

— 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

— BREAKFAST - BRUNCH —

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

— BREAKFAST - BRUNCH —

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.

— BREAKFAST - BRUNCH —

MEDITERRANEAN BURRATA

— 11,50€ —



- ◆ Burrata made with fresh milk
- ◆ Sliced garden tomatoes
- ◆ Fresh avocado and extra virgin olive oil
- ◆ Optional sourdough bread + 1,00€ ◆

— BENEFICIOS —

- ◆ Energy: 570 kcal
(with pan 680 Kcal)
- ◆ Protein: 20–22g
- ◆ Healthy fats: 50g
- ◆ Fiber: 8g (with pan 20gr)
- ◆ Carbohydrates: 8g
(with pan ≈22g)
- ◆ Bioavailable protein and calcium
- ◆ Tomato antioxidants and fiber
Satiating avocado
- ◆ Healthy fats that stabilize blood
sugar and nourish the brain
- ◆ Fresh, natural flavor