





REAL FOOD LOVERS





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

10

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

10

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

11.50

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.



1 50



*With Soy Milk +







SUPER SMOOTHIES		COLD COFFEE FRAPUCCINOS
GOLDEN	5,30	Iced Matcha 5,50
Mango + carrot + passion fruit + turmeric GINGER SHOT	5,00	Iced Chai Latte 5,50
Ginger + orange + lemon	-	Iced Black Latte Tea 5,50
GREEN MATCHA Spinach + Apple + Ginger + Iemon + Matcha	5,30	Iced Latte 5,50
RED Strawberry + banana + red fruits (peanuts +0.50 €)	5,30	Iced Cocoa 5,50
		Iced Americano 5,50
HOT DRINKS		Coffee & Ice Cream 5,50
Pistachio Capuccino	4,80	Frapuccino 6
Nutella Capuccino	4,80	Caramel or Vainilla
Espresso	1,80	COLD CLASSICS -SUGAR FREE-
Cortado / Macchiato	2,30	Passion fruit with chia 4,80
Matcha Latte	4,20	Mimosa 10
Golden Milk Latte	4	Lemon tea & ginger 4,80
Bombón / Milk-Milk	2,30	Beer 3
Chai Latte	4	Coconut water 4,50
Small White Coffee	2,80	Coca cola zero 3
Large White Coffee	4	Squeezed orange 4,20
Latte Macchiato	3,80	Wine bottle or cava 7
Capuccino Cocoa & Cinnamon	2,80	Mineral water 2,60
American	2,50	Sparkling water 2,60
Mochaccino	3,50	
Barraquito	4	
Chocolate	3,20	MENTAL
Теа	1,80	BEGINS

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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 () () () ()