

# BREAKFAST MENU

SERVED TILL 11.30AM

CUBA

vida

## HEALTHY SPACE

**SHAKSHUKA** 🌶️ (E,G,V,GC,L) - Poached egg, in a spiced tomato and red pepper sauce, topped with crumbled feta cheese, and fresh coriander. - €6.90

Kcal: 477 | Carbs 41.2g | Protein 22.7g | Fat 23g

**AVOCADO AND EGG TOAST** 🌶️ (E,G,V,N) - Crushed avocado on multigrain wholemeal bread, with poached eggs and harissa. - €7.95

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. - €6.90

Kcal 663 | Carbs 55.2g | Protein 22g | Fat 37.4g

## SMOOTHIE BOWLS

**BANANA & BERRY** (N,G,V) Banana, mixed berries, desiccated coconut, granola, and hemp seed. - €6.90

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. - €6.90

Kcal 676 | Carbs 82.5g | Protein 13.4g | Fats 31g

## THE CLASSICS

**BREAKFAST BAGEL** (G,E,C,S,L,SS) - With a fried egg, smoked ham, melted cheddar cheese and butter. - €5.20

**FISHERMAN'S GLORY** (L,G,E,F,S,SS) - Scottish smoked salmon, creamy scrambled eggs and rucola, in a toasted bagel. - €9.40

**EL CLASSICO** (G,L,C) - Smoked ham and cheddar cheese toasted sandwich. - €5.20

**EGGS GUEVARA** (G,L,GC,E,S,M) - Poached egg served on a toasted brioche loaf slice with sauteed garlic mushrooms, crispy bacon, white truffle cream and Parmesan shavings. - €7.90

**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. - €12.50



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 🌶️ SPICY HOT