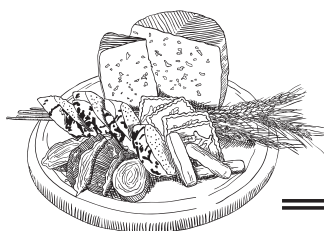


Monday to Friday
From 12 PM to 04:30 PM



Torre
Emperador
Castellana



To share

Iberian ham croquettes (10 pieces)	12,00 €
T&S nachos	11,00 €
Bacon, melted cheddar cheese, guacamole, and pico de gallo	
Quesadillas	11,50 €
Turkey, brie cheese, mushrooms, fresh spinach, and tartufatta	
Iberian ham board with breadsticks	18,00 €
Cheese board with breadsticks	17,00 €
Idiazabal, Manchego, and Parmesan	
Homemade chicken fingers with honey and mustard sauce	12,00 €
Chicken tacos	12,00 €
Pickled onion, avocado, and chipotle sauce	
Fried eggs with Iberian ham	12,50 €



Salads

Gourmet	13,00 €
Mixed greens, avocado, Iberian ham, red onion, walnuts, sun-dried tomatoes, and sherry vinaigrette	
Caesar Iceberg	13,00 €
Lettuce, grilled chicken, Parmesan cheese, croûtons, and Caesar dressing	
Smoked salmon	13,50 €
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	12,00 €
Tuna, mixed greens, arugula, boiled egg, black olives, onion, tomato, and sherry vinaigrette	

Pokes



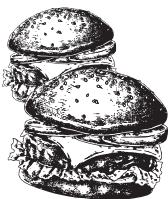
Vegetable quinoa poke	12,00 €
Wakame seaweed, edamame, cucumber, avocado, nori seaweed, and ponzu sauce	
Hawaiian poke with fresh salmon	15,00 €
Brown rice, avocado, wakame seaweed, edamame, cucumber, and ponzu sauce	
Crispy chicken poke	13,00 €
White rice, avocado, edamame, wakame seaweed, and sweet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

Toppings & Salads



Healthy Dishes WITH PROTEIN

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



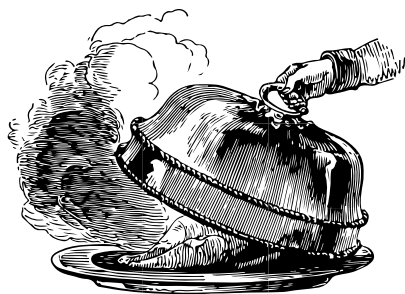
Sandwiches, Baguettes and Burgers

Mixed sandwich	6,50 €
Tramezzino bread with ham and melted Edam cheese	
T&S special vegetable sandwich with egg	9,00 €
Two slices of whole wheat bread with mayonnaise, tomato, asparagus, pickles, and avocado	
Club House sandwich	12,00 €
Chicken, ham, bacon, Edam cheese, iceberg lettuce, tomato, pickles, and Dijon mayonnaise with French fries	
British baguette	9,50 €
Roast beef, rocket, cheddar cheese, pickles, tomato, and Dijon mayonnaise	
Chicken Caesar baguette	8,50 €
Grilled chicken, iceberg lettuce, Parmesan cheese, and Caesar sauce	
Tuna Baguette	9,00 €
Egg, piquillo peppers, lettuce, piparras, and mayonnaise	
Iberian Ham and Brie Cheese Baguette	11,00 €
Iberian Ham Baguette	9,00 €
Fresh tomato spread and extra virgin olive oil	
Vegetable Burger	15,00 €
Vegan tartar sauce, lettuce, pickles, avocado, and tomato on a brioche bun with French fries	
American burger	15,00 €
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 € ·

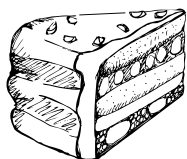


HOT DISH
· 9,90 € ·

.....
CREAM + HOT DISH + DRINK + COFFEE OR FRUIT
· 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 €



**Chocolate coullan with
raspberry sorbet** 

6,00 €

Apple sablé with vanilla ice cream

6,00 €

Our ice creams and sorbets
Ask about our selection

5,50 €

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.

El Bistro Toppings & Salads