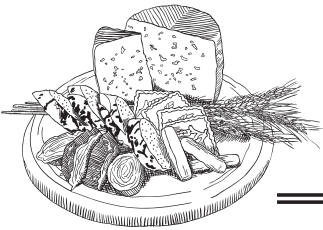


Monday to Friday
From 8:00 AM to 11:00 PM

Calle de Orense 22
Madrid



To share

Iberian ham croquettes (10 pieces)	13,00 €
T&S nachos 	12,00 €
Bacon, melted cheddar cheese, guacamole, and pico de gallo	
Quesadillas	12,00 €
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	
Mini burgers with brioche buns (4 pieces)	13,80 €
Barbecue mayo and kimchi mayo, bacon, cheddar cheese, and French fries	
Roman pizza with Iberian ham	17,50 €
Mozzarella Cherry tomatoes, and rocket	
Chicken tacos	13,00 €
Pickled onion, avocado, and chipotle sauce	
Homemade chicken fingers with honey mustard sauce	13,00 €
Fried eggs with Iberian ham	12,50 €
Patatas bravas with a touch of “all i oli”	11,00 €


Salads



Gourmet 	13,50 €
Mixed greens, avocado, Iberian ham, red onion, walnuts, sun-dried tomatoes, and sherry vinaigrette	
Caesar	13,50 €
Iceberg 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	13,00 €
Whole wheat pasta 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

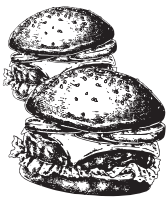


Vegetable quinoa poke 	12,50 €
Wakame seaweed, edamame, cucumber, avocado, nori seaweed, and ponzu sauce	
Hawaiian poke with fresh salmon	15,00 €
Brown rice, avocado, wakame seaweed, edamame, cucumber, and ponzu sauce	
Crispy chicken poke	13,50 €
White rice, avocado, edamame, wakame seaweed, and sweet soy sauce	



Healthy Dishes WITH PROTEIN

Vegetable wok 	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 shitake 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	



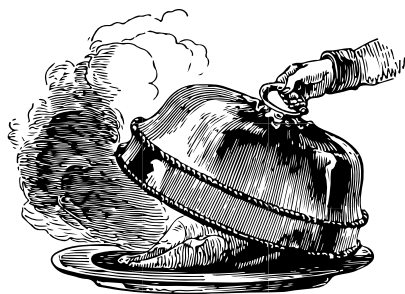
Sandwiches, Baguettes and Burgers

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 	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 € ·

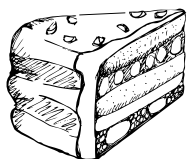


HOT DISH
· 9,90 € ·

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 €

Apple sablé with vanilla ice cream

6,00 €



**Chocolate coulan with
raspberry sorbet** 

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