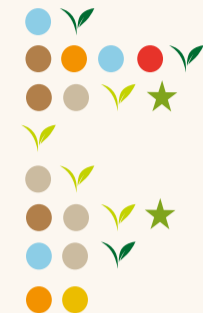




TASTING OF OUR 100% ORGANIC PRODUCTS SOLD IN OUR MARKET

STARTERS

- Sweet potato chips** with our secret sauce. Our most original and tasty proposal. 9,5
- ¡New!** **'Wild' croquettes** with selected vegetables from the orchard and cashew. 9,5
- Roasted aubergine dip** with buns. The real Mediterranean flavour. 9
- Guacamole** with pico de gallo topping and gluten free topos. 9
- Chickpea hummus** with raw veggies. 9
- Lucas's combo:** aubergine dip, guacamole and hummus. Long live diversity! 12
- Chickpeas falafel** with yoghurt sauce, cinnamon and orange. 9,5
- ¡New!** **Chicken fingers** with homemade mustard and honey sauce. 15



VEGGIE AND VEGAN PLATES

FIRST COURSES

- Soup of the day**, cold in summer and warm in winter. 8,5
- Raw zucchini noodles** with cashew nuts and parmesan pesto. Our most recommended. 12,5
- Lucas salad.** Be surprised by our gardeners. 10
- Sweet vegetables salad** seasoned with tamari and honey vinaigrette. 10
- Quinoa and chickpeas taboule** with lemon and peppermint sauce. 10,5
- Burrata** with raw tomato and fresh greens mix. Buonissima! 13
- Chèvre scrambled eggs**, with purple onion, tomato and creamy goat cheese. 9
- Grilled vegetables**, the best selection in every season. 11,5



MAIN COURSES

- Vegetable wok** with quinoa and rice penne. Our Asian touch. 13
- ¡New!** **Grilled vegetables sandwich in focaccia** bread and homemade Romesco sauce with potato roses. 12
- Vegetarian lasagna** with zucchini, aubergine and spinach. Healthy and tasty! 13
- Creamy risotto**, the perfect combination of mushrooms and rice. 13
- Beetroot and millet veggie-burger** with caramelized onion and avocado. 14



PIZZA

- ¡New!** **Vegetarian pizza** with zucchini, aubergine and tomato. Our favourite! 11
- ¡New!** **Pizza Quattro Formaggi.** The perfect option for cheese lovers. 13
- ¡New!** **Pizza Prosciutto e Funghi.** The traditional recipe made our way. 12



MEAT AND FISH

- Greek moussaka**, cooked as chef Tselementes used to. Soo good. 13
- Chicken curry** with our special cous cous. Namaste. 15,5
- ¡New!** **Spanish beef stew taco** with a Mexican touch with fried plantain. Choose how spicy you want it! 14
- Beef cheeseburger.** The classic, with vegetables and caramelized onion. 15
- Lucas ceviche**, sea bass macerated in citrus with fresh tomato, onion and corn. 13
- Grilled wild sea bass.** The only one with 100% organic certification. 20
- 'Happy cow' entrecote 300 gr.** The real taste of Spanish meat. 20
- Grilled steak** with vegetables and chips. 15
- Do you fancy something from our butcher shop? Ask us, we'll cook it for you!**



ALLERGEN THAT CONTAIN OUR PLATES:

● egg ● dairy ● gluten ● mustard ● nuts ● sesame ● sulfites ● soy ● fish*

✓ vegetarian ✓ vegan ★ gluten free option 🍞 BREAD WITH TOMATO ... 3€ GLUTEN FREE BREAD ... 2€ /PERS.

(*The fish served raw has previously been frozen at a temperature of -20 ° C)

ASK FOR YOUR TAKEAWAY