

SMOOTHIES

° Cacao maravillao..... 6,80€

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*

° Baby.....6€

Fresh milk, banana and strawberry

Extras

Organic Vegetable protein0,75€

Organic peanut butter..... 1,50€

House-made almond butter..... 2€

Agave syrup..... 0,75€

Caramel syrup.....0,40€

Chocolate syrup.....0,40€

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

COLD-PRESSED JUICES

° Rojo & Antioxidante..... 6,50€

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

° Ambar Energético..... 6,50€

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

° Verde & detox..... 6,50€

Cucumber, pear, celery, ginger and lemon *V, GF*

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

BOWLS

° Wake up Granola10€

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

° Brasil bowl.....10,50€

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

Extras

Hemp hearts..... 0,75€

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

Cacao nibs..... 0,80€

HEAVENLY SWEETS

° El David..... 9,50€

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

° La Carmen..... 10,50€

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

° La Lola..... 11,50€

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

° La Sol..... 11,60€

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

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

° El Alfonso..... 14,50€

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

° El Javi..... 12,50€

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

° La Catina..... 13€

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

° Sa Neus..... 12,50€

Baba ganoush toast topped with arugula, feta cheese, candied cherry tomatoes, pesto and walnuts

Add to your toast

- ° Organic egg..... 2,50€
- ° Avocado..... 3,75€
- ° Wild smoked salmon..... 4,50€
- ° Organic chicken..... 4,50€
- ° Feta cheese..... 4€
- ° Artisan goat cheese..... 4,50€
- ° Organic cheese from Mahón..... 4,50€
- ° 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 flecks of chocolate and caramel syrup <i>V, GF, FL</i>	6€
° Lemon and Poppyseed slice, with lemon <i>DF</i>	6€
° Carrot cake with raisins topped with cream cheese and toasted almonds <i>SF, GF, LFO</i>	6,50€
° Apple and Cinnamon loaf with cream and walnuts <i>LFO, NFO</i>	6,50€
° Lemon pie <i>GF</i>	6,50€
° Chocolate orange “unforgettable” with orange jam <i>V, GF, NF</i>	6,50€
° Cheesecake with a berry compote <i>GF</i>	6,50€
° “Tiramisu” <i>NF, GF</i>	6,50€
° Seasonal fruit bowl with berries <i>V, LF</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..... 21,50€

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

VO comes with a special blend of apple and tofu

° Mistral..... 18,80€

Spiced rice, marinated adzuki beans, arugula, kale, avocado, apple and tofu, with roasted carrots, sweet potatoes and zucchini accompanied by a peanut and ginger vinaigrette *V, GF*

° Levante..... 19,50€

Marinated lentils, broccoli, kale, beet, oranges from Sóller with spiced chicken, harissa and cashews, with an orange vinaigrette *GF, VO comes with a special blend of apple and tofu*

° Poniente..... 18,50€

Arugula, kale, roasted beet and celeriac; accompanied by saffron pears and blue cheese with egg, onion and pickled radishes, walnut and tahini vinaigrette *GF, VO comes with a special blend of apple and tofu*

° Siroco.....17,90€

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

° "Lolo" Wrap.....17,90€

Traditional hummus, lettuce, mackerel, muhammara *red bell pepper and walnut based dip, cashews and vegan alioli, accompanied by a green salad *VO with tofu*

° "Nela" Wrap 17,90€

Pumpkin hummus, spinach, kale, organic chicken, feta cheese, ground peanuts and cilantro pesto, with a green salad *VO with tofu*

FOR SNACKING

◦ Artesanal cheese board 16,50€

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

◦ "Mallorquin" Pan amb oli 16,50€

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

◦ Baba Ganoush..... 12,50€

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

◦ Guacamole..... 12€

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

OUR HUMMUS

◦ Pumpkin hummus 11,50€

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

◦ Traditional hummus 10,50€

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" 2,80€

◦ 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..... 9,50€

French omelette with cheese accompanied by roasted sweet potato, pumpkin and carrot , and toast

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

COFFEE

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

- Espresso 1  1,80€
- Doble espresso 2   2,50€
- Cortado 1  1,95€
- Coffee with milk 1  200ml..... 2,80€
- Coffee with milk XL 2   260ml..... 3,50€
- Flat White 2 shots   200ml..... 3,40€
- Cappucino 2 shots   260ml..... 3,60€
- Mocha 1  200ml..... 3,50€
Coffee with milk and cacao 100%
- Americano 2   2,70€
- Keto coffe 2   4€
Coffee with butter and coconut oil 200ml
- Café process V60 400ml5,80€
- Cold Brew slow process coffee brewing 200ml
.....4,80€
- Special "miga de nube" 2   360ml.....5,50€
ginger beer, ice and coffee

FRAPPE





- Classic frappe 2   360ml..... 6,50€
with milk, homemade cream
- Chocolate frappe 360ml..... 6,50€
with milk, homemade cream, cocoa 100% 360ml

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€

Caramel syrup 0,40€ / chocolate syrup 0,40€

LATTE

- Café latte 1  360ml4,40€
- Ice latte 1  360ml..... 4,50€
- Carob latte 360ml..... 4,40€
syrup free option
- Chocolate latte 360ml..... 4,40€
Cocoa 100% syrup free option
- Latte macchiato 2   360ml.....4,40€
- Macha latte 260ml.....3,80€
- Tumeric latte 260ml..... 3,80€
- Chai latte, rooibos and vegan 260ml.....4,50€

TEA

All our teas are high quality and organic

- Luz del alba..... 2,95 €
Sencha green te, white te, calendula, rose petals
- Sencha especial..... 2,95€
Green te
- Earl Grey2,95€
- Genmaicha..... 2,95€
Green Bancha
- Jazmín..... 2,95€
Jazmin green te
- English Breakfast..... 2,95€
- Rooibos natural..... 2,95€
- Rooibos vainilla..... 2,95€
Natural Rooibos, date, coconut and vanilla
- Chamomille2,70€
- Pennyroyal mint.....2,70€

BEER

Artesanal beer from Sóller

- **Original**..... 3,80€
Golden ALE herbal. A golden blond ale with fresh scents of flower and citrus. Made with barley and wheat
- **Valenta**..... 4€
Sesión IPA. A light coloured IPA with a head of white foam, infused with rose petals
- **Fosca**..... 4€
Porter. A dark malt beer with toasted and chocolate aromas.
A dense and tall head of foam
- **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**.....3,80€
- **Creamy coconut with lemon**.....4,60€
- **Kombucha from Mallorca**..... 4,75€
Olive, lemon and ginger
- **Kombucha from Mallorca**..... 4,75€
Olive and grapefruit
- **Organic soft drink NOW**..... 4€
Lemon
Cola
- **Organic Ginger beer** 4€
- **Organic appletiser** 4,50€
- **Organic apple juice 200ml**..... 3€
- **Organic peach and grape juice 200ml**..... 3€
- **Coconut water 500ml**..... 5,50€

WINES & SPARKLING WINES

- **White wine** Martivilli.....glass 4,50€ / bottle 20€
D.O. Rueda. Pozaldez, Valladolid. 2023/24 Sauvignon Blanc
- **Rose wine** Charlatán.....glass 4,50€ / bottle 21,50€
D.O. Cigales. Cesar Príncipe.Fuensaldaña, Valladolid.
2024 Black Garnacha
- **Red wine** Viña Eizaga.....glass 4,50€ / bottle 21,50€
D.O. La Rioja. Crianza 2020. Tempranillo, 14 months in cask

- **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**6€
- **Narancello, homemade in Sóller**..... 6,50€
- **Aperol spritz**..... 9€
Aperol, cava and water soda
- **Mojito**..... 9€
Rum, lime , mint and water soda
Alcohol free option..... 8€
- **Campari with tonic**.....9€