

OPTIONS



ALLERGENS



selva
LIFE COFFEE & BRUNCH



@selvalifecoffee

PLEASE COMMUNICATE TO OUR TEAM ABOUT ALLERGIES AND INTOLERANCES

SPECIALTY COFFEE

Espresso	1,80€	Double espresso	2,00€	Espresso macchiato	2,10€
Americano	2,20€	Latte	2,40€	Flat white	2,90€
Cappuccino	2,50€	Cappuccino & cream	3,00€	Latte macchiato	2,50€
Frappuccino	2,80€	*Extra ice €0.20			

*Vegetable milk supplement €0.30

BREAKFAST


Cured ham sandwich	4,70€	Ham and cheese sandwich	4,50€
Ham sandwich	3,90€	Croissant	2,60€
Eco cheese sandwich	3,90€	Croissant with cocoa cream	4,00€
Fuet sandwich	3,90€	Ham and cheese croissant	4,90€
Omelet sandwich	4,00€	*Gluten-free bread supplement. 0,50€	

*Made with organic flours and sourdough by LA PUNTUAL

TOASTS / BRUNCH

DELICIOUS Avocado, mesclun, egg, feta cheese, chia, sauerkraut, and beansprouts   **9.80€ / 5.30€** **Doble/Simple**

NORDIC Mesclun, norwegian smoked salmon, cream cheese, avocado, sauerkraut, beansprouts and chia.   **13.10€ / 7.30€**

CAPRESE Pesto sauce, cherry tomatoes, sesame, mushrooms and mozzarella   **10,80€ / 5,90€**




TROPICAL SELVA Cream cheese, red fruit coulis, arugula, beansprouts, and laminated mango  **11,90€ / 6,40€**


SWEET SELVA Cocoa and hazelnut cream, banana, strawberries, peanut cream, pollen, fleur de sel and seeds   **9,80€ / 5,30€**

*Supplements: egg / avocado / cheese €1,50

FRUIT BOWLS

FRUIT PORRIDGE Oatmeal, warm milk, chia seeds, apple, banana, strawberries, cinnamon, pollen, honey... nice and smooth  **7,90€**

SELVA BOWL Açaí, mango, banana, cow yogurt, chia, seeds, pollen, granola, strawberries, coconut chips, kiwi, honey... antioxidant and delicious    **12,20€**

GREENBOWL Banana, kiwi, matcha, seeds, granola, oatflakes, pollen, yogurt and honey... very energizing    **9,90€**

*All of the fruit bowls' ingredients are of organic origin and gluten-free

*Includes appetizer and drinks (water or wine)

*Ask for vegan options 

LUNCH MENU

APPETIZER included in all options Small starter that varies every day according to the market offer (check with the staff)

WOK stir-fried vegetales in soy sauce with mushrooms and chicken or tofu, accompanied by chinese noodles    **14,80€**

*Option with beef plus 1€ / shrimp plus 2€

BOWL with eco chicken or tofu, seasonal vegetables, mesclun, carrot, avocado, cherry tomato, corn, beansprouts and a sauce of your choice. **14,80€**


*Option with beef plus 1€ / smoked salmon plus 2€   

SHRIMP sauteed and cooked with coconut milk, and tropical spices with a garnish of rice... exotic and delicious    **16,80€**

TAPAS



CEVICHE DE MI TIERRA Sea bass marinated in citrus (ecuadorian style) garnished with plantain chips... A trip to the center of the world!  **14,50€**

CROQUETTES portion of 4 assorted croquettes     **7,00€**

EMPANADAS DE VERDE made with green plantain, stuffed with cheese and accompanied by yellow chili sauce  **8,00€**

SWEETS

*Homade with eco raw material

BROWNIE with berries coulis   **5,00€**

CHEESECAKE with an oats crumble and mango sauce   **5,00€**

CARROT CAKE with cream cheese frosting    **5,00€**

COOKIES cocoa, oats and almonds/vanilla, almonds, chocolate chips    **2,70€**

HOT DRINKS

*Addition of organic cow's milk €0.40 or vegetable milk €0.60

Matcha **2,80€** **Matcha latte** **3,30€**

Chai latte **4,00€** **Jasmine green tea** **2,20€**

Our Tea **2,30€** **Black tea** **2,50€**

Cocoa latte **3,90€** **Eco infusion** **2,20€**

chamomile, mint, maria louisa, rooibos or hibiscus

COLD DRINKS

Natural or sparkling water 500ml **1,50€** **Eco orange juice 250ml** **3,80€**

Fritz cola 230ml **2,30€** **Eco lemonade 250ml** **3,50€**

Delicious water 250ml **3,50€** **Kombucha 250ml** **4,00€**

Home made fresh infusion of flowers, fruits and herbs

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