



#### STARTERS

Olive focaccia · 11 Tapenade, payoyo cheese, roasted aubergine paté, basil and herbs pesto

Pear hummus, citrics and paprika · 14 / F Black sesame and crispy gluten free bread

Marinated salmon carpaccio, mango, cardamom and ginger · 23 🎤 Capers, pink pepper, lime and harissa vinaigrette

> Beef retinta carpaccio · 25 Idiazábal cheese, fresh herbs and sprouts, balsamic vinaigrette

Caramelised onion and leek coca · 19 Prawns and sprouts

100% organic corn taco · 8/ud. Avocado, vegetables, textured macerated soybeans, red onion and coriander



# **MAINS**

Coconut risotto with fresh herbs · 18 Vegetables and microgreens

luten free penne with truffle sauce and scallops · 23

Roasted sea bass supreme, grape sauce · 32 🥕 Baby vegetables and fresh chives

Tuna tataki · 30

Iraninan aromatic rice, mango and shiso mousseline

Roasted octopus with paprika sauce from "de la Vera" · 28 🄎 Spiced sweet potato and vegetables

Fish and prawn suquet soup · 28

Free-range chicken burger · 23 Bread, rocket salad, tomato, onion, provolone cheese and truffle mayonnais

Vegetable burger, pea protein and soy · 20 Bread, arugula, tomato, onion and mustard mayonnaise

> Free-range chicken breast · 24 Green mustard and azahar honey

Marinated angus skirt steak · 30 Hasselback potato, Padrón peppers and homemade barbecue sauce

Organic lamb loin cooked at low temperature au jus · 32 Roast potato and cabbage



#### FROM THE GARDEN

"El Olivar" vegetables cream soup · 14 Mix of seeds and fresh sprouts

Stuffed endives · 15

Avocado, olives, sunflower seeds, zucchini spiral, turmeric and Dijon sauce

Tri-colour quinoa tabbouleh · 14 / Fresh Herbs, carrot, cucumber, spring onions, tomato and lemon vinaigrette

"El Olivar" green leaf salad · 12 / Mixed lettuce, crunchy vegetables, spiced cashew nuts

and pomegranate vinaigrette

Grilled asparagus · 19 Black garlic, lime, macadamia nuts and tomato

Zoodles salad with Vietnamese pesto · 19 Sunflower seeds



## **DESSERTS**

Cake or sponge cake of the day · 12

Ice cream and sorbets · 12

All breads are available gluten-free

GF · Gluten free V · Vegetarian B · Biodynamic

#### FRESH JUICES · 12

Balancer | Orange, avocado, coriander, honey, lime and coconut water Sun care | Grapefruit, orange, carrot, mango and cinnamon Blood Tonic | Watermelon, strawberry, pineapple, coconut water and goji berries Bright green | Apple, spinach, cucumber, celery, ginger, lemon and kiwi D-Tox | Pear, grape, coconut water, spirulina, mint, ginger and pineapple Daily boost | Beetroot, pear, carrot, orange, pineapple, lemon and red berries

#### **SMOOTHIES** · 12

Almond Colada | Coconut milk, banana, cocoa, almond and agave syrup Crunch | Datil medju, soy milk, banana and bee pollen Cure | Yogurt, strawberry, honey, cinnamon, oat milk and vanilla protein Tropical | Chia, papaya, coconut milk and pineapple



## COFFEES & TEAS

Espresso, Latte · 6 | Golden Latte, Matcha Latte, CBD Coffee · 8 "MC" tea blends | MC Botanical Tea, Fruit Tea, Dessert Tea, Relax, D-Stress, Detox, Energise · 7 Classics | Earl Grey, English Breakfast, Mint, Camomille, Green Tea · 5

# SPECIALTY DRINKS



"El Olivar" lemonade | Aloe vera, lemon and agave · 8 Homemade Kombucha · 9 MC Botanical Ice Tea | with our bartender's choice of spices · 8

Beers | San Miguel 0,0%, Cruzcampo gluten free, Tarifa, Golden Mile · 7 | Estrella Galicia 1906 / Alhambra verde · 8 Soft Drinks  $\cdot$  6 | Water  $\cdot$  6

Jasmine Bellini | Lemongrass, Earl Grey tea, lychee, lemon, vanilla and jasmin essence · 15 / 20 Organic Red Wine | Juan Gil, Jumilla · glass, 8 / bottle, 35 Organic White Wine | Avgvstvs, Penedés · glass, 11 / bottle, 50 Organic Rosé | Born Rose, Penedés · glass, 7 / bottle, 30 Biodynamic Champagne | Hugues Godmé · glass, 19 / bottle, 98