

### **HEALTHY SPACE**

### **SNACKS**

TOFU TACOS 

V (G, N, S) - Three soft wheat flour tacos filled with crispy iceberg lettuce, our in-house tofu and spicy walnut ragu, topped with pico de gallo, lime, coriander, and creamy guacamole - €8.95

Kcal 534 | Carbs 55.5g | Protein 15.6g | Fat 29.2g

VEGETARIAN WRAP V (G, S, M) - Zucchini, peppers, rucola, feta cheese and hummus wrapped in a wholemeal wrap - €9.25

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

CHICKEN AND CUCUMBER WRAP (G, M, S) - Grilled chicken breast with tzatziki, red onions, cucumber, savoy cabbage, wrapped in a wholegrain wrap - €9.50

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

CHICKEN FAJITA WRAP (G, M, S) - Grilled chicken, mixed peppers, onions, mushrooms, refried beans and sweet corn, wrapped in a wholegrain wrap - €9.50 Kcal 556 | Carbs 59.7 | Protein 39 | Fats 22.2

PORK WRAP (G, N, P, SE, S) - Pork fillet, shredded iceberg lettuce, Asian slaw and peanut butter, wrapped in a wholemeal wrap - €9.65

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

### **SALADS**

QUINOA SALAD Ø (N, SE) - A nutritious salad with quinoa, kale, radicchio, avocado, beetroot, roasted cashew nuts tossed in a honey and tahini dressing - €11.95

Kcal 587 | Carbs 64.7g | Protein 17.0g | Fat 31.6g

FETA CHEESE AND PINEAPPLE SALAD 

(N, M) - A fresh salad with kale, rucola, cherry tomatoes, grilled sweet corn, caramelized pineapples, crunchy walnuts, chickpeas, feta cheese and fresh mint, all tossed in a vinaigrette dressing - €13.15

Kcal 716 | Carbs 74.6g | Protein 22.0g | Fat 39.5g

SALMON SALAD (G, F, N, S) - Salmon with zesty green couscous, green apple, pomegranate slaw, and spiced cashews - €15.55

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

HONEY MUSTARD CHICKEN SALAD (G, N, MD) - A flavourful salad with grilled chicken breast, fresh mixed salad leaves, red onions, crispy bacon, radish, crunchy walnuts, crispy onions and dried cranberries, all tossed in a honey-mustard dressing - €13.95

Kcal 659 | Carbs 46.8g | Protein 41.3g | Fat 36.6g

ASIAN CHICKEN SALAD (G, S, P, F, SE) - Grilled chicken breast with cabbage, kale, spring onions, mixed peppers, bean sprouts, sweet corn, crispy onions, and toasted peanuts, tossed in a sweet chili dressing - €13.85 Kcal 676 | Carbs 49.7g | Protein 34.6g | Fat 39.7g

### **MAIN COURSE**

ACHIOTE SPICE GRILLED CHICKEN BREAST (CY, M, G, S)

Moderately spicy, marinated, and grilled chicken breast, with mixed sliced bell peppers and onion. Dressed with a salsa verde, three chilli sauce and sour cream. Served with a side of Cuban rice - €19.45

Kcal 702 | Carbs 44.7g | Protein 37.9g | Fat 39.6g





HAVANA BEEF SALAD (N, SE, S) - Deep fried strips of crispy fried beef, kale, sgrilled peppers, cherry tomatoes, spicy cashew nuts with honey, sesame seed and a black bean dressing - €14.55

## STARTERS / SNACKS

PITA DE POLLO (M, CY, G) - Loaded and toasted wholemeal pita, filled with marinated chicken, slivered bell peppers, onions, melted mature cheddar cheese, chipotle mayo and side of sour cream - €8.55

**TACO DE POLLO** (CY, G, S) - Three wheat flour tacos with achiote marinated, grilled and sliced chicken, our in-house pineapple salsa and freshly made guacamole - €9.95

FLAUTA DE CARNE (CY, G, S, M) - 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 - €9.95

NACHOS MEJICANO (CY, G, M) - Warm tortilla chips topped with our own Mexican cheese-melt, refried beans, jalapeño peppers, pico de gallo and sour cream - €14.15

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

**CUBAN CHICKEN WINGS (G, M, S, SE)** - Crispy chicken wings coated in a slightly spicy and sweet glaze, toasted sesame oil, garlic and a hint of ginger - €9.25

CHICHARRÓN / (G, S) - Deep fried crispy pork belly served with guacamole - €10.95

### NEW!



### **BURRITOS**



Burrito is an iconic Mexican dish made with a large tortilla wrap, generously filled and rolled with flavourful ingredients.

Typically includes seasoned beef or chicken, rice, beans, cheese, and fresh vegetables. Finished with delicious salsa toppings.

CHICKEN BURRITO (G, M, S) - Grilled boneless chicken legs, Mexican cheese, mozzarella, red kidney beans, garlic, spring onions, tomatoes, and a mango salsa, wrapped in a tortilla wrap, with fries, tomato sauce, sour cream, and crispy chicken skin - €18.15

**BEEF BURRITO** (G, M, S, CY) - Pulled beef with sauteed sweet onions, red peppers, refried beans, Mexican cheese, Cajun spice, and roast potatoes, wrapped in a tortilla wrap, with Cuban rice and a refreshing salsa made of charred chopped tomatoes, celery, jalapeños, coriander, and lime juice - €18.15

### PASTA

RIGATONI PESTO (G, M) - Rigatoni tossed in our basil pesto made in-house, crispy bacon and grated grana cheese - €14.80

RAVIOLI PORCINI V (G, E, M) - Ravioli filled with earthy porcini mushrooms, pecorino, sage and butter sauce - €15.55

RIGATONI BEEF RAGÙ / (G, M, S) – Slow cooked, pulled beef and a tomato ragù, habanero flavoured cream cheese and parsley - €16.65

**SPAGHETTI ALL' AMATRICIANA (G, M)** - Spaghetti with crispy guanciale, pecorino, a rich tomato sauce, and a hint of chilli - **€14.65** 

SPAGHETTI CALAMARI (G, MS, S) - Spaghetti with calamari, olives and capers in a rich tomato sauce and fresh herbs - €16.65

**RED PEPPER RISOTTO (M)** - Creamy Carnaroli rice cooked with sautéed onions, roasted red pepper, garlic confit, white wine and parmesan cheese - €15.15

### Wholemeal and gluten-free pasta also available 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.



NEW!

# SOUTHERN FRIED CHICKEN



CLASSIC FRIED CHICKEN (G, M) - Crispy golden-fried chicken - €16.75

SPICY FRIED CHICKEN (G, M, S) - Crispy golden-fried chicken with a spicy, sweet, and smoky chipotle glaze - £17.15

HONEY FRIED CHICKEN (G, M, S) - Crispy golden-fried chicken with a sweet honey and garlic glaze - €17.15

**LEMON AND PEPPER FRIED CHICKEN (G, M)** - Crispy golden-fried chicken with a fresh zesty lemon and cracked pepper glaze - €17.15

## SMASHED BURGERS

**EL PRIMERO (G, S, E, M, MD)** - One smashed prime beef patty, melted cheese, pickled cucumber, in-house burger sauce, brioche bun - **€10.25** 

**EL PATRÓN (G, S, E, M, MD)** - One smashed prime beef patty and one smashed Maltese sausage patty, zesty lemon & lime mayo, jalapeño relish, crispy onions, melted American cheese, red onions, brioche bun - €13.45

EL DESPERADO (G, S, E, M, MD) - Two smashed prime beef patties, melted cheese, crispy bacon, red onions, pickled cucumber, in-house burger sauce, brioche bun - €15.95

EL PICANTE (G, S, E, M, MD) - Two smashed prime beef patties, jalapeños, melted cheese, crispy onions, pickled cucumber, in-house burger sauce, brioche bun - €15.95





## **PREMIUM HOUSE BURGERS**

**LA BERENJENA ∮ √ (G, S, SE)** - Fried breaded aubergine, sweet chili glaze, sesame and coriander slaw, cucumber, Vienna bun - **€9.95** 

**EL CERDO / (G, M, MD, CY)** - Crispy slow cooked pork belly, smoked ham, melted cheddar cheese, pico de gallo, mustard-mayo, brioche bun - €15.75

**EL CLÁSICO (G, S, E, M, MD)** - 200g juicy prime beef patty, onions, tomatoes, iceberg lettuce, pickled cucumber, in-house burger sauce, brioche bun - €16.95

**EL LOCO (G, S, E, M, MD)** - 200g juicy prime beef patty, melted cheese, crispy onion rings, pickled cucumber, in-house BBQ sauce, brioche bun - €16.95

**LA CHICA (G, E, M)** - Southern style deep fried breaded chicken thighs, crispy bacon, pickled cucumber, parmesan mayo, brioche bun - €16.45

Gluten-free bun available at an extra charge of €2.00

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## **GRILLS AND MAINS**

BBO PORK RIBS (G. S. MD) - A full rack of slow-cooked pork ribs alazed in our BBQ sauce made in-house, served with fries and Cuban Rice - £26.75

POLLO A LA PLANCHA (CY, S, MD, N) - Flame-grilled, achiote marinated chicken thighs, served with a pineapple salsa and fresh coriander, smoky-sweet chilli sauce, fries and Cuban Rice - €20.45

FISH AND CHIPS (G, F, E, M) - Deep fried fish fillets in a golden and crispy batter. served with a garlic and lime mayo, pickled red onions and fries - €21.65

> SCOTTONA SIRLOIN STEAK 🌶 (S) - Grilled sirloin steak, marinated in rosemary, thyme, parsley and a hint of chilli, served with chimichurri, fries and Cuban rice - **€30.50**

## SIDE DISHES

FRENCH FRIES V (S) - €3.85

**SWEET POTATO FRIES** √ (S) - €5.95

**CUBAN RICE** *P* **V** - €3.90

MIXED SALAD Ø (S) - Mixed salad leaves, thinly sliced onions, cherry tomato and black olives, in our in-house dressing - €3.95

### SAUCES

PLEASE ASK YOUR SERVER FOR THE SELECTION OF SAUCES AVAILABLE

PASTA ALLA NAPOLETANA V (CY, G, E, M, S) - Spaghetti or penne with tomato sauce and Grana Padano (80g) - €6.20

PASTA CON PROSCIUTTO E CREMA (S, G, E, M) - Spaghetti or penne with cream, ham and Grana Padano (80a) - €6.20

CHICKEN STRIPS AND FRIES (G, S, E, P, N) - Breaded chicken strips and fries - €9.60

SUPER WUDY PIZZA (G, M, CY) - Tomato sauce, mozzarella Fior di Latte and Wudy sausage - €7.85

**EL NINO BURGER (G, S, M)** - One smashed prime beef patty, ketchup, brioche bun, served with fries - €9.45



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 V (G, M) - Mozzarella di bufala, sliced tomato, rucola, oregano, olive oil and grang shavings - €15.05 PANUZZO BUFALA E PROSCIUTTO (G, M) - Mozzarella di bufala, prosciutto crudo, tomatoes, pesto oil and oregano - €15.05 PANUZZO CREMA E PROSCIUTTO (G, M, N) - Basil and spring onion cream cheese, Parma ham, tomatoes, rucola, sweet provolone - €15.05 PANUZZO POLLO E PANCETTA (G, S, M, MD)- Mozzarella fior di latte, tender chicken strips, smoked pancetta and BBQ Sauce - €15.05 PANUZZO AL PISTACHIO E MORTAZZA (G. M. N) - Mozzarella fior di latte, pesto di pistachio, tomato slices and mortadella - €15.05 PANUZZO MALTESE (G, M, N) - Mozzarella fior di latte, Maltese sausage, sunflower pesto, lime zest and tomatoes - €14.65 PANUZZO PICCANTE 

(G, M) - Mozzarella fior di latte, Spianata Calabrese, red peppers, mint pesto and olives - €14.00

## 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, M, N) - Walnuts, blue cheese and grapes, drizzled with honey - €10.75 FOCACCIA ROSMARINO Ø (G) - Olive oil, rosemary, rock salt and fresh rucola - €8.95 FOCACCIA CAPRESE V (G, M) - Mozzarella di bufala, cherry tomatoes and basil, with a drizzle of olive oil - €14.25

MARGHERITA √(G, M) - Tomato sauce, mozzarella fior di latte, olive oil and basil - € 10.45

LA BUFALA √ (G, M) - Tomato sauce, mozzarella di bufala, olive oil and basil - €14.35

MELANZANE (G, M) - Mozzarella fior di latte, aubergines, Parmesan fondue, black olives, red onions and basil - €12.95

CONTADINA (G, M, S) - Tomato sauce, mozzarella fior di latte, smoked pancetta, aubergines, oregano and grana shavings - €14.45

LA PESCATRICE (G, M, F) - Tuna chunks ,tomato sauce, fresh mint ,garlic, black olives, capers, mozzarella fior di latte and a drizzle of olive oil - £14.15

EL DIABLO 🔎 (G, M) - Tomato sauce, mozzarella fior di latte, Spianata Calabrese, and chilli oil - €13.95

PANCETTA (G, M) - Mozzarella fior di latte, pancetta, roasted potato, spring onions, rosemary and basil - €13.85

MORTADELLA E PISTACCHIO (G, M, N) - Mortadella al pistachio, mozzarella di bufala and whole roasted pistacchios - €15.85

SAN DANIELE (G, M) - Taleggio cheese, truffle paste, prosciutto crudo, mozzarella fior di latte - €15.25

LA RUSTICA (G, M) - Maltese sausage, baked potatoes, red onions, rosemary and mozzarella fior di latte - £14.15

CAPRICCIOSA (G, M, E) - Tomato sauce, mozzarella fior di latte, mushrooms, artichokes hearts, hard-boiled egg, olives and smoked ham - €13.85

ANNATI (G, M, N, MD) - Mozzarella fior di latte, tender chicken strips, BBQ sauce, coloured bell peppers, sweetcorn, onions and smoked ham - €14.55

FUNGHI E TARTUFO \( (G, M, S, MD) - Mozzarella for di latte, parmesan, truffle cream, mushrooms, garlic oil and zesty lemon dressing - €13.95

CALZONE CLASSICO (G, M) - Our classic closed Calzone filled with mozzarella fior di latte, salame Napoli and fresh ricotta cheese, garnished with salami, basil, and a touch of tomato sauce on top - €14.15

LA CUBANA - STAR SHAPED PIZZA (G, M) - Chilli con carne, Mexican cheese, mozzarella fior di latte, onions, sliced jalapeno and chilli flakes - €15.25

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





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, (CS) - Crustaceans, (E) - Eggs, (F) - Fish, (P) - Peanuts, (S) - Soya, (M) - Milk, (N) - Nuts, (CY) - Celery, (MD) - Mustard, (SE) - Sesame, (MS) - Molluscs

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

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

Moderately Spicy
Spicy Hot

🕖 Vegan 💛 Vegetarian