

# CUBA BREAKFAST

(V) - Vegetarian  
 (N) - Nuts  
 (L) - Lactose  
 (G) - Gluten  
 (E) - Eggs  
 (F) - Fish  
 (SH) - Spicy Hot  
 (M) - Mustard

Most of the items marked (G) - Gluten, can be replaced by gluten free bread. Kindly advise your server should you wish to do so.

In the case of severe allergies, please be advised that the environment of our kitchens is not 100% gluten free.

## Glossary

**Guacamole** - Is a blend of avocado, jalapenos, coriander, lime and olive oil. Most typical of Mexico, created by the Aztec tribes.

**Pico de Gallo** - A refreshing salsa made of chopped tomatoes, celery, onions, garlic, coriander and lime juice.



Vegan Breakfast Bowl



Fuq Massa



Senor Ingles

## Natural

**NEW Barley, Raisins, Walnuts and Honey with Yoghurt (N,L) - €3.50**

**NEW Yoghurt with Wholegrain Oats, Dried Berries, Apple and Cinnamon Mix (N,L) - €3.75**

**NEW High Protein Vegan Breakfast Bowl (V,N) - €5.25**

Garden peas, broad beans, cucumber, dill tops, red kidney beans, chickpeas and garlic-marinated mushrooms, served on a lightly seasoned rice-cake, and dressed in our own peanut butter and soy sauce

**NEW Vegan Pita Pocket (V,G) - €4.85**

A chickpea and red kidney bean mix, pico de gallo, rucola, iceberg lettuce and sliced cucumber, served in a guacamole spread wholemeal pita bread

## Pastizzi

**Pastizzi**, a flaky pastry filled with **Rikotta** (fresh cottage cheese) (L,G,E) or **Pizelli** (a split pea and onion mash) (L,G,E), have been a typical Maltese snack, especially at breakfast time with a glass of tea or coffee, for hundreds of years - **€0.60**

## Cooked

**El Classico (L,G) - €3.95**

Smoked ham and cheddar cheese toasted sandwich

**Cuba Classic Bagel (L,G,E) - €4.25**

Fried egg, smoked ham and melted cheddar cheese in a toasted bagel, served with rocket leaves

**Fisherman's Glory (F,G,E,L) - €5.95**

Scottish smoked salmon, creamy scrambled eggs and rucola, in a toasted bagel

**“Fuq Massa” 😊 (G,E) - €6.75**

Breakfast in a Bun - Grilled sausages, fried eggs, bacon, pan-fried onions, brown sauce and lettuce, in a toasted local ‘ftira’

**La Frittata (G,L,E) - €5.25**

Cream and egg frittata, with a choice of any TWO of the following ingredients; Smoked ham; cheddar cheese; onions; tomatoes; mushrooms or sweet peppers

Extra ingredients over and above the basic two are charged at €0.80 each

**NEW Salmon Benedict (G,L,E,M) - €5.95**

Smoked salmon, poached egg and rucola, served on a brioche bun slice and smothered in Hollandaise sauce

**Senor Ingles - Full English Breakfast (L,G,E) - €8.95**

Two fried eggs, two sausages, baked beans, sautéed mushrooms, bacon, grilled tomatoes, hash browns, toast and butter

## Sweet

**Freshly Baked Croissants (L,G,E,N) - €2.95**

Plain or chocolate filled