	
escoge la base										
kale caesar			●	●		●		●	●	
middle eastern			●	●				●	●	
quinoa & greens								●	●	
positano		●	●	●					●	
detox				●		●			●	
thai				●		●		●	●	
poke				●	●	●		●	●	



GLUTEN



LÁCTEOS



FRUTOS SECOS



CACAHUETES



SÉSAMO



HUEVO












SULFITOS SO<sub>2</sub>














SOJA



PESCADO

										
añade la proteína										
'pollo' plant-based						●		●	●	
'albóndigas' plant-based			●					●	●	
'nuggets' plant-based								●	●	
brochetas 'morunas' plant-based			●					●	●	
falafel				●					●	
'pulled-pork' jackfruit						●		●		
salmón salvaje a la plancha									●	
salmón salvaje cajún						●		●	●	
salmón dados poke marinados				●				●	●	●
salmón gravlax									●	
atún yellowfin a la plancha									●	
atún yellowfin cajún						●		●	●	
atún dados poke marinados				●				●	●	●
atún en conserva casera									●	

											
añade los complementos											
brócoli singapur						●			●	●	
coliflor con peanut butter				●	●	●			●	●	
boniato asado									●		
berenjena kuala lumpur					●				●	●	
aguacate laminado											
rainbow hummus					●				●		
rebanada de pan			●		●						
pita estilo focaccia			●								



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SOJA














PESCADO

											
compartir es vivir											
nachos supremos			●			●	●		●	●	
nuggets									●	●	
lebanese mezze fest!			●		●				●	●	

											
fusión asiática											
my vegan japanese girlfriend					●		●		●	●	
butternut squash malaysian curry				●					●	●	
ramen + chashu plant-based			●		●	●	●		●	●	
pad thai de 'pollo'				●		●			●	●	
bamboo steamed alaskan salmon									●	●	●

											
tacos											
jackfruit tacos al pastor			●			●	●		●	●	
crunchy yellowfin taco					●				●	●	●
crunchy salmon taco					●		●		●	●	●
crunchy hiramasa taco					●		●		●	●	●

											
burgers											
chick'n burger					●		●		●	●	
double cheezburger			●		●	●	●		●	●	
tuna wasabi burger					●		●		●	●	●
salmon mini burgers					●		●		●	●	●



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SOJA



PESCADO

											
pizzas											
margherita											
truffle & funghi									●		
jb										●	
plant-based quattro			●						●	●	
barbacoa			●			●				●	