



To Start

Rustic bread with tomato	2,75
Mezze platter.....	9,00
<i>Muhammara and baba ganousch dip, dukkah, pita bread</i>	
Guacamole mortar with totopo chips.....	9,00
Fried potato balls with minced meat filling with spicy Brava sauce and mild "Allioli" garlic mayo.....	2,75/ud
Iberian ham croquettes.....	5,50/3ud
Vegetarian mushroom croquettes.....	5,50/3ud
Homemade fried potatoes with spicy Brava sauce and mild "Allioli" garlic mayo.....	4,50
Quesadilla with chicken, corn, black beans and avocado.....	8,50
Grilled vegetables with yogurt and tahini sauce.....	6,50
Prawn, mango and avocado tartare.....	12,00
Spicy thai squid.....	9,00
Frittata with jerusalem artichoke and parmesan.....	8,00
Grilled corn skewer with chili, cheese and lime mayonnaise.....	9,00

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Salads

Green salad with avocado, toasted pumpkin seeds and orange ginger vinaigrette.....	9,50
Quinoa salad with toasted courgette, peach, walnuts and grilled halloumi.....	10,00
Burrata with peas, watercress, green asparagus and mint & lime vinaigrette.....	13,50
Caesar kale salad with cherry tomatoes, croutons, parmesan and charcoal grilled chicken.....	11,50

Soups

Beetroot gazpacho.....	9,50
Chickpea and tahini cream soup.....	9,50



Mains

Charcoal grilled salmon with white miso sauce.....	15,50
Poke bowl.....	14,00
Cajun style fish tacos.....	14,50
Poussin chicken with firewood cooked piquillo peppers.....	14,75
Sirloin steak with Pont Neuf potato fries and herb butter.....	20,50
Rigatoni with sage and pistacho pesto....	12,50
Casarecce pasta with Italian sausage, corn, summer mushroom, leek and basil....	13,50
Spaghetti with clams in a tomato, basil and chilli sauce.....	13,50
Green curry with vegetables, tofu and peanuts.....	14,00
Hot Dog with kimchi, cheddar cheese and Japanese sesame mayonnaise.....	8,50
Reuben sandwich with vegetable chips.....	12,00
<i>Hot pastrami, Swiss cheese, sauerkraut & Russian sauce</i>	
Spinach burger with black carrot.....	12,50
American hamburger with organic beef.....	15,00

Bread

Bagel with salmon, avocado, cream cheese, horseradich, rocket, dried tomato and spring onion.....	7,00
Sourdough bread or baguette with tomato, olive oil.....	2,50
+ Mahon semi-cured cheese.....	1,50
+ Longaniza de pagés (dried sausage).....	1,50
+ Iberian Acorn Ham.....	4,00
Reuben sandwich.....	12,00
Hot pastrami, Swiss cheese, sauerkraut & Russian sauce	
Three cheese & ham sandwich.....	6,00
Vegetarian sandwich.....	5,50
with tomato, avocado, rocket and mozzarella cheese	

Coffee

The beans for our coffee come from Cafés El Magnífico, Barcelona's well known & excellent coffee shop, with their first store opening in 1962. Since then, this family-run business has provided the highest quality in coffee, offering a wide variety of single origins and exceptional blends.

Espresso.....	1,70
Double espresso.....	2,00
Americano.....	1,90
Cortado.....	1,80
Coffee with milk.....	2,00
Big latte.....	3,30
Capuccino.....	2,50
Flat white.....	2,40
Extra shot.....	0,50
Iced coffee.....	2,00
+ milk.....	3,50
Cold brew.....	3,00
+ milk.....	3,50

Organic Eggs

Fried eggs with bacon.....	7,00
or Iberian Acorn ham.....	+2,00
Huevos rancheros with tortillas, tomato, guacamole, grated cheese and jalapeño sauce.....	8,00
Sourdough bread, avocado and dukkah.....	6,00
+ Poached egg.....	1,50
+ Halloumi cheese.....	1,50
English muffin with bacon, poached egg and hollandaise sauce.....	8,00
+ Iberian Acorn ham.....	2,00
English muffin with poached egg, spinach, green asparagus and semi dry tomato.....	7,50
+ Smoked salmon and dill sauce.....	2,00
Morning bagel with fried egg, Iberian ham, rocket, tomatoes and parmesan cheese.....	7,00
Shakshuka egg casserole.....	8,00

Pukka Organic Tea

Pukka tea is made with highest-quality organic herbs, which are rich in natural oils and carefully and ethically sourced from over 50 countries. All the products are certified fair trade and distributed with environmental and ethical awareness.

Gorgeous tea EARL GREY.....	3,00
Green tea supreme Matcha.....	3,00
Chai tea.....	3,00
Matcha latte.....	3,50
Homemade Iced Tea.....	3,00
Infusión rooibos.....	3,00
Infusión blackcurrent beauty.....	3,00
Infusión mint tea.....	3,00
Infusión golden chamomile, vanilla and honey.....	3,00
Infusión ginger, lemon and honey.....	3,00

Sweet & Healthy

Croissants.....	1,60
Spelt croissants.....	1,80
Whole wheat muffin.....	2,50
Banana bread.....	2,50
Spelt scone with jam.....	2,50
Carrot cake.....	5,50
Cheesecake.....	5,50
Chocolate brownie.....	5,50
Cake of the month.....	5,50
Organic yogurt with granola.....	3,50
+ fruit.....	2,00
Red fruits, açai and banana smoothie.....	6,00
Açai bowl with homemade granola.....	8,00
Spelt pancake with fried banana, macadamia nuts, yogurt and maple syrup....	7,50

100% Organic Juices

Orange juice.....	4,00
Orange & carrot juice.....	4,50

LOUP & FILLES

ORGANIC COLD PRESSED JUICE

Cold Pressed Juice: Luna.....	5,95
Beetroot, carrot, apple, ginger and lemon	
Cold Pressed Juice: India.....	5,95
Carrot, orange, ginger, lemon, apple and fresh turmeric	
Cold Pressed Juice: Sienna.....	5,95
Watermelon, apple, lemon, mint	



**ENTER WITH
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AN EMPTY STOMACH**

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Between hours menu

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Mezze platter	9,00
<i>Muhammara and baba ganousch dip, dukkah, pita bread</i>	
Guacamole mortar with totopo chips.....	9,00
Fried potato balls with minced meat filling with spicy Brava sauce and mild "Allioli" garlic mayo	2,00/ud
Iberian ham croquettes	5,50/3ud
Vegeterian mushroom croquettes	5,50/3ud
Homemade fried potatoes with spicy Brava sauce and mild "Allioli" garlic mayo	4,50
Spicy thai squid	9,00
Green Salad with avocado, toasted pumpkin seeds and orange ginger vinagrette	9,50
Prawn, mango and avocado tartare	12,00
Rigatoni with sage and pistacho pesto	12,50
Poussin chicken with firewood cooked piquillo peppers	14,75
Charcoal grilled salmon with white miso sauce	15,50
Hot Dog with kimchi, cheddar cheese & Japanese sesame mayonnaise...	8,50
Reuben sandwich with vegetable chips	12,00
Spinach burger with black carrot	12,50
American Hamburger	15,00

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Espresso.....	1,70	Extra shot.....	0,50
Double espresso.....	2,00	Iced coffee.....	2,00
Americano.....	1,90	+ milk.....	3,50
Cortado.....	1,80	Cold brew.....	3,00
Coffee with milk.....	2,00	+ milk.....	3,50
Big latte.....	3,30		
Capuccino.....	2,50		
Flat white.....	2,40		

Pukka Organic Tea

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Green tea supreme Matcha..	3,00	Infusión blackcurrent beauty,	
Chai tea.....	3,00	Infusión mint tea,	
		Infusión golden chamomile,	
Matcha latte.....	3,50	vanilla and honey,	
Homemade Iced Tea.....	3,00	Infusión ginger, lemon	
		and honey.....	3,00

100% Organic Juices

Loup & Filles Cold Pressed Juice: Luna	5,95		
<i>Beetroot, carrot, apple, ginger and lemon</i>			
Loup & Filles Cold Pressed Juice: India	5,95		
<i>Carrot, orange, ginger, lemon, apple and fresh turmeric</i>			
Loup & Filles Cold Pressed Juice: Sienna	5,95		
<i>Watermelon, apple, lemon, mint</i>			
Orange juice.....	3,50	Orange & carrot juice.....	4,00

Cakes & Desserts

Carrot cake	5,50	Watermelon, melon and	
Cheese cake	5,50	pineapple 'cru'.....	5,00
Brownie	5,50	Flan foam with crumble....	5,50
Cake of the month	5,50		

Vinos / Vins / Wines

ELS NOSTRES BLANCS / NUESTROS BLANCOS / OUR WHITES

Petit Caus Ecológico 3,75 / 16
D.O. Penedés/Xarel·lo

Celler Terra i Vins 3,75 / 16
"Flor de nit". D.O. Terra
Alta/Garnatxa, Macabeu

Hermanos Lurton Verdejo 3,75 / 17
D.O. Rueda/Verdejo

Paco & Lola 18
D.O. Rías Baixas/Albariño

ELS NOSTRES NEGRES / NUESTROS TINTOS / OUR REDS

Cigonyes 3,75 / 16
D.O. Empordà/Garnacha

Marqués de Murrieta RVA 4,50 / 22
D.O. La Rioja/Tempranillo, Garnacha,
Mazuelo, Graciano

Casa Vella d'Espinells 16
D.O. Penedés/Cabernet Sauvignon

Urogallo de Fanfarria 18
D.O. VT Cangas/Mencía, Albarín Tinto

ELS NOSTRES ROSATS / NUESTROS ROSADOS / OUR ROSÉS

Rosa d'Abril Torelló 3,75 / 16
D.O. Penedés/Macabeu, Malvasía, Syrah

Gran Caus 18
D.O. Penedés/Cabernet Sauvignon,
Merlot, Cabernet Franc, Syrah

ELS NOSTRES ESPUMOSOS / NUESTROS ESPUMOSOS / CAVA

Juve & Camps Cinta purpura Brut 5 / 18
D.O. Cava/Macabeu, Xarel·lo, Parellada

Gramona Brut Imperial GRVA 19
D.O. Cava/Xarel·lo, Chardonay, Macabeu Parellada

Torelló Brut Nature GRVA 19
D.O. Cava/Macabeu, Parellada, Xarel·lo

CHAMPAGNE

Moët & Chandon Brut Imperial 62
D.O. Champagne/Pinot Noir,
Chardonay, Pinot Meunier

Moët & Chandon Brut Imperial 375cl 35
D.O. Champagne/Pinot Noir,
Chardonay, Pinot Meunier

Cócteles / Còctels / Cocktails

APEROL SPRITZ	6,00
Aperol, Cava, soda	
NEGRONI	8,00
Gin, Campari, Cinzano rojo / Gin, Campari, Cinzano vermell / <i>Gin, Campari, red Cinzano</i>	
BRAMBLE	8,00
Gin, azúcar, zumo de limón, licor de mora Gin, sucre, suc de llimona, licor de mora <i>Gin, sugar, lemon juice, raspberry liquor</i>	
MOJITO MANGO CHILI	8,00
Ron Bacardi, lima, menta, azúcar, soda Ron Bacardi, llima, menta, sucre, soda <i>Ron Bacardi, lime, mint, sugar, soda</i>	
NIRVANA	8,00
Whisky Wild Turkey, St. Germain, frutos rojos, zumo de manzana, zumo de lima / Whisky Wild turkey, St. Germain, fruits vermells, suc de poma, suc de llima / <i>Wild Turkey Whisky, St, Germain, red fruits, apple juice, lime juice</i>	
BLOODY MARY	8,00
Vodka, zumo de tomate, zumo de limón, salsa Worcestershire, sal, pimienta / Vodka, suc de tomàquet, suc de llimona, salsa Worcestershire, sal, pebre / <i>Vodka, tomato juice, lemon juice, Worcestershire sauce, salt, pepper</i>	
MOSCOW MULE	8,00
Vodka, ginger beer, lima / Vodka, ginger beer, llima / <i>Vodka, ginger beer, lime</i>	
NATURAL BALANCE	8,00
Gin, azúcar, zumo de limón, pepino, sauvignon blanc / Gin, sucre, suc de llimona, cogombre, sauvignon blanc / <i>Gin, sugar, lemon juice, cucumber, sauvignon blanc</i>	

Cervezas / Cerveses / Beers

Cruzcampo Gran Rva (lager) 6,4°	3,00
Brutus (lager) 5°	3,50
Barcino (Amber Ale)	4,25



