

SMOOTHIES

° Cacao maravillao..... 7€

Banana, cacao, peanut butter, non-dairy milk, agave syrup, ground flax and chia seed *V, GF, LF*

° Caperucita..... 6,80€

Berries, banana, almond butter, non-dairy milk, ground flax and chia seed *V, GF, LF*

° Super detox..... 7€

Green leaves, pineapple, celery, apple, coconut milk, mint and ground flaxseed *V, GF, LF*

° Aloha..... 6,80€

Organic orange juice, banana and strawberry *V, GF, LF*

° Baby..... 6,60€

Fresh milk, banana and strawberry

COLD-PRESSED JUICES

° Rojo & Antioxidante..... 6,60€

Beet, apple, carrot and lemon *V, GF*

° Ambar Energético..... 6,60€

Carrot, apple, ginger and lemon *V, GF*

° Orange juice, organic and freshly-squeezed from our farm in Biniaraix *V, GF* 4,50€

Seasonal only

BOWLS

° Wake up Granola 11€

House-made "miga de nube" granola, banana, varied fruit, yogurt and poppy seeds *V, GF, LF*

° Brasil bowl..... 12,50€

Organic Brazilian açai, berries, banana, grated coconut and house-made "miga de nube" granola *V, GF, LF*

Extras

Organic Vegetable protein 0,75€

Organic peanut butter..... 1,50€

House-made almond butter..... 2€

Agave syrup..... 0,75€

Caramel, vanilla syrup..... 0,50€

Hemp hearts..... 0,75€

House-made "miga de nube" granola..... 3,75€

Cacao nibs..... 0,80€

Fresh milk 0,40€ / oatmeal 0,40€ / almond 0,50€ / coconut 0,50€

HEAVENLY SWEETS

° El David..... 9,90€

Banana bread with peanut butter, banana, agave syrup and toasted coconut flakes *GF, V, LF*

° La Carmen..... 11,50€

Spiced sweet potato pancake, house-made orange jam, marinated oranges, mallorquín almonds and cacao nibs *GF, LF*

° La Lola..... 12€

Chocolate sweet potato pancake with cream cheese, berries, agave syrup and pistachios *GF*

"MIGA DE NUBE" TOASTS

Our bread is made with organic grains from mallorca; sourdough as well as house-made gluten-free options available 2,90€

◦ La Sol..... 12€

Avocado toast with tomato and egg; topped with lamb's lettuce, radishes, and sprouts *LF*

Your choice of egg: scrambled, fried, poached or omelette

◦ El Alfonso..... 16,50€

Dill cheese toast with wild smoked Alaska salmon topped with cucumber, capers, lamb's lettuce and pickled radishes

◦ El Javi..... 13,50€

Pumpkin hummus toast topped with spinach, mushrooms, poached organic egg, lamb's lettuce, sprouts, and seeds *LF*

◦ La Catina..... 13,50€

Hummus toast topped with saffron-spiced pears, blue cheese, kale, hazelnuts and sprouts

◦ Sa Neus..... 13€

Baba ganoush toast topped with arugula, feta cheese,

Add to your toast

- Organic egg..... 2,60€
- Avocado..... 3,80€
- Wild smoked Alaska salmon..... 4,80€
- Organic chicken..... 4,60€
- Feta cheese..... 4€
- Artisan goat cheese..... 4,60€
- Organic cheese from Mahón..... 4,60€
- Tofu scramble..... 3,50€



V: vegan

GF: does not contain gluten

VO: vegan option available for this dish

GFO: gluten-free option available for this dish

LF: does not contain lactose

Take away 0,30€

OUR BAKERY

° Banana Bread Choco Chia, with chocolate chips and vegan banana-chocolate ganache <i>v, GF</i>	6,50€
° Lemon and Poppyseed cake, with lemon jelly <i>GF</i>	7€
° Orange cake, with chocolate chips and orange jelly <i>SF, GF, NF</i>	7€
° Apple and Cinnamon cake, with cream and walnuts <i>LFO, NFO</i>	7€
° Lemon pie, our way <i>GF</i>	7€
° "Unforgettable" chocolate, with red berry syrup <i>v, GF, NF</i>	6,50€
° Cheesecake, with red berry compote <i>GF</i>	7€
° "Tiramisu" <i>NF, GF</i>	7€
° Seasonal fruit bowl with berries <i>v, GF</i>	5,50€
° Lollipops of Sorbet, various fruits <i>v, GF, NF</i>	4€

V: vegan

SF: sugar free

GF: gluten free

DF: dairy free

DFO: dairy free option

NF: nuts free

NFO: nuts free option

Our delicious desserts are homemade and made with locally-sourced organic grains

All our preparations may contain traces

All of our dishes could contain one of the 14 known food allergens. Please consult us if you have any food allergies!

THE MIGA DISHES

From 12:30 a.m.

° Tramontana..... 22,50€

Fresh salmon with dill and pistachios, on a bed of quinoa, kale, mango, corn and diced vegetables *GF*

° Mistral *vegetarian poke..... 19€

Spiced rice with green beans, tofu, avocado, mango and wakame *V, GF*

° Levante..... 21,50€

Cauliflower rice and broccoli base, served with roasted beetroot, pumpkin and carrot. Accompanied by organic chicken marinated in Asian-style spices and organic oranges, topped with cashew nuts *GF*

VO tofu

° Poniente.....22,50€

Low-temperature cod with green beans, roasted cherry tomatoes and sweet potato purée *GF*

° Siroco.....18€

Burrata salad with arugula, candied cherry tomatoes, strawberries, and pesto *ose*

° Embat.....22,50€

Slow-cooked Mallorcan pulled lamb with organic bulgur tabbouleh, mediterranean style

° "Nela" Wrap 19,90€

Pumpkin hummus, spinach, kale, organic chicken, feta cheese and ground peanuts with a green salad

VO tofu

FOR SNACKING

° Artesanal cheese board 19€

Mahon cheese, artisan goat cheese and blue cheese, accompanied by house made quince jelly, saffron-infused pears and breadsticks *GFO*

° "Mallorquin" Pan amb oli 18,50€

Bread, sobrasada, mallorquín sausage, and pate made in Sóller with artisan goat cheese and pickles *GFO*

° Baba Ganoush..... 13,50€

Roasted eggplant pate with candied cherry tomatoes, hazelnuts and pita bread *V, GFO*

° Guacamole..... 13€

"Miga de Nube" style guacamole consisting of smoked salmon, pickled onion, comes with corn tortilla chips *GF, LF, VO*

OUR HUMMUS

° Pumpkin hummus 12,50€

With carrot sticks, pumpkin seeds, peanuts and pita bread *LF, V*

° Traditional hummus 12€

with lemon and dill vinaigrette and pita bread *LF, V*

AS A SIDE

° Sourdough bread..... 2,50€

° "Miga de Nube" house made gluten-free bread..... 2,90€

° Tomato on bread Mallorquín style 4€

° Olives "miga de nube" 2,90€

° Vegan ali oli..... 2,50€

° Butter..... 1,90€

FOR THE SUPER LITTLE ONES

From 12:30 a.m.

° Mafalda..... 9,50€

Ham and cheese wrap with mayonnaise and carrot sticks

° Peter Pan..... 10,50€

Cuban-style rice: organic white rice, organic tomato sauce and fried organic egg *GF, LF*

V: vegan

GF: does not contain gluten



















VO: vegan option available for this dish

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LF: does not contain lactose

COFFEE

Single origin, 100% arabica specialty coffee, roasted in small batch roaster in Palma





- Espresso 1  1,90€
- Doble espresso 2   2,60€
- Cortado 1  2€
- Coffee with milk 1  200ml..... 2,90€
- Coffee with milk XL 2   260ml..... 3,60€
- Flat White 2 shots   200ml..... 3,60€
- Cappucino 2 shots   260ml..... 3,60€
- Mocha 1  200ml..... 3,60€
Coffee with milk and cacao 100%
- Americano 2   2,80€
- Cris coffe   360ml..... 5,90€
Coffee with almond cream, oat drink
- Café process V60 400ml 5,90€
- Cold Brew slow process coffee brewing 200ml
..... 4,90€
- Special "miga de nube" 2   360ml..... 5,60€
ginger beer or tonic, ice and coffee

FRAPPE

- Classic frappe 360ml..... 6,60€
- Chocolate frappe 360ml..... 6,60€

Our fresh milk is from Menorca and our milk alternatives are organic
Extra: soya 0,40€/oatmeal 0,40€/almond 0,50€/ coconut 0,50€
Add your vanilla syrup or caramel 0,50€

LATTE

- Café latte 1  360ml 4,50€
- Ice latte 1  360ml..... 4,60€
- Carob latte 360ml..... 4,50€
syrup free option
- Chocolate latte 360ml..... 4,50€
Cocoa 100% syrup free option
- Latte macchiato 2   360ml..... 4,50€
- Macha latte 260ml..... 4,20€
- Tumeric latte 260ml..... 3,90€
- Chai latte, rooibos and vegan 260ml..... 4,60€

TEA

All our teas are high quality and organic

- Luz del alba..... 3 €
Sencha green te, white te, calendula, rose petals
- Sencha especial..... 3€
Green te
- Earl Grey 3€
- Genmaicha..... 3€
Green Bancha
- Jazmín..... 3€
Jazmin green te
- English Breakfast..... 3€
- Rooibos natural..... 3€
- Rooibos vainilla..... 3€
Natural Rooibos, date, coconut and vanilla
- Chamomille 2,80€
- Pennyroyal mint..... 2,80€

BEER

Artesanal beer from Sóller

- **Original**..... 4€
Golden ALE herbal. A golden blond ale with fresh scents of flower and citrus. Made with barley and wheat
- **Valenta**..... 4,10€
Sesión IPA. A light coloured IPA with a head of white foam, infused with rose petals
- **Panashe**..... 4€
Hallertau Blanc hops and plenty of natural lemon
- **Non-alcoholic beer eco**..... 3,75€
- **Gluten-free beer**..... 4€

COLD DRINKS-ALCOHOL FREE

- **Water Km0 / 500ml**..... 2€
- **Sparkling Km0 / 500ml**..... 2,10€
- **Homemade lemonade with mint**.....4,30€
- **Kombucha lemon and ginger**.....4,80€
- **Kombucha tumeric and orange**..... 4,80€
- **Organic soft drink cola Puig Mallorca 330ml**4€
- **Organic soft drink cola zero Puig Mallorca 330ml**..... 4€
- **Organic soft drink lemon Puig Mallorca 330ml**.....4€
- **Organic soft drink grapefruit Puig Mallorca 200ml**.....3,85€
- **Organic Ginger beer 200ml**..... 3,85€
- **Organic apple juice 200ml**..... 3,40€
- **Organic peach and grape juice 200ml**..... 3,40€
- **Coconut water 500ml**..... 5,50€

WINES & SPARKLING WINES

- **White wine** Surant.....glass 4,50€ / bottle 20€
Prensal, Malvasía and Girò Ros 2025 Senselles, Mallorca
- **Rose wine** Surant.....glass 4,50€ / bottle 20€
Callet, Manto negro and Syrah 2025 Senselles, Mallorca
- **Red wine** KM1.....glass 5€ / bottle 21,50€
Organic wine, Callet and Manto Negro 2025 Binissalem, Mallorca
- **Brut Nature** Veritas glass 5,50€ /bottle 26€
Binissalem, native variety Moll and traditional champenoise method
- **Brut Nature Rosat** Veritasglass 5,50€ /bottle 26€
Binissalem, native variety Mantonegro

APPETIZERS AND COCKTAILS

- **Vermut de Puntiró**..... 6€
Organic, from Mallorca
- **Soller herbs Cabraboc**.....4,50€
Made with Tramontana herbs
- **Gin tonic solleric Cabraboc**.....10,50€
Gin with aniseed and citrus aromas, with tonic
- **Limoncello, homemade in Sóller spritz**.....10,50€
- **Narancello, homemade in Sóller spritz**.....10,50€
- **Aperol spritz**..... 9€
Aperol, cava and water soda
- **Mojito**..... 9,5€
Rum, lime , mint and water soda
- **Alcohol free option**..... 8€
- **Campari with tonic**.....9€