

## #Fastvida

**Wok as you like / Small size: 9,9€** 🌱  
**Big Size: 12,9€**

Our wok-style vegetable base.

\* ¿What do you want with it?

\* **Add your favorite carbohrydate:** Basmati Rice 🌱 / Buckwheat  
Konjac Noodles 🌱🌱 / Quinoa / Extra Vegetables

\* **Add your favorite protein:** Tandoori Chicken 🍗 / Braised Turkey / Salmon 🐟  
Tuna 🐟 / Tofu 🌱 / Heura 🌱

**Poke Bowl DateVida 12,9€** 🐟 🌱

Our sushi rice base.

\* **Add your favorite protein:** Chicken / Braised Turkey / Salmon 🐟 /  
Tuna 🐟 / Tofu 🌱 / Heura 🌱

\* **Add your favorite sauce:** Sriracha-mayo 🌱🌱🌱 / Satay Sauce 🍗🌱🌱 /  
Soy-sesame 🌱🌱 / Ponzu Sauce 🌱

Our suggestions:

\* **Chicken Poke Bowl:** Our sushi rice base, low-temperature chicken, avocado, mango, and wakame salad with our sriracha mayo

\* **Salmon Poke Bowl:** Our sushi rice base, fresh salmon, avocado, mango and wakame salad with our sriracha mayo..

\* **Tuna Poke Bowl:** Our sushi rice base, bluefin tuna, avocado, pineapple-apple, cucumber and wakame salad with soy-sesame.

\* **Turkey Poke Bowl:** Our sushi rice base, braised turkey breast, pineapple-apple, cherry tomato and red onion with our satay sauce.

## #Tusprefes

Hawaian tuna salad 11,9€ 🐟🌱🌱

Braised turkey and tzaziki salad 11,9€ 🍗🌱

Burrata and pesto rosso salad 12,9€ 🍗🌱🌱

Roasted salmon nigiri and wasabi mayo (2 und) 4,8€ 🐟🌱🌱

Cochinita pibil and pico de gallo tacos (2 und) 7,9€ 🌱🌱

Crudites with hummus, guacamole and baba-ganoush 8,9€ 🌱🌱🌱

Sweet potato dips with tzaziki 4,20€ 🍗

Roasted soybeans 4,20€ 🌱

Tuna, sweet potato and fried corn ceviche Nikkei 16,9€ 🐟🌱🌱🌱

Tropical salmon tartare 14,9€ 🐟🌱

Chicken protein smashburger 10,9€ 🍗🍗🌱

Vegan smashburger 12,9€ 🌱

Vegetables and hummus lasagna 10,9€ 🍗🌱🌱

Mushroom risotto "al tartufo" 12,9€ 🍗🌱

Marinated tuna tataki 14,9€ 🐟🌱

## #endulzatelaVida

Sweet potato and cocoa fitcocho 4,9€ 🍗🌱

Payoyo cheese Cheesecake 5,9€ 🍗🌱

Thai style creamy rice pudding 4,9€ 🍗

Chia pudding 4,9€ 🍗



Gluten



Crustacean



Eggs



Fish



Peanuts



Soy



Milk



Tree nuts



Celery



Mustard



Sesame



Sulfites



Lupins



Shellfish