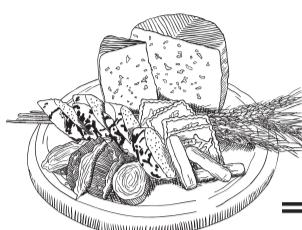


Monday to Friday  
From 8:00 AM to 6:00 PM

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 12,50 €

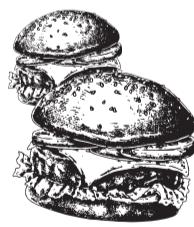
Wakame seaweed, edamame, cucumber, avocado, nori seaweed, and ponzu sauce

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 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 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

15,00 €

Fresh grilled salmon

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

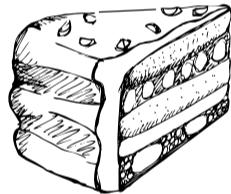
· 9,90 € ·

### SOUP + HOT DISH \* + DRINK

· 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*