

# MENU

- Established 2020 -

## TO SHARE

**Hummus** ●● 3,90 | 6,90 | 9,90

Chickpeas and carrots with veggie sticks and focaccia made with organic whole wheat flour.

**Meatballs** ● 4,90 | 9,50

Eggplant and mushrooms, served with filetto sauce and potatoes. 2 units small ration / 4 units big ration.

**Meatballs served with rice** ●●● 10,90

Textured soy meatballs served with filetto sauce and sushi rice. 4 pieces.

**Baked Potatoes** ● 3,50 | 4,90 | 8,90

Oven-baked with spices and topped with your favorite sauce.

**Roasted Sweet Potato** ● 3,90 | 5,90 | 9,90

Delicious sweet potato, seasoned and baked right here, served with your favorite sauce.

**Falafel on a Dish** ●● 11,90

Served with a salad featuring quinoa and avocado, carrot hummus, and a tasty vegan aioli sauce.

**Pickled aubergine** ● 4,90

Served with delicious homemade focaccia made from organic whole-wheat flour. Want a gluten-free bread option? That'll be an extra +0.90!

**Nachos Snack** ● 4,90

Corn flakes topped with guacamole.

**Bacon Potato** ●● 10,90

Spiced baked potatoes topped with homemade cashew-based vegan cheddar and bacon-flavored tofu.

**Protein Nachos** ●● 11,90

A plate of corn tortilla chips served with guacamole, vegan Bolognese, and BBQ sauce.

**Zesty Nachos** ●● 12,90

A plate of corn tortilla chips topped with homemade cashew cheddar, creamy avocado, juicy tomato, crunchy red onion, crispy tofu bacon, and spicy jalapeños.

## EMPANADAS ARGENTINES

**Criolla** ●● 3,40

New recipe! Organic textured soy, veggies, tomato sauce, and olives. Gourmet

**No Thai Chicken** ● 3,40

Textured pea protein, coconut milk, veggies, and curry. Gourmet

**Mushrooms** ● 2,90

Mushrooms, onions, and plant-based cheese or mozzarella

**Capresse** ● 2,90

Tomato, basil, and vegan cheese or mozzarella

**Humita** ● 2,90

Corn, onion, and plant-based béchamel sauce.

**Spinach** ● 2,90

Spinach, onion, and creamy béchamel sauce.

## ·EXTRAS·

ORGANIC WHOLE WHEAT FOCACCIA +0.50 GLUTEN-FREE BREAD  
+0.90 SAUCES

## ·SPECIAL OFFER·

CARRYING SIX UNITS

15€

GOURMET 0.50 EXTRA

NOURISHING FOOD  
YOU DESERVE IT!

KINOA.ES

## BURGERS VEGAN

### Garbanoa ● 11,90

Homemade burger made with chickpeas, quinoa, chia seeds, and vegetables. You can add vegan cheese or Gouda, along with caramelized onions, sun-dried tomatoes, arugula, and lamb's lettuce. It's great with BBQ sauce!

### Super Soy ●● 12,90

Homemade organic textured soy burger. Topped with vegan or Gouda cheese, sweet caramelized onions, sun-dried tomatoes, peppery arugula, and fresh lamb's lettuce. Best enjoyed with American Sauce.

### Mushrooms and Cashew Nuts ●●● 12,90

Homemade burger featuring fresh mushrooms, vegetables, tofu, and cashews. It comes with your choice of vegan or Gouda cheese, red onion, tomato, and a mix of greens. We suggest pairing it with aioli sauce for an extra tasty treat!

### Lentigral ●●○ 13,90

Homemade lentil burger with brown rice and curry. Topped with vegan or Gouda cheese, pickles, caramelized onions, avocado, mix of greens, and fresh tomato.

## COMPANION INCLUDING

### Seasoned Oven-Baked Potatoes Baked Sweet Potato with Spices +0,50

### Salad ●

Mix of greens, cherry tomatoes, carrots, house dressing, and a sprinkle of sesame seeds.

## SAUCES

Vegan ●●	0,90
Vegan Alioli ●●	0,90
American Sauce ●●○	0,90
Homemade Guacamole ●	1,50
Spicy chili peppers ●	0,90
Barbecue ●	0,90
Chimichurri ●	0,90
Mustard and syrup ○●	0,90

## EXTRAS

Gluten-free bread	0,90
Bacon Tofu ●	0,90
Crunchy Onion ○	0,50
Grilled eggplant	0,90
Avocado	0,90
Extra Cheesy Delight	0,90
Vegan York Style Ham	0,90

● Has gluten in it

● Gluten-free (might have tiny bits)

● Includes sesame

● May Have Nuts

● Includes Soy Includes Mustard

○

# MENU

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## PIZZAS WITH ORGANIC WHOLE WHEAT FLOUR

### Margarita 9,90

Tomato sauce, plant-based cheese or mozzarella, seasonings with olive oil, basil, and garlic.

### Fugazza 9,90

Onion, plant-based cheese or mozzarella, oregano, and green olives

### Barbecue ● 12,90

Tomato sauce, vegan or mozzarella cheese, onion, organic textured soy, corn, and barbecue sauce.

### Mediterranean 11,90

Tomato sauce, vegan cheese or mozzarella, sun-dried tomatoes, roasted eggplant, bell peppers, and black olives.

### I love mushrooms! 11,90

Tomato sauce, plant-based cheese or mozzarella, extra mushrooms, and a mix of onions.

### Chimi ●● 12,90

Tomato sauce, plant-based cheese or mozzarella, onion, vegan chorizo, and chimichurri sauce.

### Mex Chill ● 13,90

Tomato sauce, vegan or mozzarella cheese, onion, no chicken (Heura), jalapeños, and a drizzle of homemade spicy oil.

### Silvestre ● 13,90

Tomato sauce, plant-based cheese or mozzarella, onion, sun-dried tomatoes, no chicken (Heura bites), arugula, and black olives.

### From the House ● 12,90

Tomato sauce, hummus made with chickpeas and carrots, a mix of sautéed vegetables, and chimichurri sauce.

### Tofulandia ● 12,90

Creamy veggie goodness, plant-based cheese or mozzarella, onions, mushrooms, and our special homemade tofu bacon. Just like carbonara!

### Feeling Spinach ● 13,90

Veggie cream, plant-based cheese or mozzarella, spinach, onion, and vegan ham.

## EXTRAS

### Buckwheat Foundation ● 1,90

### Bacon Tofu ●● 0,90

### Jalapeños 1,50

### Grilled Eggplant 0,90

### Avocado 1,50

### Extra Cheesy Delight 0,90

### Vegan York Style Ham ● 1,50

### Sauce - Zesty Oil 0,50

### Bonus Ingredient 0,90

### Heura Chicken Bites ●● 1,90

● Has gluten in it

● Gluten-free (might have tiny bits)

● Includes sesame

● May Have Nuts

● Includes Soy Includes Mustard

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NOURISHING FOOD  
YOU DESERVE IT!

# KINOA.ES

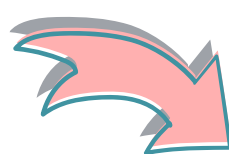
## POKE BOWLS

10,90

### • • • MAKE YOUR POKE! • • •

#### 1. BASE (UP TO 2)

Sushi Rice  
Quinoa  
Mix of greens  
Spinach  
Arugula and lamb's lettuce +0.50



#### 2. SAUCES (MAX. 1)

From the house  
Soy sauce ●●  
Teriyaki ●  
Ponzu (Citrus) ●●  
Mustard and syrup ●  
Gluten-Free Soy Sauce +0.50 ●



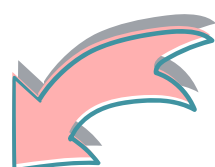
#### 3. PROTEIN (UP TO 1)

Heura "Chicken" Bites +1.50 ●  
Edamame ●  
Marinated tofu ●  
Chickpeas  
Peanut  
Peas



#### 4. TOPPINGS (UP TO 4)

Wakame (salary) +0.50 ●  
Purple onion  
Carrot  
Cucumbers  
Apple  
Mango +0,50  
Sweet Corn  
Cherry Tomatoes  
Sundried Tomatoes +0.50  
Avocado  
Jalapeños +0.50  
Mushrooms  
Caramelized Onion  
Guacamole +1.50  
Hummus \$1.50 ●



#### 5. LAST FINISH (MAX. 1)

Combine seeds and nuts  
Green olives  
Walnuts  
Cashews +0.90  
Crunchy onion ●

## • • • SUGGESTIONS • • •

### Kinoa Lovers ●●● 10,90

Quinoa, marinated tofu, wakame (seaweed), avocado, mushrooms, apple, and walnuts to top it off. Enjoyed with our special house sauce.

### Peaceful ●●● 11,90

Sushi rice as the base, with edamame, avocado, mango, wakame (seaweed), corn, and a sprinkle of peanuts to top it off. It's served with a zesty ponzu (citrus) sauce.

### Tropical ●●● 11,40

Sushi rice as the base, mix of greens, chickpeas, mango, avocado, cherry tomatoes, corn, and a blend of seeds and nuts. Drizzled with Ponzu (citrus) sauce.

### Protein ●●● 12,40

A base of quinoa, Heura bites, cucumber, avocado, carrot, mushrooms, and a sprinkle of peanuts, all drizzled with teriyaki sauce.

### Atlantic ●●● 11,40

A tasty mix of rice and quinoa, peas, avocado, cherry tomatoes, mango, cucumber, and a blend of seeds and nuts. Drizzled with teriyaki sauce.

**SPECIAL OFFER .**  
Go BIG for only +1.90€!

## ADDITIONAL INGREDIENTS

Base +\$0.50  
Sauce+\$0.50  
Protein +\$0.90  
Topping +\$0.90  
Finishing Touch +\$0.90

## HOMEMADE DESSERTS NEW STYLE

4,90

### Brownie ●○○●

With carob flour, brown sugar, red beans, banana, and walnuts. Topped with chocolate mousse and vegetable cream.

### Lemon Pie ○●●

Yummy gluten-free cookies, lemon cream, and tasty vegetable cream.

### Cheesecake ●○○

Yummy gluten-free cookies, tasty homemade tofu "cheese," and sweet strawberry jam.

## SWEETS

### Chocolate chip cookies ●● 2,50

Cookies without gluten filled with date jam

### Chocolate Alfajor ● 3,50

Cookies without gluten filled with date jam

### Cornstarch Alfajor ● 3,50

Gluten-free cookies made with cornstarch, filled with sweet date jam and coconut.

### Today's special cake ●● 3,50

Homemade goodness! Take a peek at today's flavor.

## SODA AND WATER

Water 2,00

Bubbly water 2,50

Homemade Lemonade *With ginger and minty freshness* 3,50

Coca-Cola / Zero Zero Sugar 2,70

Nestea Green Passionfruit 2,70

Aquarius Lemon 2,70

Sprite / Fanta Orange 2,70

Fritz Cola / Zero 3,50

Fritz Orange / Lemonade 3,50

## COFFEE AND TEAS

Espresso coffee 2,00

Coffee with Milk 2,50

Infusions *Just ask at the bar!* 2,00

Cappuccino 3,00

Matcha Latte 3,50

## SMOOTHIES 4,90

### Green

Spinach, apple, celery, cucumber, lemon, and ginger.

### Red

Bananas, strawberries, blueberries, and chia seeds.

### Orange

Mango, carrot, orange, and flaxseeds, along with mint and ginger.

## BREWS AND VINO

Amber Special ● 3,00

Amber 1900 Not Filtered ● 3,50

Amber 000 / Toasted ● 3,00

Amber Free from Gluten 3,50

Apple Cider / 0.0 3,50

Red / White Wine Goblet 3,90

*From Ronda. Plant-based eaters*

## KOMBUCHA 3,90

Ginger and lemon

Crimson fruits

● Has gluten in it

● Gluten-free (might have tiny bits)

● Includes sesame

● May Have Nuts

● Includes Soy Includes Mustard

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