

À LA CARTE MENU

FROM 13:00 H.

STARTERS

- VEGETABLE COCA** 28
Home-made Spanish pastry made from chickpea flour with fine herbs, thinly sliced avocado, fresh basil and tomato
- ROOTS & TOMATO** 15
Carrots, radish, sweet potato, yucca and seasonal tomatoes served with beetroot ice cream
- SEA SCALLOP CARPACCIO** 23
Marinated in lime and ginger sauce, flavoured with cilantro, white onion and peppers
- SALMON CEVICHE** 20
Diced raw salmon marinated in Peruvian tiger's milk, served with avocado, red onion, kale cracker and chia seeds
- BLACK TIGER SHRIMPS** 16
Grilled black tiger shrimps served with creamy beans, red onion, tomato and fresh cheese

SALADS

- VEGETABLE QUINOA** 17
Mixed greens and white quinoa, spinach chlorophyll, cucumber, avocado, rocket, beans, broccoli, asparagus and parsley dressed with a citrus vinaigrette
- SMOKED SALMON & BEETROOT** 21
Smoked salmon served with wild beetroots, tomato, cucumber, asparagus, avocado and rocket dressed with nuts vinaigrette
- RED LENTILS** 18
Organic red lentils, cherry tomato, lamb's lettuce, pepper, green beans and fresh cheese seasoned with home-made pesto vinaigrette

EXTRAS AVAILABLE FOR SALADS

GRILLED IBIZENCO CHICKEN BREAST	10
GRILLED SALMON	12
VEGAN CHEESE	4
VEGAN SMOKED CHEDDAR	4

MAIN COURSES

GRILLED VEAL	32
Grilled veal served with steamed chard and “kañihua” and amaranth grains from the Andes	
SALMON AND GREEN APPLE	25
Grilled salmon with cauliflower purée, pickled onion and green apple slices	
VEGGIE TACOS	22
Tortilla wrap with Mexican radish, carrot and chilli stew, avocado and Pico de Gallo sauce with a scatter of parsley and coriander	
- with gluten-free spelt-chia tortilla	26
SALMON BURGER	24
Home-made salmon burger on a broccoli, cheese and oat bun. Served with spicy avocado sauce, fine herbs mayo, beetroot ketchup and yucca root chips	
FISH OF THE DAY	37
Fresh catch of the day, served with pea purée, roast carrots and leek confit	
COUNTRY CHICKEN	22
Slow-cooked free-range chicken served with a salad of apple, celery and avocado dressed with coriander sauce	
CALDOSO GREEN RICE	29
Creamy Spanish rice dish cooked with octopus and squid, home-made pesto and seasonal vegetables	

EXTRAS

AVOCADO DIP	3.60
CHICKPEA HUMMUS	3.60
CARROT MOUSSE	3.60
CRUDITES	3.60
EDAMAME	6.80
WHOLE-GRAIN RICE WITH PAN-FRIED VEGETABLES	6.50
BREAD	3.50
GLUTEN-FREE BREAD	5
SICILIAN OLIVES	2.50

DESSERTS

MANGO AND CHIA	13
Sweet mango served with chia seeds, raspberry and mint slush	
APPLE	9
Apple infused with beetroot juice. Served with Dutch cucumber and natural yogurt with red berries sauce	
FOREST BERRIES FANTASY	12
Coconut ice cream, gluten-free brownie and forest berries	
FRUIT FROM THE FORADA ORGANIC MARKET	9
Watermelon and seasonal fruit, orange jelly, cold carrot and ginger soup	
ICE CREAMS	4 / SCOOP
Vanilla / Chocolate / Yogurt and strawberries / Coconut	
SORBETS	4 / SCOOP
Beetroot / Lemon / Mandarin / Mint	

Allergen information available on request. Please let your waiter know if you have any known allergies or food intolerances.

10% VAT included in all prices.