

SHAKSHUKA (E,G,V,GC,L,SH) - Poached egg, in a spiced tomato and red pepper sauce, topped with crumbled feta cheese, and fresh coriander. - **€6.50**

Kcal: 477 | Carbs 41.2g | Protein 22.7g | Fat 23g

AVOCADO AND EGG TOAST (E,G,V,N,SH) - Crushed avocado on multigrain wholemeal bread, with poached eggs and harissa. - **€7.75**

Kcal 681 | Carbs 37.9 | Protein 26g | Fat 41.6g

VEGETABLE OMELETTE (G,E,L,V,S) - Whole egg omelette with slow roasted peppers, spinach, zaatar, labneh, and Maltese sour dough bread. - **€6.50**

Kcal 663 | Carbs 55.2g | Protein 22g | Fat 37.4g

GRANOLA, FRUIT AND YOGURT (G,L,N,V) - Crunchy granola, with dried and fresh fruits, Greek yogurt and a drizzle of honey. - **€5.80**

Kcal 453 | Carbs 46.9g | Protein 12.4g | Fat 22.9g

SMOOTHIE BOWLS

BANANA & BERRY (N,G,V) Banana, mixed berries, desiccated coconut, granola, and hemp seed. - **€5.50**

Kcal 632 | Carbs 80.6g | Protein 14.2g | Fat 25g

BANANA & PEANUT BUTTER (N,L,G,V) - Chocolate, granola, peanut butter with banana, and date. - **€5.50**

Kcal 676 | Carbs 82.5g | Protein 13.4g | Fats 31g

SMOOTHIES

500ml

SUPER BERRY (L,N,V) - Mixed berries, banana, Greek yogurt, almond milk and mint - **€5.50**

Kcal 212 | Carbs 30.3g | Protein 5.2g | Fat 7g

BANANA (N,G,V) - Banana, porridge oats, almond milk, cinnamon, nutmeg and honey. - **€5.50**

Kcal 361 | Carbs 64.1g | Protein 8.6g | Fat 5.9g

CHOCOLATE PEANUT BUTTER (N,L) - Banana, peanut butter, cocoa powder, Greek yogurt, and almond milk. - **€5.50**

Kcal 399 | Carbs 32.6g | Protein 11.8g | Fat 25.4g

Add Optimum Nutrition Whey Protein (Vanilla) - €2.50

Kcal 130 | Carbs 5g | Protein 24g | Fat 1g

Add QNT Vegan Pea & Rice Protein (Vanilla) - €2.50

Kcal 73 | Carbs 2.15g | Protein 14.03g | Fat 1.27g

FRESH JUICES

500ml

ORANGE - €4.95

Kcal 225 | Carbs 51g | Protein 3.5g | Fat 1g

CARROT, APPLE, ORANGE, GINGER - €5.50

Kcal 511 | Carbs 106g | Protein 7.6g | Fat 1.8g

PINEAPPLE, CUCUMBER, BASIL - €5.95

Kcal 427 | Carbs 99.6g | Protein 4.2g | Fats 1.2g

BEETROOT, CARROT, ORANGE - €5.50

Kcal 233 | Carbs 42.6g | Protein 5.5g | Fat 0.9g

THE CLASSICS

BREAKFAST BAGEL (G,E,C,S,L,SS) - With a fried egg, smoked ham, melted cheddar cheese and butter. - **€4.95**

FISHERMAN'S GLORY (L,G,E,F,S,SS) - Scottish smoked salmon, creamy scrambled eggs and rucola, in a toasted bagel. - **€8.15**

EL CLASSICO (G,L,C) - Smoked ham and cheddar cheese toasted sandwich. - **€4.95**

EGGS GUEVARA (G,L,GC,E,S,M) - Poached egg served on a toasted brioche loaf slice with sautéed garlic mushrooms, crispy bacon, white truffle cream and Parmesan shavings. - **€6.85**

SEÑOR INGLES - Full English Breakfast (G,GC,S,E,L) - Two fried eggs, two sausages, baked beans, sautéed garlic mushrooms, bacon, grilled tomato, hash browns, toast and butter. - **€10.95**

PASTIZZI have been a typical Maltese snack, especially at breakfast time for hundreds of years. A flaky pastry filled with

Rikotta (fresh cottage cheese) (L,G,E) or **Pizelli** (a split pea and onion mash) (L,G,E) - **€0.60**

CROISSANTS

(Available till noon)

CROISSANTS PLAIN (G,L,N) - €2.25

CROISSANTS CHOCOLATE (G,L,N) - €2.75

CROISSANTS PISTACHIO (G,L,N) - €2.95



Important - The following are indications of food allergens, kindly inform a member of our staff when your order is being taken.

(G) GLUTEN (V) VEGETARIAN (E) EGGS
(L) LACTOSE (N) NUTS (SS) SESAME SEEDS
(SH) SPICY HOT



healthy space

OAT PANCAKES

A healthy pancake alternative made with oats, banana, almond milk, egg and honey. A stack of three pancakes with your choice of topping from the below

BLUEBERRY & CINNAMON (V,N,E) -

Blueberries, cranberry juice, maple syrup and cinnamon. - €6.95

Kcal 543 | Carbs 107.9g | Protein 16.8g | Fat 7.6g

ORANGE CARAMELIZED BANANA (V,N,E) -

Orange juice and banana. - €6.95

Kcal 516 | Carbs 100.3g | Protein 16.8g | Fat 7.5g

STRAWBERRY & YOGHURT (V,L,E,N) -

Greek Yoghurt, Honey, Strawberries. - €6.95

Kcal 632 | Carbs 114.8g | Protein 18.8g | Fat 13.4g

MUFFIN

BANANA, OATS, PEANUT BUTTER (V,E,N) -

Our in-house made muffin with banana, oats, peanut butter, cinnamon and honey. Served warm. - €2.25

Kcal 236 | Carbs 23.2g | Protein 8g | Fat 13.3g

PANCAKES

CORN PANCAKE (L,E) - Chopped spring onions, bacon, sweet corn, diced carrots, mint, mozzarella and cheddar cheese pancake base, topped with sour cream and dill. - €7.65

SALMON PANCAKE (L,E,G,F) - Spinach pancake with smoked salmon, sour cream and dill. - €7.25

MALTESERS WHITE CHOC (G,L,E,N) - Stack of three pancakes smothered in white chocolate & Maltesers. - €6.95

SNICKERS PEANUT BUTTER (G,L,E,N) - Hazelnut chocolate, peanut butter, Snicker bites and caramel topping, on a stack of pancakes. - €6.95

RAFFAELLO (G,L,E,N) - Raffaello Cream, almond flakes and Kinder Chocolate fingers. - €6.95

PISTACHIO (G,L,E,N) - Pistachio paste, crushed pistachios, coconut flakes. - €7.25

CAPPUCCINO (G,L,E,N) - Coffee and chocolate flavoured pancakes, with a hazelnut chocolate spread, a dollop of panna cream and a drizzle of caramel and chocolate sauce. - €7.25

OREO (G,L,N) - A stack of three crunchy Oreo pancakes, with a sweet cream-cheese spread, a scoop of vanilla ice cream and a drizzle of hazelnut chocolate and caramel sauce. - €7.25

DESSERTS & CAKES

GATEAU MARIE (G,L,N) - €6.95

CARROT AND WALNUT CAKE (G,L,N,E) - €6.95

DARK CHOCOLATE FUDGE CAKE (G,L,N,E) - €6.95

BANOFFEE PIE (G,L,N,E) - €6.95

STRAWBERRY MERINGUE (L,E,N) - €6.25

WARM APPLE PIE (G,L,N,E) - Served with custard. - €6.75

WARM CHOCOLATE BROWNIE (G,L,N) - Served with Vanilla ice cream. - €4.95

MANJAR BLANCO (L,N) - An in-house custard made from milk, vanilla bean and sugar, simmered until thick, rich and absolutely divine!

Choose your favourite topping from, Mixed berry jam & crushed pistachios, Honey & crushed pistachio, or Chocolate sauce & crushed pistachio. - €4.95

CREPES

★ **CARINA (G,L,N,E)** - Mortadella, mascarpone, crushed walnuts and crispy red cabbage. - €6.95

★ **BOSCAIOLA (G,L,E)** - Chicken strips, mushrooms, collar bacon and garlic mayo. - €6.95

★ **LA MEXICANA (G,L,E,SH)** - Chilli con carne, Mexican cheese-melt, red chillies. - €6.95

BLACK OR WHITE (G,L,E,N) - Crepe with a choice of either hazelnut chocolate or white chocolate. - €6.25

OREO MADNESS (G,L,E,N) - White chocolate, crushed Oreo biscuits and sugar frosting. - €6.95

FUNKY MONKEY (G,L,E,N) - Banana slices, hazelnut chocolate, crushed hazelnuts and a dark chocolate topping. - €6.95

WAFFLES

ITALICA (G,L,E,N,V,SS) - Mascarpone cheese, Basil pesto, sliced tomatoes and crushed black pepper. - €7.00

LA FRESCA (G,L,E,SS,V,SH) - Cucumbers, sweet corn, pico de gallo and crumbled feta cheese on a spread of refried beans. - €7.45

TROPICANA (G,GC,L,E) - Chopped pineapple, tomato, onion, coriander and honey salsa, and a spread of in-house made guacamole. - €7.00

HEUVO Y CHORIZO (E,G,L,SH) - Scrambled egg, spicy chorizo sausage, tomatillo sauce and sour cream. - €7.00

THE BLACK OREO (BLACK WAFFLE) (G,L,N,E) - Crushed Oreo biscuits and a white chocolate fondue. - €7.00

THE BLACK FOREST (BLACK WAFFLE) (G,L,E) - Mixed berries and forest fruit jam and vanilla ice cream. - €7.00

DULCE DE LECHE (G,L,E) - Sliced banana and thick caramelized milk sauce, with a scoop of vanilla ice cream. - €7.00