

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
Chai latte.....	3,50
Extra shot.....	0,50

Organic Eggs

Fried eggs with bacon.....	7,00
or Iberian Acorn ham.....	+2,00
Huevos rancheros with tortillas, tomato sauce and jalapeño, guacamole, pecorino cheese and black beans.....	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
Chai 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
Whole wheat vegan croissant with oats.....	1,80
Pain au chocolat.....	1,90
Spelt pancake with fried banana, yogurt and maple syrup.....	9,00
Cinnamon roll.....	2,50
Hazelnut and chocolate cookies.....	2,30
Vegan chocolate cake with pistachios and roses.....	6,00
Carrot cake.....	5,50
Cheesecake.....	6,50
Gluten free chocolate brownie.....	6,50
Organic yogurt with granola.....	3,50
+ fruit.....	2,00
Red fruits, açai and banana smoothie.....	6,00
Açai bowl with homemade granola.....	8,00
Hot Chocolate.....	3,50
+ "churros".....	2,00

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: Maia.....	5,95
Pineapple, apple, cucumber, lemon and mint	

**ENTER WITH
A FULL HEART &
AN EMPTY STOMACH**

Free Wifi

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www.encompaniadelobos.com



To Start

Muhammara & baba ganousch
with pita bread 9,50

Guacamole with nachos (mortero)
9,00

Patatas Bravas 5,50

Fried potato balls with minced meat
filling with spicy Brava sauce and
mild "Allioli" garlic mayo 6,00
/2ud

Iberian ham croquettes 5,50/3ud

Vegetarian mushroom croquettes
5,50/3ud

Quesadilla with chicken, corn,
black beans and avocado 9,25

Prawn, mango and avocado tartar
12,00

Sautéed edamame beans with
tamarind and prawns 9,50

Rustic bread with tomato 3,00

Salads & Greens

Green salad with avocado,
toasted pumpkin seeds and orange
ginger vinaigrette 10,50

Quinoa salad with roasted
pumpkin, pomegranate, walnuts
and halloumi cheese 11,50

Burrata con guisantes, berros,
esparragos verdes, brocheta de uvas
y vinagreta de menta y lima 13,50

Grilled vegetables with yogurt
and tahini sauce 8,50

Toasts & Sandwiches

Halloumi cheese, baba ganoush
and avocado toast 11,00

Anchovies, burrata cheese
and celery toast 11,00

Roast beef with a mushroom
sauce on toast 12,00

Hot Dog with kimchi, cheddar cheese
and Japanese sesame mayonnaise
10,00

Reuben sandwich with vegetable
chips. *Hot pastrami, Swiss cheese,
sauerkraut & Russian sauce* 12,00

Pastas

Aubergine and courgette lasagne
with Bolognese sauce 13,50

Rigatoni with sage
and pistacho pesto 12,50

Spaghetti with clams in a tomato,
basil and chilli sauce 15,00

Pappardelle with veal
and mushroom ragù 13,50

Burgers

ECO Beef burger (tomato, lettuce,
cheddar cheese) 15,00

Spinach burger with
black carrot 13,50

Mains

Veggie

Green curry with vegetables,
tofu and peanuts 14,50

Spinach burger with
black carrot 13,50

Fish

Charcoal grilled salmon with
white miso sauce 15,50

Cajun style fish tacos 14,50

Chicken

Chicken tajin with plums, preserved
lemons and pumpkin 15,50

Poussin chicken with firewood cooked
piquillo peppers 16,00

Beef

Black Angus sirloin steak with
truffled parmentier 21,50

Ribs with homemade barbecue sauce
and baked potato 17,50

Cakes & Desserts

Carrot cake 5,50

Cheesecake 6,50

Gluten free chocolate brownie 6,50

Vegan chocolate cake with
pistachios and roses 6,00

Baked pears with amaretto
and vanilla cream 6,50

"Flan" foam with crumble 5,50

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