandwich 6,50 €

Tramezzino bread with ham and melted Edam cheese

Chicken Caesar baguette 9,50 €

Grilled chicken, iceberg lettuce, Parmesan cheese, and Caesar sauce

Iberian Ham Baguette 9,50 €

Fresh tomato spread and extra virgin olive oil



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

Grilled chicken breast (V) 12,50 €

Lamb's lettuce salad, quinoa, and red pesto sauce

Grilled turkey breast (V) 13,50 €

Baby potatoes, mushrooms, and avocado sauce

Roasted picanha with chimichurri (V) 14,50 €

Brown rice, vegetables, and pak choi

Fresh grilled salmon 15,00 €

Brown rice with vegetables, rocket salad, and sweet soy sauce

Vegetable Burger 15,00 €

Vegan tartar sauce, lettuce, pickles, avocado, and tomato on a brioche bun with French fries

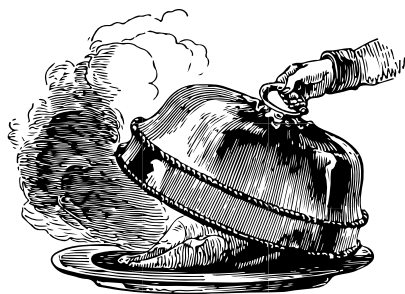
American burger 15,90 €

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 04:00

SOUP OR BROTH
· 5,50 € ·

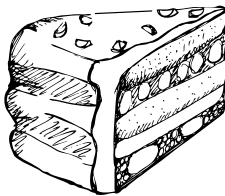


HOT DISH
· 9,90 € ·

SOUP + HOT DISH * + DRINK
· 14,50 € ·

..... * 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 €

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