

Natura Dishes

VEGETARIAN 15,90€

Mixed lettuce, baked sweet potato cubes, baked red cabbage, baked baked red cabbage, baked bimbi, spiced chickpeas, pickled red onion, roasted mushrooms, roasted courgette, avocado, grilled egg and beetroot sprouts.

Allergens: Eggs, sulphites, nuts

SMOKED CHICKEN 14,90€

Lettuce mix, smoked chicken churrasco, caramelised onion rings, parmesan potatoes, baked red cabbage, avocado cream, hummus of the week, roasted mushrooms and beetroot sprouts.

Allergens: nuts, dairy products, sulphites

SALMÓN CHIMICHURRI 17,90€

Lettuce mix, baked salmon, pickled red onion, homemade guacamole, parmesan potatoes, cherry tomato confit, pineapple chimichurri, roasted baby carrot and chive sprouts.

Allergens: fish, dairy, sulphites

MEXICAN 14,90€

Lettuce mix, shredded beef, pico de gallo, special wild rice, parmesan potatoes, red cabbage salad, avocado cream, roasted pepper strips, Chinese chives and coriander.

Allergens: celery, nuts, dairy, sulphites, peanuts, tree nuts

HEALTHY COLORS 14,90€

Lettuce mix, minced beef, red cabbage salad, roasted baby carrot, radishes, roasted pepper cream, special wild rice, Chinese chives, avocado, grilled egg and beetroot sprouts.

Allergens: eggs, celery, dairy, nuts, garlic, sulphites, peanuts, nuts, peanuts, tree nuts.

PLANT BASE 16,90€

Mixed lettuce, Heura chicken marinated in soy sauce, radishes, avocado, edamame, sweet potato puree, chives, Chinese chives and sesame seeds, wild rice.

Allergens: soya, sulphites, sesame, nuts

AUBERGINE LASAGNE 12,90€

Roasted aubergine, mozzarella, natural tomato, bolognese, béchamel, Grana Padano, almond pesto and fresh basil

Allergens: celery, dairy, garlic, nuts, sulphites

COURGETTE SPAGHETTI 12,90€

Zucchini spirals, bolognese, Grana Padano and fresh basil.

Allergens: celery, garlic, dairy products, sulphites.

PIZZA NATURA

Drinks

WITHOUT ALCOHOL

Water 0.5l	2,90€
Sparkling Water 0.33l	3,20€
Coke Zero Zero	3,50€
Sprite Fresh	3,50€
Tonic	3,50€
Nestea	3,50€
Aquarius Lemon	3,50€
Aquarius Orange	3,50€
Juices - Lemon Fresh	4,90€
Chica juices	3,50€
Alcohol-free beer	3,90€
Passion fruit juice <small>NATURAL DRINK</small>	3,90€
Red Fruit Juice <small>NATURAL DRINK</small>	3,90€

WITH ALCOHOL

Tinto de Verano	4,50€
Craft Mica Beer	4,50€
Beer	3,90€
Peroni Italian Beer	4,50€
Komvida Organic Kombucha	3,90€

Red Berries, Ginger And Lemon, Piña Colada, Apple Cinnamon And Vanilla, Carrot And Turmeric, Kombujito, Cucumber And Kiwi, Coffee.

Coffee

RISTRETTO	2,20€	CAPPUCCINO	3,20€
ESPRESSO	2,20€	COFFEE WITH MILK	2,90€
SOLO	2,20€	AMERICAN	2,90€
MACCHIATO	2,20€	TEA	2,50€
CORTADO	2,20€		

To combine

RON	8,00€	WHISKY	8,00€
VODKA	8,00€	VERMUT	4,50€
GINEBRA	8,00€	APEROL	6,50€

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€

GREGAL D'ESPIELLS 22,90 €

Cellar Juvé & Camps
Muscat de Alejandria (77,5%) y Gewürztraminer

EIDO DAFONTE 23,90 €

Cellar Eido Dafonte
100% tempranillo. Rías Baixas

PANDORA 24,90 €

Cellar Pandora
100% verdejo

MOSCATO CA'BIANCA 22,90 €

Cellar Ca'bianca
Sweet, 100% Moscato Bianco

Pink

HOUSE WINE 14,90 €

Glass of house wine 3,90€

Cavas

BRUT NATURE RESERVA 25,90 €

Cellar Raventós Basagoiti
Xarello, Macabeo, Parellada

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

AVOCADO LIME NEW! 8,90€

Delicious avocado, lime, coconut milk and healthy granola mousse, accompanied by mango, date and turmeric jam.

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

100% NATURAL MENU

Yes, really!

GLUTEN FREE MENU

yes, the entire menu is gluten-free!

Salad

TROPICAL BURRATA NEW! 16,90€

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

Allergens: nuts / eggs / dairy / almonds

RENTRESKA SALAD NEW! 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

CÉSAR 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

CHIPS CON HUMMUS 7,90€

Millet and quinoa chips with hummus of the week
Allergens: celery / peanut / tree nuts / egg / dairy / mustard / sesame / soy / sulfites

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 17,90€

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

Allergens: nuts / eggs / dairy / sulfites

CAPRESE 15,90€

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 18,90€

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 15,90€

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 15,90€

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

Allergens: nuts / eggs / dairy / sulfites

CHICKEN BBQ THE CHEF RECOMMENDS 16,90€

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 14,90€

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 16,90€

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 +1,90€

Red onion +1,90€

Sweet onion +1,90€

Mushrooms +1,90€

Pico de gallo +1,90€

Sweet corn +2,90€

Bell peppers +1,90€

Rocket +2,90€

Avocado +3,90€

Truffle carpaccio +3,90€

Cherry tomato +1,90€

Sliced tomato +1,90€

CHEESES

Blue +3,90€

Goat +3,90€

Grana Padano +3,90€

Cream cheese +3,90€

Fresh mozzarella +3,90€

Artisanal burrata +4,90€

Mozzarella +3,90€

MEATS

Shredded beef +3,90€

Chicken +3,90€

Bolognese +4,90€

Iberian Ham +3,90€

Minced beef +3,90€

Chicken egg (x1) +2,90€

Quail eggs (x4) +4,90€

VEGAN

Shredded Jackfruit +3,90€

Vegan mozzarella +2,90€

Vegan blue cheese +3,90€

Vegan parmesan +2,90€

Heura vegan chicken +4,90€

SAUCES

Bechamel +1,90€

Bolognese +3,90€

Natural BBQ +3,90€

Vegan pesto +2,90€

Truffle special +4,90€

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.