

vida

HEALTHY SPACE

SNACKS

VEGETARIAN WRAP (C, S, M) - Zucchini, peppers, rucola, feta cheese and hummus wrapped in a wholemeal wrap - **€8.40**
Kcal 479 | Carbs 53.8g | Protein 16.8g | Fat 24.1g

CHICKEN AND CUCUMBER WRAP (C, M, S) - Grilled chicken breast with tzatziki, red onions, cucumber, savoy cabbage, served in a wholegrain wrap - **€8.40**
Kcal 378 | Carbs 41.5g | Protein 27.9g | Fat 10.3g

CHICKEN FAJITA WRAP (C, M, S) - Grilled peppers, onions, mushrooms, refried beans and sweet corn, served in a wholegrain wrap - **€8.75**
Kcal 556 | Carbs 59.7 | Protein 39 | Fats 22.2

PORK WRAP (C, N, P, SE, S) - Pork fillet, shredded ice-berg lettuce, Asian slaw and peanut butter wrapped in a wholemeal wrap - **€8.40**
Kcal 581 | Carbs 48.1g | Protein 43.4g | Fat 27.3g

VEGAN 'DAIKON RADISH' BLT (C, S, N, MD) - Toasted whole wheat bread, smoky radish, tomatoes, and lettuce, with a vegan mayo spread - **€6.75**
Kcal 559 | Carbs 96.6g | Protein 24.2g | Fat 7.5g

SALADS

VEGAN SALAD (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 - **€10.95**
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 - **€13.85**
Kcal 571 | Carbs 38g | Protein 30.2g | Fat 31.7g

JAMAICAN JERK CHICKEN SALAD (S) - Jerk spiced brown rice, grilled chicken breast, sweet potato, black beans, avocado, with a pineapple and mango salsa - **€11.50**
Kcal 539 | Carbs 54.9g | Protein 38.1g | Fat 15.3g

BEEF AND KALE SALAD (CY, S) - Grilled beef flap, cherry tomatoes, red onions, radish, sweetcorn, quinoa, kale, coriander with salsa verde - **€14.60**
Kcal 570 | Carbs 32.8g | Protein 34.5g | Fat 30g

QUINOA & TABBOULEH SALAD (M, S, SE) - Quinoa, tabbouleh, parsley, tomatoes, capers, red onion, and lemon juice on a bed of red pepper hummus, with crumbled feta - **€11.95**
Kcal 552 | Carbs 69.2 | Protein 21.8 | Fats 41.4

MAIN COURSE

ACHIOTE SPICE GRILLED CHICKEN BREAST (CY, M, C, 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

THE VEGAN BURGER BY MOVING MOUNTAINS (C, S, M, MD) - A grilled vegan patty with fresh rucola, sliced tomato, tangy mango chutney in a toasted vegan bun - **€13.95**
Kcal 491 | Carbs 45.4g | Protein 24.1g | Fat 22.4g

STARTERS / SNACKS

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CLASSIC DISH

CUBAN BUN (C, 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, C) - Loaded and toasted wholemeal pita triangles, filled with marinated chicken, slivered bell peppers, melted mature cheddar cheese, chipotle mayo and side of sour cream - **€7.95**

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

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

NACHOS MEJICANO (CY, C, 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**

SALAD

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CLASSIC DISH

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**

PASTA

Wholemeal and gluten free pasta also available at an extra charge of €2.00

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

RAVIOLI PORCINI (C, E, M) - Ravioli filled with earthy porcini mushrooms, pecorino, sage and butter sauce - **€14.50**

SPAGHETTI ALL' AMATRICIANA (C, M) - Spaghetti with crispy guanciale, pecorino, a rich tomato sauce, and a hint of chili - **€14.50**

SPAGHETTI CALAMARI (C, MS, S) - Spaghetti with calamari, olives and capers in a rich tomato sauce and fresh herbs - **€15.50**

KIDS

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

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

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

SUPER WUDY PIZZA (C, M, CY) - Tomatoes, mozzarella Fior di Latte and Wudy sausage - **€7.50**

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

CUBA

HOUSE BURGERS

All burgers are served with a portion of fries

LA BERENJENA (C, 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 (C, S, M, MD, P, CY, E) - 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 (C, 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

All burgers are served with a portion of fries

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

EL POLLO SUPREMO (C, 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 (C, 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 (C, 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**

★ ★ ★ 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.

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.

(C) - Cereals, (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

GRILLS AND MAINS

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

BBQ PORK RIBS (C, S, MD) - A half rack of slow-cooked pork ribs glazed in BBQ sauce - **€19.95**

POLLO A LA PLANCHA (CY, S, MD, N) - 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**



SAUCES

PICO DE GALLO (CY, S) - A refreshing salsa made of chopped tomatoes, celery, onions, jalapenos, coriander and lime juice - **€2.50**

CHIPOTLE MAYO (E, M) - Chipotle chillies, grilled, chopped and blended into an in-house made mayonnaise - **€2.50**

SMOKY-SWEET CHILLI SALSA (CY, S) - 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 (C, M, S) - Finely chopped chipotle chillies and mixed pimentos, blended into an in-house bechamel sauce - **€2.50**

GUACAMOLE (CY, S) - A blend of avocado, tomato, onions, jalapenos, coriander, lime and olive oil - **€3.95**

LATINO MUSHROOM SAUCE (C, S, M, N) - (South American mushroom sauce) Mushrooms, fresh cream, beef stock, onions, garlic, thyme, salt and pepper - **€3.20**

LATINO PEPPER SAUCE (C, S, M, N) - (South American pepper corn sauce) Mixed pepper corns, fresh cream, onions, garlic, Havana Club Spiced Rum, rosemary and salt - **€3.20**



SIDE DISHES

FRENCH FRIES (S) - **€3.65**

SWEET POTATO FRIES (S) - **€5.70**

CUBAN RICE (CY, S) - **€3.70**

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



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

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

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

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

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

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

PANUZZO BIZ ZEJT (C, 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 (C, M, N) - Walnuts, blue cheese and grapes, drizzled with honey - **€10.30**

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

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

MARGHERITA (C, M) - Tomato sauce, mozzarella fior di latte, olive oil and basil - **€9.55**

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

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

LA PESCATRICE (C, 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 (C, M) - Tomato sauce, mozzarella fior di latte, spianata Calabria, and chilli oil - **€13.75**

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

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

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

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

ANNATI (C, 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 (C, M) - Pulled chicken, crumbled nachos, finely chopped tomatoes, jalapeno sour cream and mexican cheese - **€12.95**

PIZZA BIANCA AI FUNGHI (C, 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 (C, M) - Cherry tomatoes, spicy nduja sausage, mozzarella fior di latte and grilled peppers - **€14.50**

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

CALZONE CLASSICO (C, 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 (C, 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**

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CLASSIC
DISH

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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Lactose free mozzarella available upon request at a charge of **€4.95**

