

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



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

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**

DESSERTS

ICE-CREAM (G,L) - Strawberry, Vanilla, Chocolate, Salted Caramel. - **€4.95** (2 scoops)

CHOCOLATE MUFFIN (G,L) - **€3.75**

RED VELVET MUFFIN (G,L) - **€3.75**

MILK CHOCOLATE JUMBO COOKIE (G,L) - **€3.75**

DOUBLE CHOCOLATE JUMBO COOKIE (G,L) - **€3.75**

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**