

GLUTEN FREE MENU

yes, the entire menu is gluten-free!

Salad

TROPICAL BURRATA iNEW! 16,90€

Mezclum, diced tomato, avocado, artisanal burrata, passion fruit vinaigrette, roasted almonds.

Allergens: nuts / eggs / dairy / almonds

RENTRESCA SALAD iNEW! 13,90€

Rocket, spinach, cherry tomato, red fruit vinaigrette, tuna belly, red onion, feta cheese, crispy padano cheese.

Allergens: nuts / eggs / dairy

GREEN CAPRESE SALAD 11,90€

Rocket, spinach, sliced tomato, fresh mozzarella, vegan almond pesto, roasted almonds, date and modena vinegar reduction.

Allergens: peanut / eggs / tree nuts / dairy / sesame

CAESAR SALAD 12,90€

Romaine lettuce, crispy chicken breast, special caesar sauce, grana padano cheese, cornbread croutons.

Allergens: celery / peanuts / eggs / nuts / dairy / mustard / sesame / soy / sulphites

Starter

MINI TACOS 9,90€

Millet and quinoa dough, mozzarella cheese, pico de gallo, natural yogurt sauce and homemade guacamole (3 units).

Choose: minced beef, shredded beef or chicken.

Allergens: celery / eggs / nuts / dairy / sulfites

VEGAN MINI TACOS 10,90€

Millet and quinoa dough, shredded jackfruit, vegan mozzarella cheese, pico de gallo, soy-yogurt sauce and homemade guacamole (3 units).

Allergens: celery / nuts / sulfites

BBQ SWEET POTATOES 9,90€

Irresistible baked sweet potato sticks with our exclusive and exquisite Natura BBQ sauce.

Allergens: celery / peanut / tree nuts / sesame / soy / sulfites

CHICKEN TENDERS 12,90€

Delicious baked chicken strips covered with crispy cornflakes, accompanied by our Natura BBQ sauce and Greek yogurt-based alioli.

Allergens: celery / peanut / tree nuts / egg / dairy / mustard / sesame / soy / sulphites

PIZZA NATURA

Our dough is made of millet, quinoa and water

PIZZAS

Yes, it only contains 3 ingredients, no more!

TRUFFLED EGG 21,90€

Tomato sauce, mozzarella, egg, truffle cream, rocket, grana padano cheese, truffle carpaccio and oregano.

Allergens: nuts / eggs / dairy

CODORNIZZA 18,90€

Tomato sauce, mozzarella, quail eggs, Iberian ham, rocket, grana padano cheese and oregano.

Allergens: nuts / eggs / dairy

IBÉRIC BEST SELLER 16,90€

Tomato sauce, mozzarella, almond pesto, Iberian ham, grana padano cheese, rocket and oregano.

Allergens: nuts / eggs / dairy / sulfites

CAPRESE 14,90€

Tomato sauce, mozzarella, tomato slices, fresh basil, almond pesto and oregano.

Allergens: nuts / eggs / dairy

EGGOCADO 17,90€

Tomato sauce, mozzarella, egg, avocado, rocket, grana padano cheese, mushrooms and oregano.

Allergens: nuts / eggs / dairy

BURRATA 17,90€

Tomato sauce, mozzarella, almond pesto, fresh basil, artisanal burrata and oregano.

Allergens: nuts / eggs / dairy

4 CHEESES 14,90€

Tomato sauce, mozzarella, blue cheese, goat cheese, grana padano cheese and oregano.

Allergens: nuts / eggs / dairy / sulfites

MEXICAN POPULAR 14,90€

Tomato sauce, mozzarella, shredded beef, red onion, bell peppers and oregano.

Allergens: celery / eggs / nuts / dairy / sulfites

VEGETARIAN 13,90€

Tomato sauce, mozzarella, bell peppers, red onion, rocket, mushrooms, sweet corn and oregano.

Allergens: nuts / eggs / dairy

NATRUFFLE 19,90€

Homemade bechamel sauce, mozzarella, mushrooms, rocket, grana padano cheese, special truffle sauce, truffle carpaccio and oregano.

Allergens: nuts / eggs / dairy

KABRA 14,90€

Tomato sauce, mozzarella, sweet onion, sweet corn, goat cheese and oregano.

Allergens: nuts / eggs / dairy / sulfites

CHICKEN BBQ THE CHEF RECOMMENDS 15,90€

Mozzarella, Natura BBQ sauce, chicken breast smoked over oak charcoal, onion, bell peppers, black olives and oregano.

Allergens: celery / nuts / eggs / dairy / sulfites

BOLOÑA 15,90€

Mozzarella, bolognese sauce, mushrooms, almond pesto, grana padano cheese, fresh basil and oregano.

Allergens: celery / nuts / eggs / dairy / sulfites

NAPOLI 13,90€

Tomato sauce, mozzarella, grana padano cheese, mushrooms, rocket and oregano.

Allergens: nuts / eggs / dairy

MARGARITA 12,90€

Tomato sauce, mozzarella and oregano.

Allergens: nuts / eggs / dairy

Vegan Pizzas

AVOCADO ROQUEFORT 15,90€

Tomato sauce, vegan mozzarella, vegan blue cheese, mushrooms, avocado, vegan parmesan cheese and oregano.

Allergens: sulfites

VEGAN BBQ CHICKEN 17,90€

Natura BBQ sauce, vegan mozzarella, bell peppers, sweet onion, black olives, Heura vegan chicken and oregano.

Allergens: celery / peanuts / tree nuts / sesame / sulfites

VEGAN MEXICAN 16,90€

Tomato sauce, vegan mozzarella, shredded jackfruit, bell peppers, red onion, pico de gallo, avocado and oregano.

Allergens: celery / soy / sulfites

GARDENER 14,90€

Tomato sauce, vegan mozzarella, red onion, bell peppers, mushrooms, sweet corn, black olives, vegan pesto and arugula.

Allergens: celery / peanut / tree nuts / sesame / sulfites

Extras

VEGETABLES

Black olives **+1,00€**
Red onion **+1,00€**
Sweet onion **+1,00€**
Mushrooms **+1,00€**
Pico de gallo **+1,00€**
Sweet corn **+1,50€**
Bell peppers **+1,00€**
Rocket **+2,00€**
Avocado **+2,50€**
Truffle carpaccio **+2,50€**
Cherry tomato **+1,50€**
Sliced tomato **+1,50€**

CHEESES

Blue **+1,50€**
Goat **+2,00€**
Grana Padano **+2,50€**
Cream cheese **+1,50€**
Fresh mozzarella **+1,50€**
Artisanal burrata **+4,50€**
Mozzarella **+1,50€**

MEATS

Shredded beef **+3,00€**
Chicken **+3,00€**
Bolognese **+2,00€**
Iberian Ham **+3,00€**
Minced beef **+3,00€**
Chicken egg (x1) **+2,50€**
Quail eggs (x4) **+2,50€**

VEGAN

Shredded Jackfruit **+3,50€**
Vegan mozzarella **+2,50€**
Vegan blue cheese **+2,99€**
Vegan parmesan **+2,50€**
Heura vegan chicken **+3,50€**

SAUCES

Bechamel **+1,50€**
Bolognese **+2,00€**
Natural BBQ **+1,50€**
Vegan pesto **+1,50€**
Truffle special **+2,00€**

All our dishes are **gluten-free**, prepared at the moment with organic ingredients of the highest quality, **healthy and full of nutrients** that favour the proper functioning of the body.

Bowls

SHREDDED BEEF BOWL 14,30€

Mezclum, special wild rice, shredded beef, pico de gallo, homemade guacamole, yogurt sauce, coriander.

Allergens: peanut / dairy / nuts / sulfites

SALMON BOWL 16,80€

Mezclum, baked salmon, avocado, quinoa mix, roasted cherry tomatoes, coriander mayo, pico de gallo, chive sprouts.

Allergens: crustaceans, eggs, fish, peanuts, sulphites, molluscs, nuts.

PIRI PIRI CHICKEN BOWL 14,70€

Mezclum, special wild rice, hummus of the week, roasted bell peppers, piri piri chicken, coriander mayo, chive sprouts.

Allergens: egg / peanut / soy / tree nuts / celery / sulfites

TATAKI TUNA BOWL (+4€) 16,90€

Mezclum, quinoa mix, pickled red onion, edamame, avocado, tataki tuna, watermelon, tamari sauce, sesame seeds.

Allergens: crustaceans / fish / soy / sesame / sulphites / lupins / molluscs

MINCED BEEF BOWL 14,20€

Mezclum, special wild rice, natural minced beef, feta cheese, pico de gallo, avocado, coriander.

Allergens: peanut / dairy / nuts / sulfites

VEGETARIAN BOWL 15,90€

Mezclum, special wild rice, hummus of the week, roasted bell peppers, beet strips, mushroom mix, grilled avocado, roasted almonds.

Allergens: celery / peanut / tree nuts / sesame / sulfites

VEGAN BOWL 16,90€

Mezclum, Heura vegan chicken, quinoa mix, pickled red onion, grilled avocado, mushroom mix, vegan yogurt sauce, roasted cashews.

Allergens: peanut / dairy / nuts / soy



PIZZA NATURA

Beverages

WITHOUT ALCOHOL

Water 0,5L	2,90€
Sparkling Water 0,5L	3,20€
ZeroZero Coke	3,50€
SpriteFresh	3,50€
Zero Tonic	3,50€
Sugar Free Nestea	3,50€
Aquarius Zero Lemon	3,50€
Aquarius Zero Orange	3,50€
Juices - Lemon Fresh	4,90€
Juices CHICA	3,50€
Alcohol-free beer	3,90€

WITH ALCOHOL

Tinto De Verano	4,50€
Millet beer	4,50€
Millet Beer with Lemon	4,50€
Craft Mica Beer	4,50€
Beer	3,90€
Komvida Organic Kombucha	3,90€

Red Fruits, Ginger and Lemon, Kombujito, Apple Cinnamon and Vanilla, Carrot and Turmeric, Komvirra

Coffee

RISTRETTO	2,20€
ESPRESSO	2,20€
DOUBLE ESPRESSO	2,20€
MACCHIATO	2,20€
CORTADO	2,20€
CAPPUCCINO	3,20€
LATTE	2,90€
AMERICANO	2,90€
TEA	2,50€

Wines

Red

HOUSE WINE 14,90 €

Glass of house wine 3,90€

CARRAVAL SECA CRIANZA 23,90 €

Cellar Casa Primicia
100% tempranillo, 14 months in barrel. Rioja

BIBERIUS 21,90 €

Cellar Comenge
100% tempranillo, 5 months in barrel. Ribera del Duero

DOCE LUNAS 24,90 €

Cellar el Grillo y la Luna

White

HOUSE WINE 14,90 €

Glass of house wine 3,90€

HONEYMOON 22,90 €

Cellar Pares Balta
100% parellada. Penedés

EIDO DAFONTE 23,90 €

Cellar Eido Dafonte
100% tempranillo. Rías Baixas

CARABALLAS VERDEJO 24,90 €

Cellar Finca las Caravallas
100% verdejo. Castilla y León

Pink

HOUSE WINE 14,90 €

Glass of house wine 3,90€

Cavas

BRUT NATURE 25,90 €

Cellar Pares Balta
42% xarel-lo 31% macabeo 27% parellada 0% sugar

To combine

Rum	8,00€
Vodka	8,00€
Gin	8,00€
Whisky	8,00€
Vermut	4,50€
Aperol	6,50€

ENJOY WITH TASTE
and without guilt!



Desserts

All our desserts are sweetened with dates,
they do not have added sugars or
refined flours.

CHEESECAKE 7,90€

Special version of the cheesecake, sweetened with dates, made with a variety of cheeses and a base of crunchy healthy almond granola. Accompanied by date and red berry jam and a crunchy grana padano cheese biscuit.

Allergens: Peanuts / Nuts / Eggs / Dairy / Sesame / Soy / Sulfites

PASSION MOUSSE 8,90€

Mousse filled with date and passion fruit jam, laid on a bed of our special healthy granola.

Allergens: Peanuts / Nuts / Eggs / Dairy / Sesame / Soy / Sulfites

BROWNIE WITH DON ERNESTO ICE CREAM 7,90€

Healthy version of the traditional brownie, made with premium Swiss chocolate, roasted almonds and topped with our special mascarpone cheese and banana ice cream.

Allergens: Peanuts / Nuts / Eggs / Dairy / Sesame / Soy / Sulfites

TIRAMISU 7,90€

A healthy version of tiramisù, made with layers of pumpkin sponge cake, delicious mascarpone cream, dates, amaretto and organic Italian coffee.

Allergens: Peanuts / Nuts / Eggs / Dairy / Sesame / Soy / Sulfites

VEGAN QUEEN 8,90€

Vegan chocolate and sweet potato mousse, with a base of crunchy Healthy granola and covered with an exquisite salty pistachio cream.

Allergens: Peanuts / Nuts / Sesame seeds / Soy / Sulfites

100% NATURAL MENU
Yes, really!

