

# Pan & Mermelada

## BREAKFAST

09.00 - 14.00

♥ = Vegetarian

### JUICE COMBOS

<b>GO GREEN</b>	7
Spinach, apple, pear, celery, cucumber & mint.	
<b>VIT HIT</b>	7
Orange, carrot, celery, pear & mango.	
<b>BANGING BEET</b>	7
Beetroot, carrot & apple.	
<b>LEMONADE</b>	7
Lemon, lime, sugar & fresh mint.	
<b>PINK LEMONADE</b>	7
Lemon, grapefruit, strawberries, ginger, mint & honey.	
<b>PEACEFUL</b>	7
Pineapple, apple, orange & lime.	
<b>GRAPPLE</b>	7
Grapefruit, apple, lemon, ginger & honey.	

### JUICE YOUR WAY

<b>SQUEEZED</b>	5
Apple, carrot, grapefruit or orange.	
<b>CUATRO</b>	7
Mix your favourite 4 fruits & vegetables.	
<b>CHOOSE FROM</b>	
Apple   Banana   Beetroot   Carrot   Celery   Cucumber   Ginger   Grapefruit   Kiwi   Lemon   Lime   Mango   Orange   Pear   Pineapple   Spinach   Strawberry   Red Berries	

### SHAKE IT UP

<b>MILKSHAKES</b>	7
Banana, chocolate, strawberry or vanilla.	
<b>MILKS</b>	
Almond   Lactose Free   Oat   Skimmed   Soy   Whole	

### SHOTS

<b>GOOD HEALTH</b>	4
Apple, cayenne, turmeric & ginger.	
<b>GINGER</b>	4
Ginger & apple.	

### SMOOTHIES

<b>POWER PUNCH</b>	7
Banana, pineapple, spinach, blueberries, goji berries & strawberries.	
<b>BERRY BLAST</b>	7
Strawberry, raspberry, blueberry, goji berries & honey.	
<b>TROPICAL</b>	7
Pineapple, mango, banana & lime.	
<b>DEL SOL</b>	7
Orange, pineapple, strawberry & banana.	

### AVOCADO

OUR LOCALLY SOURCED AVOCADOS ARE SMASHED & MIXED WITH CHILLI FLAKES, LIME, GROUND BLACK PEPPER & ROCK SALT.

SERVED WITH A CHOICE OF TOAST & GARNISHED WITH CHERRY TOMATOES, ROCKET & TOASTED SESAME SEEDS.

<b>ANDALUSIA</b> ♥	13
Simple & original.	
<b>ARAGON</b>	14
Served with crispy bacon.	
<b>VALENCIA</b>	15
Served with smoked salmon & red onion.	
<b>ADD</b>	
1 poached egg	2
2 poached eggs	4
<b>CHOOSE FROM</b>	
Sourdough   Multigrain   Wholemeal	

### BENEDICTION

SERVED WITH HOME FRIES.

<b>EGGS FLORENTINE</b> ♥	11
Toasted English muffin topped with sautéed spinach, 2 soft poached eggs, hollandaise sauce & chives.	
<b>EGGS BENEDICT</b>	12
Toasted English muffin topped with grilled ham or smoked turkey, 2 soft poached eggs, hollandaise sauce & chives.	
<b>BREADLESS BENEDICT</b> ♥	14
2 slices of grilled tomato topped with sliced avocado, 2 soft poached eggs, hollandaise sauce & chives.	
<b>BIG TEXAS BENEDICT</b>	14
2 crispy potato rostis or toasted English muffin topped with crispy bacon, 2 soft poached eggs, sour cream, hollandaise sauce & chives.	
<b>GOURMET EGGS ROYALE</b>	15
2 crispy potato rostis or toasted English muffin topped with layers of smoked salmon, 2 soft poached eggs, hollandaise sauce & chives.	

#### DID YOU KNOW?

ALL OF OUR EGGS ARE FREE RANGE, LAID BY CHICKENS BRED IN THE OPEN AIR & FED WITH 100% NATURAL FOOD.

### GO ENGLISH

SERVED WITH WHITE OR BROWN TOAST.

<b>FULL ENGLISH BREAKFAST</b>	14
2 fried, poached or scrambled eggs with English bacon, sausage, baked beans, hash browns, grilled tomato & mushrooms.	
<b>VEGETARIAN BREAKFAST</b> ♥	13
2 fried, poached or scrambled eggs with baked beans, hash browns, grilled tomato, mushrooms & vegetarian sausage.	

### HEALTHY BOWLS

<b>HOMEMADE GRANOLA</b> ♥	GLASS 6
Served with Greek yogurt, fresh fruit & jam.	
	BOWL 8
<b>FRESH FRUIT BOWL</b> ♥	8
A mixture of freshly sourced fruit of the day with Greek yogurt.	
<b>BLUEBERRY &amp; COCONUT</b> ♥	10
Blueberry & coconut smoothie bowl topped with blueberries, banana & coconut.	
<b>CHOCOLATE PEANUT BUTTER</b> ♥	10
Peanut butter smoothie bowl topped with granola, chocolate chips, peanuts, banana & chia seeds with a caramel drizzle.	
<b>MANGO &amp; PINEAPPLE</b> ♥	10
Mango & pineapple smoothie bowl topped with kiwi, mango, coconut flakes & chia seeds.	
<b>STRAWBERRY &amp; BANANA</b> ♥	10
Strawberry & banana smoothie bowl topped with granola, banana, strawberries & chia seeds.	
<b>ACAI DELIGHT</b> ♥	13
Frozen acai bowl topped with granola, banana, blueberries, strawberries, chia seeds & coconut flakes.	

### NAUGHTY BUT NICE

<b>CRÊPES</b> ♥	11
3 large crêpes with a choice of lemon & sugar or Nutella, served with banana & strawberries.	
<b>WAFFLES</b> ♥	11
Golden, light & fluffy waffles served with freshly whipped cream & a choice of banana & strawberry or Nutella.	
<b>AMERICAN PANCAKES</b> ♥	13
Tall stack of light & fluffy buttermilk pancakes served with maple syrup & a choice of fresh fruit or crispy bacon.	
<b>ADD</b>	
Blueberry, banana or chocolate chips to the pancake mix.	2

### OMELETTES

SERVED WITH WHITE OR BROWN TOAST.

<b>FREE RANGE EGGS</b>	13
3 egg omelette with a choice of 3 fillings served with home fries.	
<b>FREE RANGE EGG WHITES</b>	14
5 egg white omelette with a choice of 3 fillings served with home fries.	
<b>CHOOSE FROM</b>	
Bacon   Cheese   Ham   Mushrooms   Onions   Peppers   Spinach   Tomato	
<b>ADDITIONAL FILLINGS</b> (each)	2

### SANDWICHES

SERVED WITH HOME FRIES.

<b>L'EXPRESS SANDWICH</b>	11
Bacon, grilled smoked turkey or sausage patty with a fried egg & melted cheese in an English muffin, bagel or croissant.	
<b>CYPRUS BAGEL</b> ♥	11
Grilled halloumi, sun dried tomatoes, rocket & mint yogurt.	
<b>MONTREAL BAGEL</b>	11
Smoked salmon, cream cheese, tomato, red onion & capers.	
<b>NEW YORK BAGEL</b>	11
Roasted chicken breast, bacon, spinach, avocado, tomato & cream cheese.	
<b>P &amp; M GRILLED SANDWICH</b>	11
Fried egg, bacon, grilled ham, melted Monterey Jack cheese, lettuce, tomato & mayo on a choice of toasted brown or white bread.	
<b>BREAKFAST BURRITO</b> ♥	13
Scrambled eggs, mixed cheese, avocado, tomato, red onion, cilantro & a splash of lime juice, in a wheat flour tortilla & served with sour cream.	

#### BREAKFAST SIDES

<b>AVOCADO</b>	3	<b>HOME FRIES</b>	3
<b>CRISPY BACON</b>	3	<b>SAUSAGE</b>	3
<b>HASH BROWNS</b>	3	<b>TOAST</b>	3

All prices quoted are in Euros & include IVA. Detailed allergen information is available upon request. Please advise us before ordering if you have any allergies. As allergens are present in our kitchen we cannot guarantee trace elements will not be found.