

— BREAKFAST - BRUNCH —

# ANCESTRAL STRENGTH

— 12,50€ —



- ◆ Organic eggs cooked in butter or lard
- ◆ Serrano ham, 100% pork, cured with sea salt
- ◆ Fresh avocado
- ◆ Organic goat cheese (whole raw milk)

◆ Optional sourdough bread + 1,00€ ◆

## BENEFITS

- ◆ Energy: 720–760 kcal  
(con pan 830 - 870 kcal)
- ◆ Protein: 38–42g
- ◆ Healthy fats: 55–60g
- ◆ Carbohydrates: 4g  
(con pan ≈18g)
- ◆ Stable blood sugar levels without spikes
- ◆ Nutrition-dense with complete proteins
- ◆ Essential fatty acids and nutrients to boost satiety and support mental focus

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# MEDITERRANEAN CALM

— 12,00€ —



- ◆ Organic eggs
- ◆ Mackerel in extra virgin olive oil
- ◆ Fresh tomato, olives, extra virgin olive oil

◆ Optional sourdough bread + 1,00€ ◆

## BENEFITS

- ◆ Energy: 480 kcal  
(con pan 600 kcal)
- ◆ Protein: 30–33g
- ◆ Healthy fats: 34–38g
- ◆ Omega 3: EPA + DHA: 1,5–2g
- ◆ Carbohydrates: 5g  
(con pan ≈ 18g)
- ◆ Prevents blood sugar spikes  
and maintains satiety
- ◆ Anti-inflammatory omega-3  
beneficial for the heart
- ◆ Complete protein and  
micronutrients that clear the mind

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# GREEN REBIRTH

— 12,00€ —



- ◆ Organic grass-fed yogurt
- ◆ Avocado, nuts, coconut, pure cacao
- ◆ Extra virgin olive oil

◆ Optional sourdough bread + 1,00€ ◆

## — BENEFITS —

- ◆ Energy: 520 kcal (con pan 640 kcal)
- ◆ Protein: 12–18g
- ◆ Healthy fats: 44–48g
- ◆ Fiber: 6-8g
- ◆ Carbohydrates: 8g (con pan ≈22g)
- ◆ It provides plenty of fiber and stabilizes blood sugar
- ◆ It balances the gut microbiota and promotes digestion.