




HEALTHY SPACE


SNACKS

VEGETARIAN WRAP  (G, S, M) - Zucchini, peppers, rucola, feta cheese and hummus wrapped in a wholemeal wrap - **€8.75**
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, served in a wholegrain wrap - **€ 8.95**
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, served in a wholegrain wrap - **€8.95**
Kcal 556 | Carbs 59.7 | Protein 39 | Fats 22.2

PORK WRAP  (G, N, P, SE, S) - Pork fillet, shredded ice-berg lettuce, Asian slaw and peanut butter, wrapped in a wholemeal wrap - **€8.95**
Kcal 581 | Carbs 48.1g | Protein 43.4g | Fat 27.3g

MUSHROOM TACOS  (G, MD, S) - Three corn tacos, with mushrooms cooked in garlic, refried beans, chipotle chili and lemon juice mix, complimented with guacamole, and roasted pumpkin seeds - **€8.50**
Kcal 624 | Carbs 67.3g | Protein 18.3g | Fat 29.2g

VEGAN 'DAIKON RADISH' BLT  (G, S, N, MD) - Toasted whole wheat bread, smoky radish, tomatoes, and lettuce, with a vegan mayo spread - **€6.95**
Kcal 559 | Carbs 96.6g | Protein 24.2g | Fat 7.5g

SALADS

VEGAN PROTEIN BOWL  (S, P) - 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 - **€11.30**
Kcal 729 | Carbs 50.7g | Protein 18.6g | Fat 47.1g

SALMON SALAD (F, N, S) - Salmon with zesty green couscous, green apple, pomegranate slaw, and spiced cashews - **€13.95**
Kcal 571 | Carbs 38g | Protein 30.2g | Fat 31.7g

BEEF AND KALE SALAD  (CY, S) - Grilled beef flap, cherry tomatoes, red onions, radish, sweetcorn, quinoa, kale, coriander with salsa verde - **€14.75**
Kcal 570 | Carbs 32.8g | Protein 34.5g | Fat 30g

CHICKEN SALAD (MD) - Grilled chicken breast with curried brown rice, grilled leeks, zucchini, black beans, mixed peppers, orange segments, red onions, and fresh coriander - **€12.50**
Kcal 691 | Carbs 56.6g | Protein 32.7g | Fat 41.8g

ASIAN CHICKEN SALAD (G, S, P, F) - 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 - **€12.95**
Kcal 676 | Carbs 49.7g | Protein 34.6g | Fat 39.7g

LENTIL SALAD (M, S) - Brown lentils with red peppers, fresh tomatoes, cucumber, feta cheese, pomegranate, radishes, parsley, edamame beans, spring onions and fresh mint, tossed in a vinaigrette dressing - **€11.50**
Kcal 728 | Carbs 62.9g | Protein 30.5g | Fat 40.3g


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 - **€18.95**
Kcal 702 | Carbs 44.7g | Protein 37.9g | Fat 39.6g

STARTERS / SNACKS

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CLASSIC DISH

CUBAN BUN (G, M, MD, CY) - Crispy slow cooked pork belly, sliced ham, melted cheese, pico de gallo, mayo, and mustard - **€9.50**

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 - **€7.95**

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

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 - **€9.50**

CHICKEN DYNAMITE  (G, S, P, SE, MD) - Chicken chunks cooked in a spicy mango chutney, spring onion and sesame seeds - **€8.95**


NACHOS MEJICANO   (CY, G, M) - 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**


NEW!

BURRITOS

Burrito is an iconic Mexican dish that consists of a large tortilla wrap filled and rolled with a variety of flavourful ingredients, typically with seasoned meat such as beef, chicken and pork and other typical ingredients such as rice, beans, cheese, and vegetables, complemented with tasty 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 burrito tortilla wrap, served with fries, tomato sauce, sour cream, and crispy chicken skin - **€16.95**

PORK BURRITO  (G, M, S, CY) - Crispy pork belly, guacamole, feta cheese, Cuban rice, sour cream, red onions, salsa made of charred chopped tomatoes, celery, jalapenos, lime juice and fresh coriander, wrapped in a burrito tortilla wrap, served with fries, and our tomatillo onion and lime salsa - **€16.95**

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 burrito tortilla wrap, served with Cuban rice and a refreshing salsa made of charred chopped tomatoes, celery, jalapenos, coriander, and lime juice - **€16.95**

PASTA


RIGATONI PESTO (G, M) - Rigatoni tossed in our basil pesto made in-house, crispy bacon and grated grana cheese - **€14.20**

RAVIOLI PORCINI  (G, E, M) - Ravioli filled with earthy porcini mushrooms, pecorino, sage and butter sauce - **€14.75**

RIGATONI BEEF RAGU  (G, M, S) - Slow cooked, pulled beef and a tomato ragu, habanero flavoured cream cheese and parsley - **€ 15.75**

SPAGHETTI ALL' AMATRICIANA  (G, M) - Spaghetti with crispy guanciale, pecorino, a rich tomato sauce, and a hint of chili - **€13.95**

SPAGHETTI CALAMARI (G, MS, S) - Spaghetti with calamari, olives and capers in a rich tomato sauce and fresh herbs - **€15.75**

RISOTTO NDUJA  (M) - Risotto with spicy nduja sausage, pumpkin seeds, and mozzarella di Bufala - **€15.75**


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.

CUBA

BISTRO · PIZZERIA · CAFÉ

HOUSE BURGERS

LA BERENJENA  (G, S, SE) - 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, S, M, MD, P, CY, E) - Pulled slow cooked pork with hash browns, pickled carrot and cabbage slaw, red onions and our BBQ sauce made in-house, served in a brioche bun - **€9.95**


EL PRIMERO (G, S, E, M, MD) - Our basic burger with one beef patty (100 grams), melted cheese, our in-house special burger sauce and pickled cucumber - **€9.95**

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PREMIUM HOUSE BURGERS

CUBA (G, S, E, M, MD) - One succulent beef patty (200 grams) served in a toasted brioche burger bun, with our in-house special burger sauce, with onions, tomato, pickled cucumber and iceberg lettuce - **€16.50**

EL TORO (G, M, MD, S, E) - One succulent beef patty (200 grams), served in a toasted brioche bun, with onion jam, melted cheese, gherkins, lettuce, tomato and mustard mayo - **€16.50**

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

HAVANA (G, S, E, M, MD) - One succulent beef patty (200 grams), served in a toasted brioche bun with our in-house special burger sauce, crispy streaky bacon, tomato, onions, pickled cucumber, melted cheese and iceberg lettuce, garnished with crisp fried onion rings - **€17.95**

TRINIDAD  (G, S, E, M, MD) - One succulent beef patty (200 grams), served in a toasted brioche bun with guacamole and our in-house special burger sauce, crisp fried streaky bacon, fried egg, onions, tomato, pickled cucumber, and iceberg lettuce - **€17.95**

All burgers are served with a portion of fries
Gluten free Bun available at an extra charge of €2.00

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CLASSIC DISH

SALAD

HAVANA BEEF SALAD (N, SE, S) - Deep fried strips of crispy fried beef, kale, grilled peppers, cherry tomatoes, spicy cashew nuts with honey, sesame seed and a black bean dressing - **€13.50**

CUBA

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GRILLS AND MAINS

BBQ PORK RIBS (G, S, MD) - A full rack of slow-cooked pork ribs glazed in our BBQ sauce made in-house, served with fries and Cuban Rice - € 25.95

POLLO A LA PLANCHA (CY, S, MD, N) - Flame-grilled, achiotte marinated chicken thighs, served with a pineapple salsa and fresh coriander, smoky-sweet chilli sauce, fries and Cuban Rice - €19.60

BEEF TAGLIATA (S) - Grilled beef flap, marinated in rosemary, thyme, parsley and a hint of chilli, served with chimichurri, fries and Cuban Rice - € 27.50

ROPA VIEJA (CY, S) - 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 - € 20.25

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 - € 19.95

SIDE DISHES

FRENCH FRIES (S) - €3.65

SWEET POTATO FRIES (S) - €5.70

CUBAN RICE (S) - €3.70

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

SAUCES

PLEASE ASK YOUR SERVER FOR THE SELECTION OF SAUCES AVAILABLE

KIDS

PASTA ALLA NAPOLETANA (CY, G, E, M, S) - Spaghetti or penne with tomato sauce and Grana Padano (80g) - €6.10

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

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

SUPER WUDY PIZZA (G, M, CY) - Tomato sauce, mozzarella Fior di Latte and Wudy sausage - €7.50

EL NINO BURGER (G, S, M) - One beef patty (100 grams), a squeeze of ketchup in between a soft brioche bun and served with fries - €8.95



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, M) - Mozzarella di bufala, sliced tomato, rucola, oregano, olive oil and grana shavings - €14.35

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

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

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

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

PANUZZO AL PISTACHIO E MORTAZZA (G, M, N) - Mozzarella fior di latte, pesto di pistachio, tomato slices and mortadella - €13.50

PANUZZO BIZ ZEJT (G, CY, F) - 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 (G, M, N) - Walnuts, blue cheese and grapes, drizzled with honey - €10.30

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

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

MARGHERITA (G, M) - Tomato sauce, mozzarella fior di latte, olive oil and basil - € 9.75

LA BUFALA (G, M) - Tomato sauce, mozzarella di bufala, olive oil and basil - €13.95

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

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 - €13.75

EL DIABLO (G, M) - Tomato sauce, mozzarella fior di latte, spianata Calabra, and chilli oil - €13.75

MORTADELLA E PISTACCHIO (G, M, N) - Mortadella al pistachio, mozzarella di bufala and whole roasted pistachios - €14.95

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

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

CAPRICCIOSA (G, M, E) - Tomato sauce, mozzarella fior di latte, mushrooms, artichokes hearts, hard-boiled egg, olives and smoked ham - €13.25

ANNATI (G, M, N, MD) - Mozzarella fior di latte, tender chicken strips, BBQ sauce, coloured bell peppers, sweetcorn, onions and smoked ham - €13.95

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

PIZZA BIANCA AI FUNGHI (G, M, S) - Mozzarella fior di latte, cream, garlic sauteed mushrooms, oyster mushrooms, pecorino cheese, topped up with rucola, porcini salt and garlic oil - €13.75

LA NDUJA (G, M) - Cherry tomatoes, spicy nduja sausage, mozzarella fior di latte and grilled peppers - €14.50

SPECK E PATATA (G, M) - Mozzarella fior di latte, cured ham, potato cream and rucola - €13.50

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 - €13.65

LA CUBANA - STAR SHAPED PIZZA (G, M) - 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



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

Moderately Spicy

Spicy Hot

Vegan

Vegetarian

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

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