

El Semanal

From Tuesday to Saturday

A lunch menu formula consisting of appetizer, starter, main course and dessert. Choose from three starters, three main and two desserts.

El Semanal changes every week and is available from Tuesday to Saturday. Every week you will find a different **Mezze Platter**.

The **Mezze Platter** is a combination of different snacks or meals that comes from the Eastern Mediterranean and the Middle East.

Typical recipes from each region are combined to form a complete dish with all the nutrients needed to maintain a balanced diet.

We have adapted this dish to the different countries of the world creating a combination of recipes from each country so you can discover the vegan culture of the world.

Every week we will have a Mezze Platter from a different country.

Find El Semanal in the tab of our website: [El Semanal](#).

Price El Semanal: 15 €

Breakfast

All of our savory toasts are made with long-fermented beet bread and rye sourdough. Sweet toasts are made with pure cocoa bread and sourdough. Made in our kitchen.

SALTY TOASTS

ESMERALDA 7

Hummus with curried peanuts, baked cherry tomatoes, zaatar and sprouts.

FLORESTA 3.8

Grated tomato and extra virgin olive oil with seeds and sprouts.

MUSGO 7

Avocado, grated tomato and extra virgin olive oil with seeds and sprouts.

Extras: Poached Egg 2.5, Vegan Camembert 2,7.

TOASTS WITH SCRAMBLED EGGS

BAMBÚ 9

Ecologic eggs with vegetables and grilled asparagus.

ARCE 9.8

Vegan scrambled with cherries and mushrooms.

BAGEL JADE 9.3 (friday, saturday, sunday)

Cashew cream, red chard leaves, beet carpaccio, orange and green olive.

Breakfast

Our llonguets are made with tap de cortí pepper, black sesame and rye sourdough bread, made in our kitchen.

LLONGUETS

VERDE MAYO 8.9

Tomato, sautéed heura with Mallorcan green pepper, chipotle mayonnaise and buds.

PRIMAVERA 8.1

Caramelized piquillo pepper, spinach and vegan camembert.

VEGAN CHEESE TABLE 24 (friday, saturday, sunday)

PANCAKES

Yogurt pancake with fruits and agave syrup 7.5

Chocolate y fruits pancake 7.5

VEGAN CAKES AND PASTRIES - Daily production. Ask our staff.

Breakfast

BOWLS

NECTARINA 6.5

Organic coconut yogurt, baked nectarine with agave syrup and homemade granola*.

FRESA 6.5

Organic coconut yogurt, strawberries macerated in orange juice and homemade granola*.

AÇAÍ BOWL 8.5

With organic apple juice, banana, seasonal fruits and homemade granola*.

*Gluten free option

SWEET TOASTS

BANANA 6.5

Hazelnut and cocoa cream with caramelised bananas.

MANZANA 6.5

Peanut butter and salted caramel with sour apples.

PISTACHO 8

Homemade white chocolate coconut and pistachio cream with strawberry tartare.

Coffee & Tea

COFFEE

Espresso 1.5
Doble espresso 2
Americano 1.8
Espresso Macchiato* 1.7
Con leche* 2
Latte Macchiato* 3
Cappuccino* 3
Flat white* 2,6

ORGANIC LATTES*

Golden Milk 3.5
Blue Matcha 3.5
Matcha 3.5
Chocolatte 2.5

FRESH NATURAL JUICES

Orange 3
Orange and raspberry 3.5
Apple, spinach and lemon 3

ORGANIC TEAS

Black tea 2.5
Red tea 2.5
Blue tea 2.5
White tea 2.5
Green tea 2.5
Ayurveda Chai 2.5
Digestive 2.5
Relaxing 2.5
Rooibos 2.5

Drinks

FLAVOURED DRINKS

Peppermint lemonade 2.5

Raspberry lemonade 3

Moroccan iced tea 3

SOFT DRINKS

Fritz Kola Original 3.5

Fritz Kola Sugar-Free 3.5

Fritz lemon 3.5

Fritz orange 3.5

Trip CBD infused - Lemon and basil 3.5

Trip CBD infused - Elderflower and mint 3.5

BEER

Caña Rosa Blanca 30 cl. 2.3

Estrella Galicia 33 cl 2.5

Estrella Galicia Gluten Free 2.5

Estrella Galicia 0.0 2.5

LMDV Craft beer 4.5

Craft beer Gluten Free 4.5

CIDER

Galipette Normandia eco-natural 4

WATER

Numen 500cc 2.1

Cabreiroá sparkling 2.5

Wines

WHITE

Gesami Foral 24

Monasterio de Palazuelos glass 3.5 bottle 16

A punt blanc 22

Projecte Terra blanc glass 4.5 bottle 25

Mandía Vell 32

RED

Zuazo Gastón glass 3.5 bottle 16

Tarima 19

Tamiz roble 19

A punt negre 22

Projecte Terra negre glass 4.5 bottle 24

Gorgollassa 27

Gallinas y Focas 36

ROSÉ

Binigrau 22

Armas de guerra glass 3.5 bottle 16

Fragancia de Marta 20

SPARKLING

Marta Rosé 24

Ancestral de Puntiro 32

SWEET

Lustao Fino glass 2.1 bottle 15

VERMUT

No passis pena 3.5

Cocktails

GIN'S

G'Vine 11
Suau 10
Mombasa 10

AUTOR COCKTAILS

LMDV 11
Michelada 10
Mombasa 10

Doubts?

Heura - Vegetable meat that resembles the taste and texture of chicken. It is made with soy without GMO (genetically modified organism) from sustainable crops. Rich in protein and contains B12.

AOVE - Extra Virgin Olive Oil

Zataar - Middle Eastern Spice Blend.

Blue Matcha - Latte prepared with the petals of Butterfly Blue Pea, a flower that grows in Thailand with antioxidant and anti-inflammatory properties.

Golden Latte - Ayurvedic drink with a mixture of Ceylan cinnamon, turmeric, black pepper and ginger.

