

# BREAKFAST MENU

SERVED TILL 11:30 AM

CUBA

vida

## HEALTHY SPACE

**SHAKSHUKA** 🌶️ (CY, C, E, M, P) - Poached egg, in a spiced tomato and red pepper sauce, topped with crumbled feta cheese, and fresh coriander - **€7.50**

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

**AVOCADO AND EGG TOAST** (E, C, P) - Crushed avocado on multigrain wholemeal bread, with poached eggs and harissa - **€8.50**

Kcal 681 | Carbs 37.9 g | Protein 26 g | Fat 41.6 g

**VEGETABLE OMELETTE** (C, E, M, SE) - Whole egg omelette with slow-roasted peppers, spinach, zaatar, labneh, and Maltese sourdough bread - **€7.50**

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

## SMOOTHIE BOWLS

**BANANA & BERRY** 🌿 (P) - Banana, mixed berries, desiccated coconut, granola, and hemp seed - **€6.90**

Kcal 632 | Carbs 80.6 g | Protein 14.2 g | Fat 25 g

**BANANA & PEANUT BUTTER** (M, P) - Chocolate, granola, peanut butter with banana, and date - **€6.90**

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

## THE CLASSICS

**SCRAMBLED EGGS ON TOAST** (C, E, M) - **€4.50**

Extra ingredients **€0.80** - Ham, cheese, onion, peppers

**HAM & CHEESE TOAST** (C, M) - Smoked ham and cheddar cheese toasted sandwich - **€5.20**

**BREAKFAST BAGEL** (C, S, E, M, SE) - Toasted bagel with a fried egg, smoked ham, melted cheddar cheese - **€5.50**

**BREAKFAST BUN** (C, M, E) - Toasted brioche bun with a fried egg, pork sausage and melted cheddar cheese - **€5.80**

**BACON & EGG QUESADILLA** (C, S, E, M) - Fried egg, melted cheddar cheese and bacon in a toasted tortilla wrap - **€4.95**

**EGGS GUEVARA** (C, M, E) - Poached egg served on a toasted brioche loaf slice with sauteed garlic mushrooms, crispy bacon, white truffle cream and Parmesan shavings - **€8.95**

**SEÑOR INGLES** - Full English Breakfast (C, S, E, M) - Two fried eggs, two sausages, baked beans, sautéed garlic mushrooms, bacon, grilled tomato, hash browns, toast and butter - **€12.50**

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**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.

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

🌶️ Moderate Spicy

🌶️🌶️ Spicy Hot

🌿 Vegan