



♥ = Vegetarian

## DAY MENU

### BRUNCH COCKTAILS

<b>PAINKILLER</b>	<b>8</b>
Dark rum, orange juice, pineapple juice, coconut & nutmeg.	
<b>PINK GRAPEFRUIT MIMOSA</b>	<b>8</b>
Cava & pink grapefruit juice.	
<b>BLOODY MARY</b>	<b>8</b>
Vodka, tomato juice, Lea & Perrins sauce, Tabasco & pepper.	
<b>RASPBERRY BELLINI</b>	<b>8</b>
Vodka, cava, peach & raspberries.	

### JUICES

<b>GOOD HEALTH SHOT</b> ♥	<b>4</b>
Apple, cayenne, turmeric & ginger.	
<b>GINGER SHOT</b> ♥	<b>4</b>
Ginger & apple.	
<b>SQUEEZED</b> ♥	<b>7</b>
Apple, carrot, grapefruit or orange.	
<b>GO GREEN</b> ♥	<b>8</b>
Spinach, apple, pear, celery, cucumber & mint.	
<b>VIT HIT</b> ♥	<b>8</b>
Orange, carrot, celery, pear & mango.	
<b>BANGING BEET</b> ♥	<b>8</b>
Beetroot, carrot & apple.	
<b>LEMONADE</b> ♥	<b>8</b>
Lemon, lime, sugar & fresh mint.	
<b>PINK LEMONADE</b> ♥	<b>8</b>
Lemon, grapefruit, strawberries, ginger, mint & honey.	
<b>PEACEFUL</b> ♥	<b>8</b>
Pineapple, apple, orange & lime.	
<b>GRAPPLE</b> ♥	<b>8</b>
Grapefruit, apple, lemon, ginger & honey.	

### SMOOTHIES & SHAKES

<b>POWER PUNCH</b> ♥	<b>8</b>
Banana, pineapple, spinach, blueberries, goji berries & strawberries.	
<b>BERRY BLAST</b> ♥	<b>8</b>
Strawberries, raspberries, blueberries, goji berries & honey.	
<b>TROPICAL</b> ♥	<b>8</b>
Pineapple, mango, banana & lime.	
<b>DEL SOL</b> ♥	<b>8</b>
Orange, pineapple, strawberries & banana.	
<b>MILKSHAKES</b> ♥	<b>8</b>
Banana, chocolate, strawberry or vanilla.	
<b>BANANA BOOST</b> ♥	<b>9</b>
Almond milk, banana, Greek yoghurt, vanilla protein powder & cinnamon.	

### GO INTERNATIONAL

<b>BREAKFAST BURRITO</b> ♥	<b>15</b>
Scrambled eggs, mixed cheese, avocado, tomato, red onion, cilantro & a splash of lime juice, in a wheat flour tortilla & served with sour cream.	
<b>BREAKFAST NACHOS</b>	<b>16</b>
Lattice fries, 2 fried eggs, crispy bacon, mixed peppers, sour cream & chives.	
<b>FULL ENGLISH</b>	<b>16</b>
2 fried, poached or scrambled eggs with English bacon, sausage, baked beans, hash browns, grilled tomato & mushrooms, served with white or brown toast.	
<b>SHAKSHUKA</b> ♥	<b>16</b>
2 baked eggs, Mediterranean vegetables, feta cheese, Kalamata olives & fresh coriander, served with flat bread.	

### OMELETTES

Served with white or brown toast.

<b>FREE RANGE EGG OMELETTE</b>	<b>16</b>
4 egg omelette with a choice of 3 fillings.	

CHOOSE FROM

Cheese | Cheese | Ham | Mushrooms | Onions

Peppers | Spinach | Tomato

### BENEDICTION

Served with breakfast potatoes.

<b>EGGS FLORENTINE</b> ♥	<b>13</b>
Toasted English muffins topped with sautéed spinach, 2 soft poached eggs & hollandaise sauce.	
<b>EGGS BENEDICT</b>	<b>14</b>
Toasted English muffins topped with grilled ham or smoked turkey, 2 soft poached eggs & hollandaise sauce.	
<b>BIG TEXAS BENEDICT</b>	<b>16</b>
Toasted English muffins topped with crispy bacon, 2 soft poached eggs, sour cream & hollandaise sauce.	
<b>GOURMET EGGS ROYALE</b>	<b>17</b>
Toasted English muffins topped with layers of smoked salmon, 2 soft poached eggs & hollandaise sauce.	

### NAUGHTY BUT NICE

<b>CROFFLES</b>	<b>13</b>
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Freshly pressed croissants with a choice of fillings.

WITH Banana & Nutella ♥ | Ham & Cheese

<b>CRÊPES</b> ♥	<b>13</b>
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3 large crepes served with banana & strawberries & a choice of lemon & sugar or Nutella.

<b>WAFFLES</b> ♥	<b>14</b>
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Waffle golden waffles served with whipped cream, banana & strawberries.

<b>P &amp; M PANCAKES</b> ♥	<b>15</b>
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Light & fluffy pancakes served with maple syrup, banana & strawberries.

### HEALTHY BOWLS

<b>HOMEMADE GRANOLA</b> ♥	<b>12</b>
Served with Greek yoghurt, fresh fruit & jam.	
<b>STRAWBERRY &amp; BANANA</b> ♥	<b>12</b>
Strawberry & banana smoothie bowl topped with granola, banana, strawberries & chia seeds.	
<b>ACAI DELIGHT</b> ♥	<b>16</b>
Frozen acai bowl topped with granola, banana, blueberries, strawberries, chia seeds & coconut flakes.	

### AVOCADO TOAST

Served with a choice of toast & garnished with cherry tomatoes, rocket & toasted sesame seeds.

Choose from sourdough, multigrain or wholemeal.

<b>ANDALUSIA</b> ♥	<b>12</b>
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Simple & original.

<b>ARAGON</b>	<b>14</b>
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Served with crispy bacon.

<b>VALENCIA</b>	<b>16</b>
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Served with smoked salmon & red onion.

ADD 1 poached egg 3 | 2 poached eggs 5

### FAVOURITES

<b>CRUNCHY CHICKEN TENDERS</b>	<b>13</b>
Chicken breast strips coated in our secret recipe, served with BBQ sauce & French fries.	
<b>SIZZLING FAJITAS</b> ♥	<b>14</b>
Onions, peppers & coriander served with tortillas, guacamole, sour cream & Mexican salsa.	
WITH Chicken 16   Beef 20   Prawns 20	
<b>P &amp; M NACHOS</b> ♥	<b>15</b>
Tortilla chips, guacamole, jalapeños, mixed cheese, sour cream, pico de gallo & lime.	
<b>MARIPOSA CHICKEN</b>	<b>16</b>
Garlic & lemon butterflied chicken breast with baby potatoes & seasonal salad.	
<b>SATAY CHICKEN</b>	<b>17</b>
Triple cooked chicken in peanut & spicy sauce, served with coconut rice & crispy vegetables.	
<b>PRAWNS PIL PIL</b>	<b>18</b>
Prawns cooked in olive oil & secret spices, served with crusty baguette.	
<b>BOURBON GLAZED SALMON</b>	<b>18</b>
Bourbon glazed salmon, baby potatoes & seasonal salad.	
<b>SKIRT STEAK</b>	<b>20</b>
Angus skirt steak, French fries & peppercorn sauce.	

### SALADS

<b>CAESAR</b>	<b>13</b>
Romaine lettuce, crispy bacon, croutons, parmesan & a creamy Caesar dressing.	
<b>BUDDHA</b> ♥	<b>13</b>
Avocado, carrot, chickpeas, cucumber, edamame, mango, radish, wakame, white rice & a ponzu dressing.	
<b>THAI</b> ♥	<b>14</b>
Carrot, coriander, mixed peppers, red cabbage, peanuts, rice noodles & a peanut dressing.	
<b>SUPERFOOD</b> ♥	<b>14</b>
Quinoa, broccoli, pomegranate, pumpkin, pumpkin seeds, kale, chickpeas & a citrus dressing.	

ADD A SKEWER TO ANY OF OUR SALADS

Chicken 5 | Halloumi ♥ 5 | Beef 6 | Prawns 6

### SANDWICHES

<b>CYPRUS BAGEL</b> ♥	<b>13</b>
Grilled halloumi, sun dried tomatoes, rocket & mint yoghurt, served with homemade vegetable crisps.	
<b>NEW YORK BAGEL</b>	<b>13</b>
Roasted chicken breast, bacon, spinach, avocado, tomato & cream cheese, served with homemade vegetable crisps.	
<b>QUESADILLA</b> ♥	<b>14</b>
Toasted tortilla filled with mixed cheese & pico de gallo, served with guacamole, pico de gallo & sour cream.	
WITH Chicken 15   Prawns 18	
<b>CLASSIC CLUB</b>	<b>16</b>
Roasted chicken breast with avocado, bacon, lettuce, tomato & mayo in toasted white or brown bread, served with French fries.	
<b>CHEESESTEAK SANDWICH</b>	<b>17</b>
Grilled steak strips with caramelised onion, Provolone cheese & mayo-thyme horseradish sauce in a crusty baguette, served with French fries.	

### BURGERS

Served in a speciality bun with French fries.

<b>SMASHED CHEESEBURGER</b>	<b>17</b>
Homemade double stacked Angus beef burger with melted cheese, lettuce & our secret burger sauce.	
<b>VOLCANO BURGER</b>	<b>18</b>
Homemade double stacked Angus beef burger, Edam cheese, caramelised onions & secret burger sauce, topped with melted Cheddar cheese.	
<b>BISCOFF BURGER</b>	<b>18</b>
Homemade double stacked Angus beef burger, melted Cheddar & Monterey Jack cheese, crispy bacon, secret burger sauce & Lotus Biscoff sauce.	

### EXTRAS & SIDES

<b>CRISPY BACON</b>	<b>4</b>	<b>LATTICE FRIES</b> ♥	<b>5</b>
<b>HASH BROWNS</b> ♥	<b>4</b>	<b>FRENCH FRIES</b> ♥	<b>5</b>
<b>SAUSAGE</b>	<b>4</b>	<b>SWEET POTATO FRIES</b> ♥	<b>5</b>
<b>TOAST</b> ♥	<b>4</b>	<b>AVOCADO</b> ♥	<b>6</b>

### SOMETHING SWEET

<b>BROWNIE</b> ♥	<b>6</b>	<b>CHEESECAKE</b> ♥	<b>6</b>
<b>CARROT CAKE</b> ♥	<b>6</b>	<b>P &amp; M SPECIAL</b> ♥	<b>6</b>

FIND US ON



All prices quoted are in Euros & include IVA. Service not included. 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.