



LET'S START WITH FRUIT





## **FRENCH TOAST**

10,50

Irresistible homemade french toast with apple crumble, served with fruit and ice cream topping (without sugar)

#### **PANCAKES**

10,50

Homemade carrot and oatmeal pancakes served with fresh fruits, sliced almonds and a choice of Nutella, honey or Agave topping.

#### **ACAI BOWL**

11,50

Creamy acai smoothie bowl (without sugar) with strawberry and banana + toping of fresh fruits + portion of granola to accompany to taste (ADD MANGO FOR 1,50€)

## **PORRIDGE BOWL**

10

Creamy oatmeal and banana smoothie (with the milk of your choice) + dark chocolate chips (sugar free) + fresh fruit topping + separate portion of granola to accompany to taste.

#### FRUIT BOWL

7,50

Your favorite freshly cut fruit combined in a bowl full of flavor (add mango 1,50€)

# **MEGA TOAST**

### **ROAST BEEF TOAST**

12

Toast + dry tomatoe cream + roast beef + grilled cheese + greens + grilled onion (veggie option/eggplant + parmesan)

#### QUAIL TRUFFLE TOAST

12

Toasted whole wheat bread + cream cheese + crispy bacon + grilled mushrooms + gratin parmesan + grilled quail egg + truffle topping + greens

#### PARMESAN TOAST

11.50

Toast + dry tomatoe cream + grilled onion + eggplant grilled + gratin cheese + parmesan cheese + greens

# CAPRESE TOAST

11,50

Toasted whole wheat bread + candied tomato + gratin fresh mozzarella + topping peeled pistachio + pesto to taste + greens

#### AVOCADO TOAST

9.50

Whole wheat toast bread + avocado cream and fruit + almond topping + mini fresh fruit salad



# COMBINED WITH EGGS

# **MAVERICKS VEGGIE**

11,50

Grilled white cheese + mushrooms + scrambled eggs + pico de gallo + sweet potato + greens

#### MUNDAKA VEGGIE

11,50

Bagel bread with gratin gouda + roasted eggplant + onion and sautéed mushrooms + scrambled eggs + avocado + greens

#### HOSSEGOR

11,50

Crispy whole wheat toast with avocado + smoked salmon + poached eggs + carrot + greens

#### **PIPELINE**

11,50

Whole wheat toast with guacamole + homemade shredded chicken + grilled eggs + avocado + feta cheese + sour cream ( on a side) + greens

#### **MAVERICKS**

11,50

Grilled turkey breast + scrambled eggs + grilled cheese + pico de gallo + sweet potato + greens

#### **PAVONES**

9,95

Corn tortilla with melted cheese + black beans + homemade ground meat + grilled eggs + guacamole + sour cream + greens + corn

#### **PAVONES VEGGIE**

11,50

Corn tortilla with melted cheese + black beans + corn + grilled eggs + guacamole + sour cream + greens + veggie protein

### **MUNDAKA**

11,50

Bagel bread with gratin gouda + crispy bacon + onion and sautéed mushrooms + scrambled eggs + avocado + greens

# **BUDA BOWLS**

#### SELVA BUDA BOWL

13.50

Choose a base: (Wild rice or greens) + sautéed turkey with crispy teriyaki bacon + roasted peppers and onions + a poached egg + mixed greens + topping of parmesan

#### PLAYA BUDA BOWL

14

Choose a base: (Wild rice or greens) + salmon + wakame + cucumber + cream cheese + carrot + edamames + mango + avocado... would you like it with wasabi??? (optional)

## ARRECIFE BUDA BOWL

12,50

Wild rice + homemade shredded chicken + mushrooms with teriyaki onions + crispy bacon + candied cherries + feta + greens (mayo sauce in the center)









# **BURGERS & BURRITOS**

REX BURGER 13,50

160 gr of exquisite 100% beef + gratin gouda + crispy bacon + grill onion + bbq (Try it with EGG for a greater explosion of flavor (+1€)

CLASSIC BURGER 13,50

160 gr of exquisite 100% beef + gratin gouda + tomato + onion + avocado + greens + mustard (Try it with BACON for a greater explosion of flavor (+1 €)

VEGGIE BURGER 12

Quinoa burger with black beans and corn + grilled cheese + grill onion and mushrooms + hummus + greens

BURRITO BESTIAL 13,50

Ground beef or shredded chicken or veggie protein/ Wheat tortilla wrap with melted cheese + your protein + rice + black beans + onion and grilled pepper + corn + carrot + crispy cheese enveloping all its flavor + guacamole + greens.( Do you want jalapenos?)

# **SHALL WE SHARE?**

# NACHOS PISTACHO 13,00

Corn chips + melted cheese + homemade beans + pico de gallo + avocado +sour cream + jalapeno Try it with ground beef/shredded chicken or vegetable protein for €1.50

# **PORTIONS**

Wholemeal bread

Wildiemeal breau	1,50
Rice	2,50
Avocado, cream & fruits	2
Sweet potato & mayo homemade	4
Eggs: scrambled, poached, grilled	3
Proteins	3

Bacon / grilled turkey breast / shredded chicken / ground beef /

smoked salmon / black beans / protein vegetable

# **DESSERTS (SUGAR FREE!)**

CHOCOLATE MARQUISE 4,50

Crushed cookies with melted chocolate (vegan)

BANANA CAKE 4.50

Banana bread with black chocolate chips, served with grilled banana and strawberries (ADD ICE CREAM FOR 1.50€)

CARROT CAKE 4,50

Carrot cake served with cream yogurt and fruits (ADD ICE CREAM FOR 1 €)

COOKIES & ICE CREAM 4,50

Big choco-cookie homemade served with ice cream

PISTACHIO MATCHA 5,50

Cookie with creamy pistachio and matcha mouse

MANGO AND PASSION FRUIT 5,50

**CHEESECAKE** 

Homemade Mango and Passion fruit Cheese cake, sugar free.



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SUPER SMOOTHIES
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GOLDEN Mango + carrot + passion fruit + turmeric	5,30
GINGER SHOT Ginger + orange + lemon	5,00
GREEN MATCHA Spinach + Apple + Ginger + Iemon + Matcha	5,30
<b>RED</b> Strawberry + banana + red fruits (peanuts +0.50 €)	5,30
HOT DRINKS	
Pistachio Capuccino	4,80
Nutella Capuccino	4,80
Espresso	1,80
Cortado / Macchiato	2,30
Matcha Latte	4,20
Golden Milk Latte	2,60
Bombón / Milk-Milk	2,30
Chai Latte	4
Small White Coffee	2,80
Large White Coffee	4
Latte Macchiato	3,80
Capuccino Cocoa & Cinnamon	2,80
American	2,50
Mochaccino	3,50
Barraquito	4
Chocolate	3,20
Tea	1,80
*With Soy Milk +	0,50

Iced Matcha	5,50
Iced Chai Latte	5,50
Iced Black Latte Tea	5,50
Iced Latte	5,50
Iced Cocoa	5,50
Iced Americano	5,50
Coffee & Ice Cream	5,50
Frapuccino Caramel or Vainilla	6

COLD CLASSICS	-SUGAR FREE-
Passion fruit with chia	4,80
Mimosa	10
Lemon tea & ginger	4,80
Beer	3
Coconut water	4,50
Coca cola zero	3
Squeezed orange	4,20
Wine bottle or cava	7
Mineral water	2,60
Sparkling water	2,60











# LET'S START WITH TASTE

**PANCAKES** 

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**AVOCADO TOAST** 

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**ACAI BOWL** 

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MUSHROOM TOAST

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**CHIA BOWL** 

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PORRIDGE BOWL

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FRUIT BOWL

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# COMBINED WITH EGGS

NAZARE

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HOSSEGOR

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PIPELINE

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**MAVERICKS** 

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**PAVONES** 

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**PAVONES VEGGIE** 

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MUNDAKA

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MUNDAKA VEGGIE

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### **BUDHA BOWLS**

MOUNTAIN()()()()()+()()()

BEACH () () () () ()

DESERT

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REEF

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# SALADS

SELVA () ()

SELVA VEGGIE 🚺 🔘 💟

TROPICAL (2) (1) (1)

# SHALL WE SHARE?

NACHOS PISTACHO () () ()

TOSTONES () () ()

# **BURRITOS & BURGERS**

REX BURGER 🔱 🕕 🔘 🔘

DOBLE REX () () () () ()

VEGGIE BURGER () () () () ()

COSMIC BURRITO 00000

VEGGIE COSMIC BURRITO 00000

BURRITO BRUTAL () () () ()