

<b>Salads</b>	<b>Small</b>	<b>Large</b>
<b>Elemi Salad</b>	€5.95	€8.25
Avocado, feta, tomato, cucumber, red onion, mixed peppers, black olives, dates and mixed nuts on a bed of mixed leaves in a fresh herb dressing		
<b>Mozzarella Salad</b>	€5.95	€8.25
Tomato, mozzarella, avocado, black olives, capers on a bed of rocket with pesto and balsamic vinaigrette dressing		
<b>Couscous Salad</b>	€5.95	€8.25
Couscous, tomato, cucumber, red pepper, red onion, fresh mint, dates, sultanas and nuts on a bed of mixed leaves in a fresh herb dressing		
<b>Warm Tofu Salad</b>	€5.95	€8.25
Smoked tofu, rice noodles, spring onions, red pepper, bean sprouts and spicy peanuts on a bed of mixed leaves in a soy and lime dressing		
<b>Caesar Salad</b> (large only)		€8.25
Lettuce hearts, parmesan shavings, veggie bacon, avocado, crispy herb croutons and cherry tomatoes in a Caesar dressing		
<b>Goat's Cheese Salad</b> (large only)		€8.25
Warm goats cheese, pear, walnuts, avocado with shredded rocket, spinach and baby gem leaves in a balsamic and honey dressing		
<b>Chef's Salad</b>	€5.95	€8.25
Tomato, cucumber, red pepper, red onion, kidney beans, egg on a bed of mixed leaves topped with crumbled blue cheese in a balsamic vinaigrette dressing		
<b>Please ask if you would like to change your dressing</b>		
<b>Add home made potato wedges for an extra</b>		€2.20
<b>Home made-Soup of the day</b>		€3.95
See special's board		
<b>Daily Specials</b>	See special's board	
<b>Roasted Vegetable Lasagne</b>		€10.25
With salad or potatoes		
<b>Baked Lentil &amp; Spinach Moussaka</b> and salad		€10.50
<b>Home made Quiche of the day</b> and salad.		€7.25
<b>Roasted Mediterranean Vegetables</b>		€7.25
Roasted Mediterranean vegetables served on a bed of couscous		
<b>Cheese Platter</b>		€7.50
A selection of International cheeses served with a salad garnish and seeded bread		

<b>Wraps</b>	
<b>Italian</b>	€7.25
Mozzarella cheese, parmesan cheese, courgette, red onion, sun dried tomatoes, spinach leaves, black olives and tomato relish	
<b>Los Angeles</b>	€7.25
Warm marinated quorn, avocado, chilli jam, smoked cheese, red pepper, red onion, spinach and cream cheese	
<b>Moroccan</b>	€7.25
Moroccan style quorn, couscous salad, cream cheese, spinach, and mint yoghurt	
<b>Hong Kong</b>	€7.25
Smoked tofu, bean sprouts, red pepper, spring onions, mushrooms, carrot, shredded cabbage, spinach and chilli and pineapple relish	
<b>Delhi</b>	€7.25
Indian style Quorn, cucumber, red and green peppers, red onion, spinach leaves and mint yoghurt	
<b>Mexican</b>	€7.25
Chilli beans, mixed peppers, jalapeno peppers, avocado, red onion, sour cream and spinach	
<b>Lebanese</b>	€7.25
Falafel, hummus, tomato, cucumber, red onion, and lettuce	
<b>British</b>	€7.25
Veggie sausage, veggie bacon, scrambled egg, spinach and tomato relish	
<b>Add home made potato wedges or side salad for an extra</b>	€2.20
<b>Veggie burger topped with mature cheddar cheese in a bun</b>	€6.95
With tomato and lettuce served with crisps and salad garnish	
<b>Toasted Paninis or Wholemeal bread Bagels</b>	€4.95
	€5.25
Mozzarella, sun dried tomatoes, basil pesto and mixed leaves	
Free range egg mayonnaise	
Mature cheddar cheese, red onion marmalade or Branston pickle and lettuce	
Goat's cheese, roasted peppers, red onion, spinach leaves and basil pesto	
Brie, veggie bacon, tomato and rocket	
Sweet chilli quorn, roasted peppers, red onion, tomatoes and mixed leaves	
Hummus, tomatoes, roasted peppers, red onion and mixed leaves	
Mozzarella, avocado, black olives & leaves	
<b>All served with crisps and salad garnish</b>	

<b>Desserts (home-made)</b>	
Cookies	€1.95
Banana loaf	€2.95
Lemon cake	€2.95
Almond tart	€3.95
Banoffi pie	€3.95
Apple crumble and ice cream	€3.95
Cheesecake	€3.95
Carrot cake	€4.25
Chocolate brownies with yoghurt ice cream	€4.25

### **Children's Menu**

Pasta with fresh tomato sauce	€4.75
Toasted cheese and veggie bacon panini served with crisps	€4.50
Veggie burger in a toasted bun with potato wedges	€4.95
Veggie sausage, egg and potato wedges	€4.95
Veggie hot dog sausage in a roll	€4.50
Veggie fish fingers, peas and wedges	€4.95
Ice cream	€2.50

### **Breakfast till 12:30pm**

Traditional muesli with fresh fruit, honey and yoghurt served with fresh milk	€4.75
Scrambled or fried free range eggs on toasted seeded bread	€4.50
Breakfast wrap or Breakfast bagel	€7.25
(Veggie sausage, veggie bacon, scrambled egg, spinach and tomato relish)	€5.75
Toasted cheese and veggie bacon Panini	€4.50
Toasted six seed bread with butter and marmalade	€1.80
Toasted Ciabatta with butter and marmalade	€1.80
Toasted Ciabatta with tomato and olive oil	€1.60
Toasted Ciabatta with butter and marmalade or tomato and olive oil and coffee	€2.75
+ a small freshly squeezed orange juice	€3.75
Croissant with butter & jam	€2.00
Croissant filled with cheese & tomato	€2.75

## Smoothies

All our smoothies are made with fat free, organic frozen yoghurt.

<b>Age Defier</b>	€4.50
Mixed berries, banana, apple juice	
<b>Fatigue Fighter</b>	€4.50
Strawberries, banana, orange juice	
<b>Fibre Booster</b>	€4.50
Banana, mango, pineapple juice	
<b>Tropical Cleanser</b>	€4.50
Melon, banana, pineapple juice	
<b>Mood Enhancer</b>	€4.50
Passion fruit, banana, pineapple juice	
<b>Insomnia cure</b>	€4.50
Mango, banana and orange juice	
<b>Energy Booster</b>	€4.50
Mango, passion fruit, apple juice	
<b>Cinnergiser</b>	€4.50
Skimmed milk, banana, date, cinnamon	
<b>Pick-me-up</b>	€4.50
Skimmed milk, Cocoa and banana	
<b>Soya milk</b>	€0.40
<b>Juices</b>	
<b>Immune Booster</b>	€3.50
Carrot, apple, orange and ginger	
<b>Energiser</b>	€3.50
Carrot, apple and ginger	
<b>Detoxer</b>	€3.50
Carrot, apple and celery	
<b>Rejuvenator</b>	€3.50
Carrot, apple and beetroot	
<b>Calming Cleanser</b>	€3.70
Pineapple, apple and orange	
<b>Brain Booster</b>	€3.70
Orange, pear, grapefruit and apple	
<b>Revitaliser</b>	€3.70
Apple, mixed berries and pineapple	
<b>Rehydrator</b>	€3.70
Orange, cucumber and mixed berries	
<b>Fat Burner</b>	€3.70
Apple juice raspberries, pineapple and melon	
<b>Multivitamin</b>	€3.70
Orange juice and fruits of the forest	
<b>Simply orange</b> 33cl	€2.25



# Elemi

## Café Bar Restaurant

### Wines, Beers & Spirits

#### Organic Wines From the Penedes

House white, red or rose	glass	€ 3.00
	bottle	€12.95
Mas Pons Chardonnay white	bottle	€16.50
Mas Elena (Merlot, Cabernet Sauvignon)		
red	bottle	€16.95
<b>House Wines</b>	glass	€ 2.50
White, red or rose	bottle	€ 9.95
<b>White Wines</b>		
Faustino V11 white	bottle	€12.00
Fortius Cabernet Sauvignon	bottle	€12.50
Viña Sol	bottle	€14.00
Chardonnay Raimat	bottle	€15.00

#### Rose Wines

Fortius Cabernet Sauvignon rose	bottle	€12.50
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#### Red Wines

Faustino V11 red	bottle	€12.00
Fortius Navarra red	bottle	€12.50
Torres red	bottle	€14.50
Faustino Gran Reserva	bottle	€19.50

#### Beers

Heineken small (draught)	€ 2.00
Heineken large (draught)	€ 2.60
Heineken bottle 33cl	€ 2.20
Coronita bottle 33cl	€ 2.50
San Miguel bottle 33cl	€ 1.80
Buckler non alcoholic 25cl	€ 2.00

#### Spirits

Vodka, Gin, Bacardi, Whisky,	
Brandy, Rum	€ 4.00
Aged Rum, Aged Whisky	€ 5.00
Tequila	€ 3.00
Baileys	€ 4.00
Aniseed/Anís	€ 3.00
Add a mixer	extra € 1.00

## Coffees, Teas and Soft drinks

### Coffees (Lavazza)

Espresso	€1.20
Cortado	€1.20
Americano	€1.40
Con leche	€1.40
Café doble	€1.80
Latte/Skinny latte	€1.70
Cappuccino	€1.80
Mocaccino	€1.80
Hot chocolate	€1.80

### Teas (Twinings)

Traditional English	€1.40
Traditional Decaffeinated	€1.40
English Breakfast	€1.40
Earl Grey	€1.40
Darjeeling	€1.40
Assam	€1.40
Pure Green tea	€1.40
Camomile	€1.40
Peppermint	€1.40
Lemon and Ginger	€1.50
Blackcurrant, ginseng and vanilla	€1.50
Orange, mango and cinnamon	€1.50
Authentic Moroccan fresh mint tea	€2.20

### Soft drinks

Mineral water still or sparkling (50cl)	€1.50
Coca cola/coca cola light	€1.70
Fanta orange/Sprite	€1.70
Nordic mist	€1.70

### Mangajo Wellbeing Drinks

Pomegranate & Green Tea, Lemon Green Tea, Goji-Berry & Green Tea, Acai-Berry & Green Tea	€2.40
Refreshing Redbush - Wellbeing Wonder	

### Kombucha Tea & Red Berry

<b>Energy Drink</b>	€1.90
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### Quattro Stagioni

<b>Flavoured Springwater</b>	€2.40
Baked Spiced Apple, Pink Grapefruit and Cranberry	
Orange Carrot and Lemon, Orange and Passion Fruit	

### Latitude Iced Teas

Lemon, Peach or Mango	€2.40
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**Ensaladas** **Pequeño Grande****Ensalada Elemi** €5,95 €8,25

Aguacate, queso feta, tomate, pepinos, cebolla roja, pimientos mixtos, aceitunas negras, dátiles, nueces y lechugas mixtas con salsa de hierbas frescas

**Ensalada Mozzarella** €5,95 €8,25

Tomate, mozzarella, aguacate, aceitunas negras y alcaparras sobre hojas frescas de rúcola y espinacas con pesto y salsa vinagreta balsámica

**Ensalada Couscous** €5,95 €8,25

Couscous, tomate, pepinos, pimientos rojos, cebolla roja, menta fresca, dátiles, pasas, nueces y lechugas mixtas con salsa de hierbas frescas

**Ensalada tibia de Tofu** €5,95 €8,25

Tofu ahumado, fideos de arroz, cebolleta, pimientos rojos, brotes de soja, cacahuetes sazonados y lechugas mixtas con salsa de soja y lima

**Ensalada César** (solo grande) €8,25

Cogollos de lechuga, parmesano rallado, beicon vegetal, aguacate, cubitos de pan tostado y tomates cherry con salsa César

**Ensalada tibia de****Queso de Cabra** (solo grande) €8,25

Queso de cabra al horno, pera, nueces, aguacate, rúcola, espinacas y cogollos con salsa balsámica y miel

**Ensalada del Chef** €5,95 €8,25

Tomate, pepinos, pimientos rojos, cebolla roja, alubias rojas, huevo, queso azul y lechugas mixtas, con salsa vinagreta balsámica

(\*Quorn es un sustituto de la carne muy similar al pollo pero sin grasa y colesterol)

**Si quieres cambiar de salsa, por favor preguntenos****Añade patatas deluxe caseras** €2,20**Sopa casera del día** €3,95**Especialidades del día**(mirar en la pizarra)**Lasagne de Verduras Asadas** €10,25

Servido con ensalada o patatas

**Musaka de lentejas y espinacas al horno** Servido con ensalada €10,50**Quiche casero del día** y ensalada €7,25**Verduras Asadas Mediterráneas** €7,25  
Verduras Asadas Mediterráneas sobre couscous**Tabla de Quesos** €7,50  
Un surtido de quesos internacionales con ensalada y pan de semillas**Wraps (Envueltos)****Italiano** €7,25

Queso mozzarella, queso parmesano, calabacines, cebolla roja, tomates secados al sol, hojas de espinacas, aceitunas negras y salsa de tomate dulce

**Los Ángeles** €7,25

\*Quorn adobado, aguacate, chile dulce, queso ahumado, pimiento rojo, cebolla roja, espinacas y crema de queso fresco

**Marroquí** €7,25

\*Quorn estilo marroquí, ensalada de cous cous, crema de queso fresco, espinacas y aliño de yoghurt de menta

**Delhi** €7,25

\*Quorn al curry, pepino, pimientos rojos y verdes, cebolla roja, espinacas y aliño de yoghurt de menta

**Hong Kong** €7,25

Tofu ahumado, brotes de soja, pimientos rojos, cebolleta, setas, zanahoria, tiras de col, espinacas y salsa de chile y piña

**Mejicano** €7,25

Alubias chile, pimientos mixtos, guindillas, aguacate, cebolla roja, nata agria y espinacas

**Libanés** €7,25

Falafel, hummus, tomate, pepino, cebolla roja, y lechuga

**Británico** €7,25

Salchichas vegetales, beicon vegetal, huevos revueltos, espinacas y salsa de tomate dulce

**Añade patatas deluxe caseras ó ensalada** €2,20**Hamburguesa Vegetal con queso de Cheddar maduro en un panecillo** €6.95  
con tomate y lechuga servido con guarnición de ensalada**Los Paninis Calientes** €4,95**Bagels** €5,25

Queso de mozzarella, tomates secados al sol, pesto de albahaca y lechugas mixtas

Queso de Cheddar maduro con mermelada de cebolla roja y lechuga

Queso de Cabra, pimientos asados, cebolla roja, hojas de espinacas y salsa pesto

Queso de brie, beicon vegetal, tomate y rúcola

\*Quorn con chile dulce, pimientos asados, cebolla roja, tomates y lechugas mixtas

Hummus, tomates, pimientos asados, Cebolla roja y lechugas mixtas

Queso de mozzarella, aguacate, aceitunas negras, y lechugas mixtas

**Todos se sirven con guarnición de ensalada****Postres caseros**

Galletas €1,95

Pan de Plátanos €2,95

Tarta de Limon €2,95

Tarta de Almendras €3,95

Tarta Banoffi €3,95

Tarta de Queso €3,95

Tarta de Manzana con helado €3,95

Tarta de Zanahoria €4,25

Brownies de Chocolate con yogurt helado €4,25

**Menú para niños**

Pasta con salsa fresca de tomate €4.75

Panini caliente de queso de cheddar y beicon vegetal €4,50

Hamburguesa vegetal en un bollo tostado con patatas deluxe caseras €4.95

Salchicha vegetal, huevo y patatas deluxe caseras €4.95

Barritas de pescado vegetal, Guisantes €4,95

Y Patatas deluxe caseras

Salchicha Vegetal Viena en un bollo €4.50

Helado €2,50

**Desayuno hasta las 12:30**

Muesli tradicional con fruta fresca, miel, yogurt natural y leche €4,75

Huevos revueltos sobre pan tostado con semillas €4,50

Wrap Británico €7,25

(Salchichas vegetales, beicon vegetal, huevos revueltos, espinacas y salsa de tomate dulce)

Bagel Británico €5,75

(Salchichas vegetales, beicon vegetal, huevos revueltos, espinacas y salsa de tomate dulce)

Panini caliente de queso de cheddar y beicon vegetal €4,50

Pan de Ciabatta/6 semillas tostado con mantequilla y mermelada €1.80

Pan de Ciabatta tostado con tomate y aceite €1.60

Pan de Ciabatta tostado con mantequilla y mermelada/ tomate y aceite y café €2,75

+ un zumo de naranja pequeña recién exprimido €3,75

## Smoothies

Hecho con yogurt helado biológico 0% grasa

<b>Age Defier</b>	€4,50
Frutas del bosque, plátano, zumo de manzana	
<b>Fatigue Fighter</b>	€4,50
Fresas, plátano, zumo de naranja	
<b>Fibre Booster</b>	€4,50
Plátano, mango, zumo de piña	
<b>Tropical Cleanser</b>	€4,50
Melón, plátano, zumo de piña	
<b>Mood Enhancer</b>	€4,50
Maracuyá, plátano, zumo de piña	
<b>Insomnia cure</b>	€4,50
Mango, plátano, zumo de naranja	
<b>Energy Booster</b>	€4,50
Mango, maracuyá y zumo de manzana	
<b>Cinnergiser</b>	€4,50
Leche desnatada, plátano, dátiles, canela	
<b>Pick-me-up</b>	€4,50
Leche desnatada, cacao y plátano	
<b>Leche de soja</b> (mas)	€0.40
<b>Zumos naturales recién exprimidos</b>	
<b>Immune Booster</b>	€3.50
Zanahoria, manzana, naranja y jengibre	
<b>Energiser</b>	€3.50
Zanahoria, manzana, y jengibre	
<b>Detoxer</b>	€3.50
Zanahoria, manzana, y apio	
<b>Rejuvenator</b>	€3.50
Zanahoria, manzana, y remolacha	
<b>Calming Cleanser</b>	€3.70
Piña, manzana, y naranja	
<b>Brain Booster</b>	€3.70
Naranja, pera, pomelo y manzana	
<b>Revitaliser</b>	€3.70
Manzana, frutas del bosque y piña	
<b>Rehydrator</b>	€3.70
Naranja, pepino y frutas del bosque	
<b>Fat Burner</b>	€3.70
Zumo de manzana frambuesas, piña y melón	
<b>Multivitamin</b>	€3.70
Zumo de naranja y frutas del bosque	
<b>Naranja</b> 33cl	€2.25



# Elemi



## Café Bar Restaurant

### Vinos, cervezas y licores

#### Vinos Ecológicos del Penedes

Vino de la casa	copa	€ 3.00
Blanco, tinto ó rosado	botella	€12.95
Mas Pons Chardonnay blanco	botella	€16.50
Mas Elena tinto	botella	€16.95

<b>Vinos de la casa</b>	copa	€ 2.50
Blanco, tinto ó rosado	botella	€ 9.95

<b>Vinos Blancos</b>		
Faustino V11	botella	€12.00
Fortius Cabernet Sauvignon	botella	€12.50
Viña Sol	botella	€14.00
Chardonnay Raimat	botella	€15.00

<b>Vinos Rosados</b>		
Fortius Cabernet Sauvignon	botella	€12.50

<b>Vinos Tintos</b>		
Faustino V11	botella	€12.00
Fortius Navarra	botella	€12.50
Torres	botella	€14.50
Faustino Gran Reserva	botella	€19.50

<b>Cervezas</b>		
Heineken pequeña (barril)		€ 2.00
Heineken grande (barril)		€ 2.60
Heineken botella 33cl		€ 2.20
Coronita botella 33cl		€ 2.50
San Miguel botella 33cl		€ 1.80
Buckler sin alcohol 25cl		€ 2.00

<b>Spirits/Licores</b>		
Vodka, Gin, Bacardi, Whisky, Brandy, Ron		€ 4.00
Ron Añejo, Whisky Añejo		€ 5.00
Tequila		€ 3.00
Baileys		€ 4.00
Anís		€ 3.00
Con cualquier refresco	más	€ 1.00

## Cafés, Tés y Refrescos

### Cafés Lavazza

Expreso	€1,20
Cortado	€1,20
Americano	€1,40
Con leche	€1,40
Café doble	€1,70
Latte (doble de leche)	€1,70
Latte light (doble de leche desnatada)	€1,70
Cappuccino	€1,80
Mocaccino	€1,80
Chocolate	€1,80

### Tés Twinings

Té Inglés Tradicional con leche ó limón	€1,40
Descafeinado Tradicional	€1,40
Té Desayuno Inglés	€1,40
Earl Grey	€1,40
Darjeeling	€1,40
Assam	€1,40
Té Verde	€1,40
Manzanilla	€1,40
Menta	€1,40
Limón y Jengibre	€1,50
Grosella negra, Ginseng y Vainilla	€1,50
Naranja, Mango y Canela	€1,50
Té auténtico de menta fresca	€2,20

### Refrescos

Agua mineral con/sin gas (500ml)	€1,50
Coca cola/coca cola light	€1,70
Fanta naranja/Sprite	€1,70
Nordic mist	€1,70

### Refrescos Saludables Mangajo

Granadas y té verde, Té verde y limón, Goji-Berry y té verde, Acai-Berry y té verde	€2,40
Redbush refrescante - bienestar	

### Té Kombucha y bayas rojas

Refresco energético	€1.90
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### Agua de Manantial Quattro Stagioni

Manzana horneada sazónada, Pomelo rosado y arándanos rojas Naranja, zanahoria y limón, Naranja y maracuyá	€2,40
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### Té Helado Latitude :

Limón, Melocotón, Mango	€2,40
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<b>Salads</b>	<b>Small</b>	<b>Large</b>
<b>Elemi Salad</b>	€5.95	€8.25
Avocado, feta, tomato, cucumber, red onion, mixed peppers, black olives, dates and mixed nuts on a bed of mixed leaves in a fresh herb dressing		
<b>Mozzarella Salad</b>	€5.95	€8.25
Tomato, mozzarella, avocado, black olives, capers on a bed of rocket with pesto and balsamic vinaigrette dressing		
<b>Couscous Salad</b>	€5.95	€8.25
Couscous, tomato, cucumber, red pepper, red onion, fresh mint, dates, sultanas and nuts on a bed of mixed leaves in a fresh herb dressing		
<b>Warm Tofu Salad</b>	€5.95	€8.25
Smoked tofu, rice noodles, spring onions, red pepper, bean sprouts and spicy peanuts on a bed of mixed leaves in a soy and lime dressing		
<b>Caesar Salad</b> (large only)		€8.25
Lettuce hearts, parmesan shavings, veggie bacon, avocado, crispy herb croutons and cherry tomatoes in a Caesar dressing		
<b>Goat's Cheese Salad</b> (large only)		€8.25
Warm goats cheese, pear, walnuts, avocado with shredded rocket, spinach and baby gem leaves in a balsamic and honey dressing		
<b>Chef's Salad</b>	€5.95	€8.25
Tomato, cucumber, red pepper, red onion, kidney beans, egg on a bed of mixed leaves topped with crumbled blue cheese in a balsamic vinaigrette dressing		
<b>Please ask if you would like to change your dressing</b>		
<b>Add home made potato wedges for an extra</b>		€2.20
<b>Home made Soup of the day</b>		€3.95
Please ask		
<b>Daily Specials</b>	please ask	
<b>Roasted Vegetable Lasagne</b>		€10.25
With salad or potatoes		
<b>Baked Lentil &amp; Spinach</b>		€10.50
<b>Moussaka</b> and salad		
<b>Home made Quiche of the day</b>		€7.25
and salad. Please ask		
<b>Roasted Mediterranean Vegetables</b>		€7.25
Roasted Mediterranean vegetables served on a bed of couscous		
<b>Cheese Platter</b>		€7.50
A selection of International cheeses		



# Elemi

## Café Bar Restaurant

### Take away menu

### TEL 951 273 885

#### Wraps

<b>Italian</b>	€7.25
Mozzarella cheese, parmesan cheese, courgette, red onion, sun dried tomatoes, spinach leaves, black olives and tomato relish	
<b>Los Angeles</b>	€7.25
Warm marinated quorn, avocado, chilli jam, smoked cheese, red pepper, red onion, spinach and cream cheese	
<b>Moroccan</b>	€7.25
Moroccan style quorn, couscous salad, cream cheese, spinach, and mint yoghurt	
<b>Hong Kong</b>	€7.25
Smoked tofu, bean sprouts, red pepper, spring onions, mushrooms, carrot, shredded cabbage, spinach and chilli and pineapple relish	
<b>Delhi</b>	€7.25
Indian style Quorn, cucumber, red and green peppers, red onion, spinach leaves and mint yoghurt	
<b>Mexican</b>	€7.25
Chilli beans, mixed peppers, jalapeno peppers, avocado, red onion, sour cream and spinach	
<b>Lebanese</b>	€7.25
Falafel, hummus, tomato, cucumber, red onion, and lettuce	
<b>British</b>	€7.25
Veggie sausage, veggie bacon, scrambled egg, spinach and tomato relish	
<b>Add home made potato wedges or side salad for an extra</b>	€2.20
<b>Veggie burger topped with mature cheddar cheese in a bun</b>	€6.95
With tomato and lettuce Served with crisps and salad garnish	

<b>Toasted Paninis</b>	€4.95
<b>Bagels</b>	€5.25

Mozzarella, sun dried tomatoes, basil pesto and mixed leaves

Mature cheddar cheese, red onion marmalade and lettuce

Goat's cheese, roasted peppers, red onion, spinach leaves and basil pesto

Brie, veggie bacon, tomato and rocket

Sweet chilli quorn, roasted peppers, red onion, tomatoes and mixed leaves

Hummus, tomatoes, roasted peppers, red onion and mixed leaves

Mozzarella, avocado, black olives & leaves

#### All served with crisps and salad garnish

#### Home-made Desserts

Cookies	€1.95
Banana loaf	€2.95
Lemon cake	€3.50
Almond tart	€3.95
Banoffi pie	€3.95
Apple crumble	€3.50
Cheesecake	€3.95
Carrot cake	€3.95
Chocolate brownies	€3.95

#### Children's Menu

Pasta with fresh tomato sauce	€4.75
Toasted cheese and veggie bacon panini served with crisps	€4.50
Veggie burger in a toasted bun with potato wedges	€4.95
Veggie sausage, egg & potato wedges	€4.95
Veggie hot dog sausage in a roll served with crisps	€4.50

**Ensaladas** **Pequeño Grande****Ensalada Elemi** €5,95 €8,25

Aguacate, queso feta, tomate, pepinos, cebolla roja, pimientos mixtos, aceitunas negras, dátiles, nueces y lechugas mixtas con salsa de hierbas frescas

**Ensalada Mozzarella** €5,95 €8,25

Tomate, mozzarella, aguacate, aceitunas negras y alcaparras sobre hojas frescas de rúcola y espinacas con pesto y salsa vinagreta balsámica

**Ensalada Couscous** €5,95 €8,25

Couscous, tomate, pepinos, pimientos rojos, cebolla roja, menta fresca, dátiles, pasas, nueces y lechugas mixtas con salsa de hierbas frescas

**Ensalada tibia de Tofu** €5,95 €8,25

Tofu ahumado, fideos de arroz, cebolleta, pimientos rojos, brotes de soja, cacahuets sazonados y lechugas mixtas con salsa de soja y lima

**Ensalada César** (solo grande) €8,25

Cogollos de lechuga, parmesano rallado, beicon vegetal, aguacate, cubitos de pan tostado y tomates cherry con salsa César

**Ensalada tibia de****Queso de Cabra** (solo grande) €8,25

Queso de cabra al horno, pera, nueces, aguacate, rúcola, espinacas y cogollos con salsa balsámica y miel

**Ensalada del Chef** €5,95 €8,25

Tomate, pepinos, pimientos rojos, cebolla roja, alubias rojas, huevo, queso azul y lechugas mixtas, con salsa vinagreta balsámica

(\*Quorn es un sustituto de la carne muy similar al pollo pero sin grasa y colesterol)

**Si quieres cambiar de salsa, por favor preguntenos****Añade patatas deluxe caseras** €2,20**Sopa casera del día** €3,95**Especialidades del día** preguntenos**Lasagne de Verduras Asadas** €10,25

Servido con ensalada o patatas

**Musaka de lentejas y espinacas** €10,50**al horno** Servido con ensalada**Quiche casero del día** y ensalada €7,25**Verduras Asadas Mediterráneos** €7,25

Verduras Asadas Mediterráneas sobre couscous

**Elemi****Café Bar Restaurant****Menu para llevar****TEL 951 273 885****Wraps (Envueltos)****Italiano**

€7,25

Queso mozzarella, queso parmesano, calabacines, cebolla roja, tomates secados al sol, hojas de espinacas, aceitunas negras y salsa de tomate dulce

**Los Ángeles**

€7,25

\*Quorn adobado, aguacate, chile dulce, queso ahumado, pimiento rojo, cebolla roja, espinacas y crema de queso fresco

**Marroquí**

€7,25

\*Quorn estilo marroquí, ensalada de cous cous, crema de queso fresco, espinacas y aliño de yoghurt de menta

**Delhi**

€7,25

\*Quorn al curry, pepino, pimientos rojos y verdes, cebolla roja, espinacas y aliño de yoghurt de menta

**Hong Kong**

€7,25

Tofu ahumado, brotes de soja, pimientos rojos, cebolleta, setas, zanahoria, tiras de col, espinacas y salsa de chile y piña

**Mejicano**

€7,25

Alubias chile, pimientos mixtos, guindillas, aguacate, cebolla roja, nata agria y espinacas

**Libanés**

€7,25

Falafel, hummus, tomate, pepino, cebolla roja, y lechuga

**Británico**

€7,25

Salchichas vegetales, beicon vegetal, huevos revueltos, espinacas y salsa de tomate dulce

**Añade patatas deluxe caseras ó ensalada** €2,20**Hamburguesa Vegetal con** €6.95**queso de Cheddar maduro en un****panecillo** con tomate y lechuga servido con guarnición de ensalada**Los Paninis Calientes** €4,95**Bagels** €5,25

Queso de mozzarella, tomates secados al sol, pesto de albahaca y lechugas mixtas

Queso de Cheddar maduro con mermelada de cebolla roja y lechuga

Queso de Cabra, pimientos asados, cebolla roja, hojas de espinacas y salsa pesto

Queso de brie, beicon vegetal, tomate y rúcola

\*Quorn con chile dulce, pimientos asados, cebolla roja, tomates y lechugas mixtas

Hummus, tomates, pimientos asados, Cebolla roja y lechugas mixtas

Queso de mozzarella, aguacate, aceitunas negras, y lechugas mixtas

**Todos se sirven con guarnición de ensalada****Postres caseros**

Galletas €1,95

Pan de Plátanos €2,95

Tarta de Limon €2,95

Tarta de Almendras €3,95

Tarta banoffi €3,95

Tarta de Queso €3,95

Tarta de Manzana €3,50

Tarta de Zanahoria €3,95

Brownies de Chocolate €3,95

**Menú para niños**

Pasta con salsa fresca de tomate €4.75

Panini caliente de queso de cheddar y beicon vegetal €4,50

Hamburguesa vegetal en un bollo tostado Con patatas deluxe caseras €4.95

Salchicha vegetal, huevo y patatas deluxe caseras €4.95

Salchicha Viena en un bollo €4.50