

# ALLERGEN LIST

## BREAKFAST (Served until 1:00 PM)

### CROISSANTS

- Croissant: Wheat flour, butter, egg, sugar, yeast.  
**GLUTEN** 🌾, **MILK** 🥛, **EGG** 🥚
- Butter & Jam: Butter, fruit jam. **MILK** 🥛
- Ham & Cheese: Cheese, cooked ham. **MILK** 🥛

### YOGURT

- Biscuit, Honey & Walnut: Yogurt, walnuts, biscuit crumble, honey. **MILK** 🥛, **TREE NUTS** 🌰, **GLUTEN** 🌾, **EGG** 🥚
- Fresh Seasonal Fruit: Yogurt, mixed seasonal fresh fruit. **MILK** 🥛
- Red Berries & Muesli: Yogurt, berries, muesli. **MILK** 🥛, **GLUTEN** 🌾 (MAY CONTAIN TRACES OF TREE NUTS 🌰)

### SANDWICHES

- Ham & Cheese Toastie (Mixto): White bread, cooked ham, cheese, butter. **GLUTEN** 🌾, **MILK** 🥛
- Tuna Sandwich: White bread, tuna, hard-boiled egg, lettuce, tomato, onion, mayonnaise, served with fries. **GLUTEN** 🌾, **FISH** 🐟, **EGG** 🥚, **MUSTARD** 🟡

- Club Sandwich: White bread, chicken, lettuce, tomato, egg, bacon, cheese, garlic mayo (alioli), served with fries. **GLUTEN** 🌾, **EGG** 🥚, **MILK** 🥛

## BOCADILLOS (BAGUETTE SANDWICHES)

- Spanish Omelette & Manchego Cheese: Baguette, egg, Manchego cheese. **GLUTEN** 🌾, **EGG** 🥚, **MILK** 🥛
- Bacon, Cheddar & Egg: Baguette, bacon, cheddar cheese, fried egg. **GLUTEN** 🌾, **MILK** 🥛, **EGG** 🥚
- Crispy Chicken: Baguette, breaded chicken, cheese, onion, tomato, lettuce, garlic mayo (alioli). **GLUTEN** 🌾, **EGG** 🥚, **MILK** 🥛
- Iberian Ham & Fresh Tomato (Tumaca): Baguette, cured Iberian ham, grated tomato, olive oil. **GLUTEN** 🌾

## SPECIAL BREAKFAST

- Toast with Iberian ham OR butter & jam on wheat bread, seasonal fruit platter, yogurt with fresh fruit and muesli, fresh orange juice, coffee or tea of choice. **GLUTEN** 🌾, **MILK** 🥛, **TREE NUTS** 🌰

## BRUNCH (Served until 1:00 PM)

### IBERIAN BRUNCH (For 2 people)

- Drinks: Cava (Spanish sparkling wine), orange juice or smoothie, coffee or tea. **SULFITES** 🍷, **MILK** 🥛

- Platter: Selection of Spanish cured meats, mini breadsticks (picos), national cheese selection. **GLUTEN** 🌾, **MILK** 🥛
- Accompaniments: Assorted baguettes and pastries, butter, fruit jams, Nutella. **GLUTEN** 🌾, **EGG** 🥚, **MILK** 🥛, **TREE NUTS** 🌰, **SOY** 🌱
- Main Bites: Potato & onion Spanish omelette, mini hotdogs, guacamole & tomato rolls. **EGG** 🥚, **GLUTEN** 🌾, **SESAME** 🌱
- Sweet Treat: Red berry yogurt with muesli, fresh seasonal fruit. **MILK** 🥛, **GLUTEN** 🌾, **TREE NUTS** 🌰

## PANCAKE BRUNCH (For 2 people)

- Drinks: Cava, orange juice or smoothie, coffee or tea. **SULFITES** 🍷, **MILK** 🥛
- Pancakes: Fluffy pancakes, whipped cream, maple syrup. **GLUTEN** 🌾, **EGG** 🥚, **MILK** 🥛
- Accompaniments: Assorted baguettes and pastries, butter, fruit jam, Nutella. **GLUTEN** 🌾, **EGG** 🥚, **MILK** 🥛, **TREE NUTS** 🌰, **SOY** 🌱
- Savory Selection: Scrambled eggs with bacon, basil pesto & mozzarella focaccia, smoked salmon & cream cheese toast. **EGG** 🥚, **GLUTEN** 🌾, **MILK** 🥛, **TREE NUTS** 🌰, **FISH** 🐟
- Sweet Treat: Red berry yogurt with muesli, fresh seasonal fruit. **MILK** 🥛, **GLUTEN** 🌾, **TREE NUTS** 🌰

## BOARDS & CANNED SEAFOOD

## CHARCUTERIE & CHEESE SELECTION

- Iberian Chorizo: Cured pork sausage, paprika, garlic, spices, mini breadsticks. **GLUTEN** 🌾
- Iberian Salchichón: Cured pork salami, spices, mini breadsticks. **GLUTEN** 🌾
- Cured Iberian Lomo: Cured pork loin, spices, mini breadsticks. **GLUTEN** 🌾
- 50% Iberian Cebo Ham: Cured Iberian ham, mini breadsticks. **GLUTEN** 🌾
- 100% Iberian Bellota Ham: Acorn-fed cured Iberian ham, mini breadsticks. **GLUTEN** 🌾
- Cheese Platter: Selection of artisanal cheeses, dried fruits & nuts, mini breadsticks. **MILK** 🥛, **TREE NUTS** 🍎, **GLUTEN** 🌾
- Cecina: Cured beef slices, olive oil drizzle, mini breadsticks. **GLUTEN** 🌾
- Mixed Platter: Iberian cured meats & fine aged cheeses, mini breadsticks. **MILK** 🥛, **GLUTEN** 🌾

## GOURMET CANNED SEAFOOD

- Small Sardines (Sardinillas): Small sardines in olive oil. **FISH** 🐟
- Pickled Mussels: Mussels in traditional marinade (escabeche). **MOLLUSCS** 🐚, **SULFITES** 🍷
- Anchovies from Santoña: Premium salted anchovies in olive oil. **FISH** 🐟
- Tuna Belly, Arugula & Piquillo Peppers: Tender tuna belly, fresh arugula, sweet piquillo peppers. **FISH** 🐟
- Galician Clams (Berberechos): Cockles/clams in brine, lemon slice. **MOLLUSCS** 🐚

- Marinated Anchovies (Boquerones): Fresh white anchovies in vinegar, olive oil, garlic, parsley. **FISH** 🐟, **SULFITES** 🍷

## TAPAS

- Marinated Olives: Green olives, spices, olive oil. **NONE** ❌
- Portion of Bread: Artisanal bread. **GLUTEN** 🌾
- Portion of French Fries: Potatoes, vegetable oil, salt. **NONE** ❌
- Salmorejo: Chilled Andalusian tomato & bread soup, olive oil, garlic, boiled egg, cured ham. **GLUTEN** 🌾, **EGG** 🥚
- Papas Arrugadas: Canary wrinkled potatoes, sea salt, red mojo sauce (pepper, garlic, cumin, vinegar, oil). **SULFITES** 🍷
- Croquette Selection: Homemade croquettes (may contain fish, seafood, or ham depending on variety). **GLUTEN** 🌾, **MILK** 🥛, **EGG** 🥚 (MAY CONTAIN FISH 🐟 OR CRUSTACEANS 🦞)
- Island-Style Papas Bravas: Fried potatoes, spicy house mojo, garlic mayo (alioli), crispy onions. **EGG** 🥚, **GLUTEN** 🌾
- Nachos with Guacamole: Tortilla chips, fresh avocado, tomato, onion, cilantro, lime juice. **NONE** ❌
- Chickpea Hummus: Chickpeas, tahini, lemon, garlic, olive oil, toasted bread. **SESAME** 🌱, **GLUTEN** 🌾
- Huevos Rotos with Iberian Ham: Crispy fries topped with fried eggs and Iberian ham. **EGG** 🥚

- Garlic Prawns (Gambas al Ajillo): Sizzling prawns, olive oil, garlic, chili pepper. **CRUSTACEANS** 🦐
- Galician-Style Roasted Pork (Pata Asada): Slow-roasted pork leg, olive oil, paprika, sea salt. **NONE** ❌
- Grilled Cheese with Palm Honey & Mojos: Grilled Canary smoked cheese, palm syrup, mojo sauces. **MILK** 🥛
- Seasoned Tomatoes, Burrata & Anchovies: Fresh tomatoes, creamy burrata, marinated white anchovies, dressing. **MILK** 🥛, **FISH** 🐟, **SULFITES** 🍷
- Andalusian-Style Calamari: Crispy fried squid rings, wheat flour, roasted garlic mayo, lime. **MOLLUSCS** 🦑, **GLUTEN** 🌾, **EGG** 🥚
- Grilled Cuttlefish: Grilled cuttlefish, parsley oil, lime. **MOLLUSCS** 🦑
- Tuna Tartare: Fresh raw tuna, citrus dressing, soy sauce, sesame seeds, spices. **FISH** 🐟, **GLUTEN** 🌾, **SOY** 🌱, **SESAME** 🌱
- Grilled Queen Scallops (Zamburiñas): Small scallops, olive oil, garlic, parsley. **MOLLUSCS** 🦑
- Cockle Ceviche: Cockles marinated in lime juice, red onion, cilantro, chili. **MOLLUSCS** 🦑

## GOURMET TOASTS (On wheat bread)

- Almogrote Gomero: Toast topped with Canary spicy cured cheese paste. **GLUTEN** 🌾, **MILK** 🥛

- Smoked Cheese, Tomato & Oregano: Toast, smoked cheese, grated fresh tomato, oregano, olive oil. **GLUTEN** 🌾, **MILK** 🥛
- Cream Cheese & Papaya-Apple Jam: Toast, cream cheese, artisanal fruit jam. **GLUTEN** 🌾, **MILK** 🥛
- Goat Cheese Log, Honey & Walnuts: Toast, goat cheese, honey, walnuts. **GLUTEN** 🌾, **MILK** 🥛, **TREE NUTS** 🌰
- Tomato & Roasted Pork (Pata Asada): Toast, grated tomato, roasted pork leg, paprika, olive oil. **GLUTEN** 🌾
- Smoked Salmon & Cream Cheese: Toast, smoked salmon, cream cheese. **GLUTEN** 🌾, **FISH** 🐟, **MILK** 🥛
- Sardines, Tomato & Red Onion: Toast, canned sardines, grated tomato, red onion. **GLUTEN** 🌾, **FISH** 🐟
- Iberian Ham & Tomato: Toast, Iberian cured ham, grated tomato, olive oil. **GLUTEN** 🌾
- Tuna Belly & Piquillo Pepper: Toast, tuna belly, sweet piquillo pepper. **GLUTEN** 🌾, **FISH** 🐟
- Quail Egg, Tomato & Cured Ham: Toast, quail egg, grated tomato, Serrano ham. **GLUTEN** 🌾, **EGG** 🥚
- Octopus Carpaccio: Toast, thinly sliced octopus, olive oil, paprika, sea salt flakes. **GLUTEN** 🌾, **MOLLUSCS** 🐙

## MAINS & SALADS

### MAINS

- Saharan Calamari: Whole grilled calamari, citrus dressing, Canary wrinkled potatoes. **MOLLUSCS** 🐚
- Beef Lasagna: Pasta sheets, slow-cooked beef ragù, béchamel, grated cheese. **GLUTEN** 🌾, **EGG** 🥚, **MILK** 🥛

## SALADS

- Marinated Tomatoes, Burrata & Pesto: Fresh tomatoes, burrata cheese, basil pesto (cheese, pine nuts, oil, basil). **MILK** 🥛, **TREE NUTS** 🌰
- Mediterranean Salad: Mixed greens, cherry tomatoes, black olives, feta cheese, honey & walnut dressing. **MILK** 🥛, **TREE NUTS** 🌰
- Smoked Salmon Salad: Mixed greens, smoked salmon, goat cheese, cherry tomatoes, mango, pumpkin seeds, balsamic reduction. **FISH** 🐟, **MILK** 🥛, **SULFITES** 🍷
- Crispy Chicken Salad: Mixed greens, carrots, cabbage, red onion, breaded chicken, yogurt dressing, crunchy apple, arugula. **GLUTEN** 🌾, **EGG** 🥚, **MILK** 🥛

## BURGERS (Served with fries)

- Crispy Chicken Burger: Brioche bun, crispy chicken cutlet, creamy coleslaw, mayo, served with fries. **GLUTEN** 🌾, **EGG** 🥚, **MILK** 🥛, **MUSTARD** 🟡
- Smash Burger: Brioche bun, beef patty, candied bacon, pickles, cheddar cheese, served with fries. **GLUTEN** 🌾, **EGG** 🥚, **MILK** 🥛, **MUSTARD** 🟡, **SULFITES** 🍷



- Pulled Pork Burger: Brioche bun, slow-cooked pulled pork, BBQ sauce, crispy onions, cheddar cheese, served with fries. **GLUTEN** 🌾, **EGG** 🥚, **MILK** 🥛, **MUSTARD** 🟡, **SOY** 🌱
- Veggie Burger: Brioche bun, pea protein veggie patty, cheese, fried egg, garlic mayo, tomato, onion, avocado, served with fries. **GLUTEN** 🌾, **EGG** 🥚, **MILK** 🥛

## PIZZAS (72-hour naturally fermented dough)

- Margherita Regina: Tomato sauce, fior di latte mozzarella, fresh basil, extra virgin olive oil. **GLUTEN** 🌾, **MILK** 🥛
- Napoli: Tomato sauce, fior di latte mozzarella, capers, anchovies, olives, fresh basil, extra virgin olive oil. **GLUTEN** 🌾, **MILK** 🥛, **FISH** 🐟
- Four Cheeses: Tomato sauce, fior di latte mozzarella & blend of cheeses, fresh basil, extra virgin olive oil. **GLUTEN** 🌾, **MILK** 🥛
- Calabrese: Tomato sauce, fior di latte mozzarella, spicy 'nduja, arugula, parmesan shavings, extra virgin olive oil. **GLUTEN** 🌾, **MILK** 🥛
- Martianez: Fior di latte mozzarella, goat cheese, caramelized red onions, walnuts, honey, fresh basil, extra virgin olive oil. **GLUTEN** 🌾, **MILK** 🥛, **TREE NUTS** 🌰
- Iberian Burrata: Fior di latte mozzarella, Iberian chorizo, whole burrata, fresh basil, extra virgin olive oil. **GLUTEN** 🌾, **MILK** 🥛

- Campania: Fior di latte mozzarella, savory Italian sausage, turnip greens (friarielli), extra virgin olive oil. **GLUTEN** 🌾, **MILK** 🥛
- Surf & Turf Pizza: Fior di latte mozzarella, tuna belly, piquillo peppers, red onion, fresh basil, extra virgin olive oil. **GLUTEN** 🌾, **MILK** 🥛, **FISH** 🐟
- Prosciutto & Arugula (Serrano): Tomato sauce, fior di latte mozzarella, Serrano ham, fresh arugula, parmesan shavings, basil, extra virgin olive oil. **GLUTEN** 🌾, **MILK** 🥛
- Nonno Gabriele: Fior di latte mozzarella, mortadella, fresh burrata, crushed pistachios, basil, extra virgin olive oil. **GLUTEN** 🌾, **MILK** 🥛, **TREE NUTS** 🌰
- Galician Pizza: Fior di latte mozzarella, octopus carpaccio, crispy potato slices, arugula, cherry tomatoes, basil, extra virgin olive oil. **GLUTEN** 🌾, **MILK** 🥛, **MOLLUSCS** 🐚
- Supreme Iberian: Tomato sauce, fior di latte mozzarella, diced chorizo, lomo & salchichón, basil, extra virgin olive oil. **GLUTEN** 🌾, **MILK** 🥛

## DESSERTS & ICE CREAM

### CRÊPES & WAFFLES

- Sugar: Crêpe or Waffle, dusted with sugar. **GLUTEN** 🌾, **MILK** 🥛, **EGG** 🥚
- Nutella: Crêpe or Waffle with Nutella spread. **GLUTEN** 🌾, **MILK** 🥛, **EGG** 🥚, **TREE NUTS** 🌰, **SOY** 🌱

- Nutella & Ice Cream: Crêpe or Waffle with Nutella and 1 scoop of ice cream. **GLUTEN** 🌾, **MILK** 🥛, **EGG** 🥚, **TREE NUTS** 🌰, **SOY** 🥬
- Nutella & Fruit: Crêpe or Waffle with Nutella and choice of banana or fresh strawberries. **GLUTEN** 🌾, **MILK** 🥛, **EGG** 🥚, **TREE NUTS** 🌰, **SOY** 🥬

## CAKES & ICE CREAM SUNDAES

- Slice of Daily Cake: Fresh homemade / artisanal cake slice. **GLUTEN** 🌾, **MILK** 🥛, **EGG** 🥚 (MAY CONTAIN TREE NUTS 🌰 AND SOY 🥬)
- Ice Cream Scoops (Cone or Cup): Ice cream scoops. Cone contains gluten. **MILK** 🥛, **GLUTEN** 🌾, **SOY** 🥬
- Tricolor Sundae: Chocolate, strawberry & vanilla ice cream, whipped cream, caramel drizzle. **MILK** 🥛
- Strawberry Sundae: Strawberry ice cream, whipped cream, strawberry drizzle. **MILK** 🥛
- Mint Sundae: Mint & chocolate ice cream, whipped cream. **MILK** 🥛
- Oreo Sundae: Oreo ice cream, Oreo cookies, whipped cream, chocolate syrup. **MILK** 🥛, **GLUTEN** 🌾, **SOY** 🥬
- Chocolate Explosive: Oreo, vanilla, brownie caramel & Lion ice cream, whipped cream, chocolate & caramel drizzle. **MILK** 🥛, **GLUTEN** 🌾, **SOY** 🥬, **PEANUTS** 🥜, **TREE NUTS** 🌰
- American Cookie Sundae: Vanilla ice cream, chocolate chip cookies, whipped cream, caramel sauce. **MILK** 🥛, **GLUTEN** 🌾, **EGG** 🥚, **SOY** 🥬
- Baileys Sundae: Coffee & Baileys cream ice cream, whipped cream. **MILK** 🥛

- Coffee Sundae: Coffee & vanilla ice cream, whipped cream, coffee liqueur. **MILK** 🥛, **SULFITES** 🍷
- Amarena Sundae: Vanilla ice cream, wild amarena cherries in syrup, strawberry sauce, marshmallows. **MILK** 🥛
- Banana Split: Strawberry, vanilla & chocolate ice cream, fresh split banana, whipped cream, chocolate sauce. **MILK** 🥛

## DRINKS WITH ALLERGENS

- Cocktails containing Egg: Whisky Sour, Pisco Sour, Clover Club, Rum Sour, Amaretto Sour, Gin Fizz. **EGG** 🥚
- Cocktails containing Dairy: Alexander, Pink Panther, Milkshakes, Smoothies with milk. **MILK** 🥛
- Beers: Barley malt (Except Gluten-Free beer options like Cruzcampo Sin Gluten). **GLUTEN** 🌾
- Wines, Cavas & Sangria: Wine selection, cavas, homemade sangria. **SULFITES** 🍷