

# vida

HEALTHY SPACE

## SNACKS

**VEGETARIAN WRAP (G,GC,S,L,V,SS)** - Zucchini, peppers, rucola, feta cheese and hummus wrapped in a wholemeal wrap. - €7.95

Kcal 479 | Carbs 53.8g | Protein 16.8g | Fat 24.1g

**CHICKEN AND CUCUMBER WRAP (L,GC,G)** - Grilled chicken breast with tzatziki, red onions, cucumber, lamb's lettuce, served in a wholegrain wrap. - €7.95

Kcal 378 | Carbs 41.5g | Protein 27.9g | Fat 10.3g

**PORK WRAP (G,N,SS)** - Pork fillet, shredded ice-berg lettuce, Asian slaw and peanut butter wrapped in a wholemeal wrap. - €7.95

Kcal 581 | Carbs 48.1g | Protein 43.4g | Fat 27.3g

**MUSHROOM TACOS (GC,N,V)** - Three corn tacos, with mushrooms cooked in garlic, refried beans, chipotle chili and lemon juice mix, complimented with guacamole, and roasted pumpkin seeds. - €7.95

Kcal 624 | Carbs 67.3g | Protein 18.3g | Fat 29.2g

**VEGAN 'DAIKON RADISH' BLT (M,G,V,S)** - Toasted whole wheat bread, smoky radish 'bacon', tomatoes, and lettuce, with a vegan mayo spread. - €6.40

Kcal 559 | Carbs 96.6g | Protein 24.2g | Fat 7.5g

## SALADS

**VEGAN SALAD (V,N,GC)** - Red kidney beans, chickpeas, garlic marinated mushrooms, garden peas, broad beans, cucumber, and dill tops served on a lightly seasoned rice-cake. Dressed with our own peanut butter and soy sauce. - €10.50

Kcal 729 | Carbs 50.7g | Protein 18.6g | Fat 47.1g

**SALMON SALAD (G,N,F)** - Salmon with zesty green couscous, green apple, pomegranate slaw, and spiced cashews. - €13.60

Kcal 571 | Carbs 38g | Protein 30.2g | Fat 31.7g

**JAMAICAN JERK CHICKEN SALAD (N,S)** - Jerk spiced brown rice, grilled chicken breast, sweet potato, black beans, avocado, with a pineapple and mango salsa. - €10.90

Kcal 539 | Carbs 54.9g | Protein 38.1g | Fat 15.3g

**BEEF AND KALE SALAD (GC)** - Grilled beef flap, cherry tomatoes, red onions, radish, sweetcorn, quinoa, kale, coriander with salsa verde. - €14.60

Kcal 570 | Carbs 32.8g | Protein 34.5g | Fat 30g



**Allergy Note** - The following are indications of food allergens that some dishes may contain. Should you have any dietary requirements or suffer from any allergies, kindly inform a member of our staff when your order is being taken.

(G) GLUTEN (M) MUSTARD (GC) GARLIC (V) VEGETARIAN (E) EGGS (F) FISH (L) LACTOSE (N) NUTS (S) SOYA (SS) SESAME SEEDS (C) CELERY  SPICY HOT

## TO SHARE

**TACO DE POLLO (G)** - Three wheat flour tacos with achiote marinated, grilled and sliced chicken breast, our in-house made pineapple salsa and freshly made guacamole. - €9.50

**TACO DE CERDO (G,GC,S,C)** - Three wheat flour tacos with achiote marinated pork belly, our in-house pineapple salsa and salsa roja (tomatoes, garlic, chilli peppers, onions, coriander and lime). - €9.50

**FLAUTA DE CARNE (L,CE,G)** - Three deep fried corn tacos, filled with slow-cooked and pulled, marinated beef, with a tangy adobo sauce, salsa verde and a smoky sweet chilli sauce. Garnished with red pickled onion, sour cream and coriander. - €9.50

**CHICKEN DYNAMITE (G,GC,L,N)** - Homemade chicken chunks cooked in a spicy mango chutney, spring onion and sesame seeds. - €8.95

**NACHOS MEJICANO (V,G,GC,S,L)** - Warm tortilla chips topped with our own Mexican cheese-melt, refried beans, jalapeno peppers, pico de gallo and sour cream - €13.50

**Nachos Deluxe Upgrade** - Top up with extra Chilli con Carne or Chicken Breast strips. - €2.50

## PASTA

Wholemeal and gluten free pasta also available at an extra charge of €2.00

**RIGATONI PESTO (G,GC,N,L)** - Rigatoni tossed in our home-made basil pesto, crispy bacon and grated grana cheese. - €14.20

**RAVIOLI PORCINI (G,L)** - Ravioli filled with earthy porcini mushrooms, sage and butter sauce. - €14.50

**LINGUINI PRAWNS (G,F,GC,S)** - Linguini with sautéed prawns, zucchini puree, garlic and lemon juice. - €14.70

**GNOCCHI WITH BEEF RAGU (G,L,GC,C)** - Baked gnocchi with a slow cooked beef ragu, bechamel sauce, mozzarella and a herb crust. - €15.50

**PUMPKIN AND CHORIZO RISOTTO (L,GC)** - Creamy arborio rice, pumpkin puree, spicy chorizo sausage and grated grana cheese. - €14.20

## KIDS

**PASTA ALLA NAPOLETANA (G,GC,S,V)** - Spaghetti or penne with home-made tomato sauce and Grana Padano. (80g) - €6.10

**PASTA CON PROSCIUTTO E CREMA (G,L)** - Spaghetti or penne with cream, ham and Grana Padano. (80g) - €6.10

**CHICKEN STRIPS AND FRIES (G,S,E)** - Breaded chicken strips and fries. - €8.95

**SUPER WUDY PIZZA (GL)** - Tomatoes, mozzarella Fior di Latte and Wudy sausage. - €7.50

**EL NINO BURGER (G)** - 120g fresh beef patty, a squeeze of ketchup in between a soft brioche bun and accompanied by fries. - €8.95

# CUBA

## HOUSE BURGERS

All burgers are served with a portion of fries

**LA BERENJENA (V,G,S,SS)** - Deep fried breaded aubergine, coated in a Korean sweet chilli glaze, with a sesame and coriander slaw and fresh cucumber slices, served in a toasted Vienna bun. - €9.95

**BARBACAO (G,L,C,N)** - Pulled slow cooked pork with hash browns, pickled carrot and cabbage slaw, red onions and our in-house made BBQ sauce, all served in a brioche bun. - €9.95

**EL PRIMERO (G,L,GC,M,E)** - Our basic burger with one beef patty, melted American cheese, our in-house special burger sauce and pickled cucumber. - €9.95

## PREMIUM HOUSE BURGERS

All burgers are served with a portion of fries

**CUBA (G,L,S,GC,M,E)** - Two patties of succulent minced beef served in a toasted brioche burger bun with red sliced onion, sliced tomato, pickled cucumber, iceberg lettuce and our in-house special burger sauce. - €15.95

**EL POLLO SUPREMO (G,S,L,E)** - Country style deep fried breaded chicken breast topped with a smoky-sweet chilli sauce, pickled red onion and pickled cabbage slaw, served in a toasted brioche bun. - €15.95

**HAVANA (G,L,GC,S,M,E)** - Our classic two patty burger, garnished with our all new in-house burger sauce, crispy streaky bacon, sliced tomato, sliced onion and pickled cucumber, iceberg lettuce and melted American cheese. Garnished with crisp fried onion rings. - €17.95

**SANTIAGO (G,L,S,GC,E,M)** - Our classic double patties with iceberg lettuce, tomato slices, fresh onion, deep fried oyster mushrooms (seasoned with porcini salt), pickled cucumber and melted American cheese; dressed with our in-house burger sauce and mushroom ketchup, served in a toasted brioche burger bun. - €17.95

**TRINIDAD (G,L,E,GC,S,M)** - Two beef patties, crisp fried streaky bacon, one fried egg, sliced onions and tomato, pickled cucumber, iceberg lettuce; dressed with guacamole and our Cuba burger sauce, served in a brioche bun. - €17.95



## GRILLS AND MAINS

Our grills and mains are served with fries and rice or salads.

**GRILLED SALMON WITH CORN SALSA (G,F,L)** - Grilled fresh salmon, accompanied by a tasty sweetcorn salsa with onion, bell pepper, celery and marrows, cooked in white wine, butter and thyme, with a hint of lime and a touch of fresh coriander. - **€24.95**

**BBQ PORK RIBS (M,S,L)** - A half rack of slow-cooked pork ribs glazed in BBQ sauce. - **€19.95**

**POLLO A LA PLANCHA (GC,M,N,CE)** - Flame-grilled, achiote marinated chicken thighs, served with a pineapple salsa and fresh coriander, served with a smoky-sweet chilli sauce on the side. - **€19.60**

**BEEF TAGLIATA (GC,S)** - Grilled beef flap, marinated in rosemary, thyme, parsley and a hint of chilli, served with chimichurri. - **€26.95**

**CHIPOTLE GLAZED PORK BELLY (L,CE)** - Slow roasted pork belly, with a tangy chipotle glazing. Served on refried beans and with a piquant salsa verde dressing. - **€23.50**

**ROPA VIEJA (C,GC)** - Traditional Cuban slow-cooked pulled beef stew with bell peppers, olives, onions, and celery. Served with a side of rice with kidney beans and sweetcorn. - **€19.60**

## SALSAS DE CUBA - SAUCES

**PICO DE GALLO (C)** - (Medium Spicy) A refreshing salsa made of chopped tomatoes, celery, onions, jalapenos, coriander and lime juice. - **€2.50**

**CHIPOTLE MAYO (L,E)** - (Spicy) Chipotle chillies; grilled, chopped and blended into an in-house made mayonnaise. - **€2.50**

**SMOKY-SWEET CHILLI SALSA (GC)** - (Spicy) A blend of dried Ancho chillies, Guajillo chillies and Pasilla Chillies, chopped and blended into a tomato, onion, garlic and passion fruit salsa. - **€2.50**

**MEXICAN CHEESE SAUCE (L,GC,G)** - (Spicy) Finely chopped chipotle chillies and mixed pimentos, blended into an in-house bechamel sauce. - **€2.50**

**GUACAMOLE (V)** - (Mildly Spicy) A blend of avocado, tomato, onions, jalapenos, coriander, lime and olive oil. - **€3.95**

**LATINO MUSHROOM SAUCE (V,L,G,GC)** - (South American mushroom sauce) Mushrooms, fresh cream, beef stock, onions, garlic, thyme, salt and pepper. - **€3.20**

**LATINO PEPPER SAUCE (V,G,L,GC)** - (South American pepper corn sauce) Mixed pepper corns, fresh cream, onions, garlic, Havana Club Spiced Rum, rosemary and salt. - **€3.20**

## SIDE DISHES

**FRENCH FRIES (V,S)** - **€3.65**

**SWEET POTATO FRIES (V,S)** - **€5.70**

**CUBAN RICE (V)** - **€3.70**

**MIXED SALAD (V)** - Mixed salad leaves, thinly sliced onions, cherry tomato and black olives, in our in-house dressing. - **€3.70**



## PANUZZI



A thin and crispy pizza "sandwich" oozing with flavourful ingredients and melting mozzarella. Order with a side salad or as a starter to share

**PANUZZO LA CAMPAGNOLA (G,L,V)** - Mozzarella di bufala, sliced tomato, rucola, oregano, olive oil and grana shavings. - **€14.35**

**PANUZZO LA BOSCAIOLA (G,L,GC)** - Prosciutto crudo, mushrooms, mozzarella di bufala, olive oil and oregano. - **€13.85**

**PANUZZO DEL SUD (G,L)** - Tomatoes, nduja and spianata Calabra, Kalamata olives, mozzarella di bufala and chilli flakes. - **€13.45**

**PANUZZO CREMA E PROSCIUTTO (G,L)** - Basil and spring onion cream cheese, Parma ham, tomatoes, rucola, sweet provolone. - **€13.45**

**PANUZZO POLLO E PANCETTA (G,L)** - Mozzarella fior di latte, tender chicken strips, smoked pancetta, oyster mushrooms, BBQ Sauce. - **€13.95**

**PANUZZO AL PISTACHIO E MORTAZZA (G,L)** - Mozzarella fior di latte, pesto di pistachio and fresh cream, tomato slices, mortadella, spianata Calabra. - **€13.50**

**PANUZZO BIZ ZEJT (G,F,C)** - Tuna, tomato paste, olives, capers, onions, herbs, and pickled veg. - **€12.85**

## FOCACCE E PIZZE

Pizza and Focaccia are baked in a traditional wood burning oven using all the finest ingredients. The tomato, mozzarella fior di latte and refined flour are especially imported from Italy.

**FOCACCIA ERASMO (V,G,N,L)** - Walnuts, blue cheese and grapes drizzled with honey. - **€10.30**

**FOCACCIA ROSMARINO (G,V)** - Olive oil, rosemary, rock salt and fresh rucola. - **€8.95**

**FOCACCIA CAPRESE (G,L,V)** - Mozzarella di bufala, cherry tomatoes and basil, with a drizzle of olive oil. - **€12.95**

**MARGHERITA (V,G,L)** - Tomatoes, mozzarella fior di latte, olive oil and basil. - **€9.55**

**LA BUFALA (V,G,L)** - Tomatoes, mozzarella di bufala, olive oil and basil. - **€13.95**

**CONTADINA (G,L)** - Tomato sauce, mozzarella fior di latte, smoked pancetta, aubergines, oregano and grana shavings. - **€13.95**

**LA BEN AMATA (L,G,SS,N,V)** - Mozzarella fior di latte, blue cheese, honey, sesame seeds and cherry tomatoes. - **€13.75**

**LA PESCATRICE (G,F,GC,L)** - Tuna chunks, tomato sauce, fresh mint, garlic, black olives, capers, mozzarella fior di latte and a drizzle of olive oil. - **€13.75**

**EL DIABLO (G,L)** - Tomatoes, mozzarella fior di latte, spianata Calabra, and chilli oil. - **€13.75**

**MORTADELLA E PISTACCHIO (G,L,N)** - Mortadella al pistachio, mozzarella di bufala, Brie cheese, whole roasted pistachios. - **€14.95**

**SAN DANIELE (G,L)** - Taleggio cheese, truffle paste, prosciutto crudo, mozzarella fior di latte. - **€14.35**

**LA RUSTICA (G,L)** - Maltese sausage, baked potatoes, red onions, rosemary and mozzarella fior di latte. - **€13.45**

**CAPRICCIOSA (G,E,L)** - Tomatoes, mozzarella fior di latte, mushrooms, artichokes hearts, hard-boiled egg, olives and smoked ham. - **€13.25**

**ANNATI (G,L,S)** - Mozzarella fior di latte, tender chicken strips, BBQ sauce, coloured bell peppers, sweetcorn, onions and smoked ham. - **€13.95**

**PIZZA POLLO E NACHOS (G,L)** - Pulled chicken, crumbled nachos, finely chopped tomatoes, jalapeno sour cream and mexican cheese. - **€12.95**

**LA VEGETARIANA (V,G,L,GC)** - Mozzarella fior di latte, tomato sauce, grilled aubergine, pickled zucchini, garlic sauteed mushrooms, roasted bell peppers, and rucola. - **€12.85**

**PIZZA BIANCA AI FUNGHI (V,G,L,GC)** - Mozzarella fior di latte, cooking cream, garlic sauteed mushrooms, oyster mushrooms, pecorino cheese, topped up with rucola, porcini salt and garlic oil. - **€13.75**

**CALZONE CLASSICO (G,L)** - Our classic closed Calzone filled with tomato sauce, mozzarella fior di latte, salame napoli and fresh ricotta cheese, garnished with salami and basil on top. - **€13.65**

**LA CUBANA - STAR SHAPED PIZZA (G,GC,L)** - Chilli con carne, Mexican cheese, mozzarella fior di latte, onions, sliced jalapeno and chilli flakes. - **€14.45**

Extra Ingredients - **€1.80** | Parma Ham, Grana Padano, Chicken or Beef - **€3.25** | Whole Mozzarella di Bufala - **€5.95**

Wholemeal pizza dough (Integrale) available for an extra charge of **€1.50**

Gluten Free dough available upon request at an extra charge of **€2.00**

Whilst we have ensured that at all stages of preparation, gluten-free ingredients only are present, we cannot guarantee that the environment is 100% free of particles containing wheat flour.

Lactose free mozzarella available upon request at a charge of **€4.95**