



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

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

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**



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

TAPAS

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**

STRACCIATELLA ON TOAST (L,G,N) - Fresh stracciatella cheese, red wine onion jam, roasted pistachios, extra virgin olive oil and thyme on toasted brown bread. - **€9.60**

PORK ROJA (GC,G,LM) - Our local deep fried pork belly, served with salsa roja and chilli soy dressing, pickled cabbage slaw and coriander. - **€9.45**

BUFFALO WINGS (G,GC,L,MS) - Breaded chicken wings in chilli sauce, spring onion, sesame seeds and lime. - **€9.40**

ENCHILADAS DI CARNE (L,N,C,G,GC,S) - Corn tortilla filled with slow cooked beef, refried beans, pumpkin seed, sesame seed, sour cream, mildly spicy mole negro sauce and pickled onion. - **€11.30**

PATATAS BRAVAS (G,GC,L,N,S) - Crispy fried potatoes in our bravas sauce and chorizo. - **€7.45**

TOSTADAS DE CARNE (L,GC,G,S) - Chilli con carne, refried beans, crispy corn tortilla, ice-berg lettuce, mozzarella and cheddar cheese and mildly spicy salsa cream. - **€7.95**

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**

GRILLS AND MAINS

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

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**

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**

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**

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



HOUSE BURGERS

All burgers are served with a portion of fries

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**



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**

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**