



DRINKS



TASTING OF OUR 100% ORGANIC PRODUCTS SOLD IN OUR MARKET

JUICES

- 1) Sun on peppermint.** Orange, carrot, ginger, peppermint and turmeric.
Perfect juice to prepare the skin for the summer because of its high content in vitamin C. In addition, turmeric helps to counteract possible burns caused by the sun because of its anti-inflammatory qualities.
- 2) HDL lemonade.** Lemon, filtered water, mint and ginger.
Mint and ginger are effective digestive and decongestant, so this refreshing combination will quench your thirst while taking care of your digestion and relieving your cold.
- 3) Anti-inflammatory juice.** Carrot, pineapple, celery, lemon and turmeric.
Pineapple contains bromelain and together with turmeric act as a natural anti-inflammatory that helps to relieve sore and inflamed joints.
- 4) Get over hangover.** Beetroot, carrot, apple and ginger.
It's very simple: carrot helps to clean the liver and detoxify it, the beetroot is excellent for oxygenating the blood and also for cleaning the liver and, finally, ginger helps to calm the stomach.
- 5) Depurative juice.** Cucumber, lemon, apple, spinach, parsley, lettuce, celery and spirulina (optional).
This combination is 100% depurative and antioxidant. Spirulina, present in green fruits and vegetables, is an important source of iron and vegetable protein, folic acid and vitamins A, C and B.
- 6) Detox juice.** Apple, carrot, lemon, cucumber, celery and broccoli.
For all those who are not very friends of the 'green', this juice is the best way to detoxify, because, although it is not noticed in the combination, broccoli is a source of folic acid, basic for good functioning of the heart.
- 7) Green juice.** Kale, lettuce, spinach, cucumber, lime* and coconut water.
This juice is for 'green' lovers, in addition coconut water makes it light and much more refreshing. Chlorophyll releases the body from environmental toxins and it is a natural chelator that alkaline the blood. * If we do not have lime we will use lemon.
- 8) Ideal silhouette.** Fennel*, cucumber, pineapple and spinach.
Fennel helps control appetite and reduces gas and inflammation and it is a great ally for combat cellulite. Spinach helps to clean the digestive tract, and pineapple to have a better digestion. *Juice available only in fennel season.
- 9) Juice for athletes.** Beetroot, celery, cucumber, apple and coconut water.
Beetroot oxygenates the blood, so it helps the body to prepare and recover after exercise. Coconut water is an excellent isotonic.
- 10) HDL Mojito (alcohol free).** Apple, lemon, cucumber and peppermint.
Our version of the classic mojito in its most healthy interpretation. Alcohol free but with a very, very, very special flavor. You must try it!
- 11) Orange and carrot.**
- 12) Orange juice.** Medium 3,4 - large 5,1

JUICES PRICES:



5,5

6,9

* Some ingredients may change because we only use seasonal fruit.



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SMOOTHIES

- 13) Bye to the weighing scale.** Apple, celery, cucumber, lime, ginger and avocado.
Healthy fats such as that contained in avocado, far from fattening us, helps us losing weight and satisfy our appetite.
- 14) The day after.** Watermelon, grapefruit, pineapple, lime, strawberries and chia.
This smoothie is perfect for fighting the hangover. Watermelon is very moisturizing, chia helps to keep hydration and its combination of nutrients helps us to recover faster.
- 15) Detox smoothie.** Apple, carrot, lemon, parsley, celery, broccoli and pineapple.
This is the smoothie version of our detox juice, what means much more fibre. It is the best way to detoxify for those who are not very into 'green' drinks, because you won't even notice the broccoli.
- 16) Green protein.** Pineapple, avocado, spinach, almond milk, flax seeds and banana.
Bananas and almond milk are an excellent source of energy to carry on with our daily routine and, also are good for our cholesterol, as this milk is lighter than animal milk.
- 17) HDL piña colada (alcohol free).** Pineapple, apple, cashews, coconut oil, vanilla and cinnamon.
Light and creamy, this version of a piña colada is ideal to include it in any diet. Coconut oil helps to reduce cholesterol levels and lose weight.
- 18) Pink smoothie.** Pineapple, raspberries, raw cashews and hems seeds.
This smoothie is pink thanks to the raspberries, which are source of manganese and anti-aging. In addition, hemp seeds contain high amounts of omega3 and omega6.
- 19) Youthful smoothie.** Orange, banana, berries and hems seeds.
Bananas are one of the most nutritious fruits, helping to maintain the energy needed to be active all the day. With this smoothie you will never feel tired!
- 20) Radical smoothie.** Orange, lemon, kiwi, blue berries and aloe vera.
Full of vitamin C and antioxidant, this smoothie gives to our body all that needs to fight against free radicals. The aloe vera helps us to have a more nourished skin, so it will look younger.
- 21) Açai passion.** Açai, apple, banana and berries.
Sweet mix of fruits, vitamin B6, folic acid and magnesium source that together with açai, which is a great antioxidant, helps us to control hunger and to prevent anemic conditions.

ADD AN EXTRA SUPERFOOD + 1

Maca, açai, camu camu, goji berries, chia seeds, hemp protein, spirulina, turmeric, chlorella or kale.

SMOOTHIES PRICES:



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ORGANIC COFFEE

- Espresso.** 1,5
- Cortado.** 1,5
- Americano.** 1,5
- Ristretto.** 1,5
- With milk.** 1,5
- Capuccino.** 2,5
- Latte macchiato.** 2
+ extra coffee. 0,6

CHOCOLATE

- Cocoa powder with hot milk.** 1,5
- Hot chocolate.** 2,5
- Organic macao.** Maca, honey, cocoa powder, soy milk. 3,5
- Spirulao.** Spiruline, honey, cocoa powder, soy milk. 3,5
- ASK FOR NON-DAIRY MILK + 0,5**
Soy, rice, millet, oats or almonds.

BREWS

REGULAR:

- Chamomile.** 1,9
- Peppermint.** 1,9
- Natural rooibos.** 1,9
- Earl Grey Tea.** 1,9
- Banacha Green Tea.** 1,9

HOMEMADE:

- Chai Tea.** The traditional recipe with its five spices. 2,5
- Chai Latte.** The traditional recipe with soy milk. 4
- Tumeric Latte.** Turmeric, honey, cinnamon, ginger and coconut milk. 4,7
- Matcha Latte.** 4,9

SPECIAL:

- Ceylán Black Tea.** 2,5
- Jazmine Black Tea.** 2,5
- Tangerine and vanilla Green Tea.** 2,5
- Passion fruit Green Tea.** 2,5
- Fandy Oolong Blue Tea.** 2,5
- Pai Mu Tan vanilla and bergamot White Tea.** 2,5
- Pu-Erh Red Tea.** 2,5
- Elves Charm.** 2,5
- Lemon and grapefruit Rooibos.** 2,5
- Orange Rooibos.** 2,5
- Rock Tea.** 2,5
- Black tea with with nuts and cinnamon.** 2,5
- Green gunpowder Tea.** 2,5
- Green Darjeeling Tea.** 2,5
- Ginger and lemon.** 2,5



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COLD DRINKS

BEER:

Special. 4,5

Wheat
Spelt
Gluten free
Black
Light
5 grains
Hemp

Japanese beers. 4,5

IKI YUZU lemon Green Tea
IKI GINGER ginger Green Tea

San Miguel Eco. 3

Draft beer. 3

CUPS OF WINE:

Homemade red, white or rosé. 3

Suggested red, white or rosé. 4

Tinto de verano. 5

SOFT DRINKS:

Organic soda. 3

Cola
Apple
Orange- Lemon
Ginger
Lemonade
Blueberries

Qyuzu tonic water. 3

WATER:

Bottle 500ml. 2

Bottle 1l. 3

Sparkling water 250ml. 3

COCKTAILS

Whisky Sour.

Whisky, agave syrup and lemon. 10

Gin Sunrise.

Gin, orange juice and blueberries juice. 9

Caipiroska.

Vodka, raw cane sugar and lemon. 9

Fruit Daiquiri.

Rum, agave syrup, lemon and seasonal fruit. 10

Classic Daiquiri.

Rum, agave syrup and lemon. 9

Fuit Mojito.

Rum, soda, mint, raw cane sugar and seasonal fruit. 10

Classic Mojito.

Rum, soda, mint and raw cane sugar. 9

MIXED DRINKS

Whisky Highland Harvest. 9

Rum Papagayo. 9

Vodka Utkins UK5. 8,5

Gin Juniper Green. 8,5

Liquor (herbs, orange or coffee). 5