

Bump GRÉN

FOOD
with
SPIRIT

Something moves within you. Slowly.
Something taps within and moves inside,
agitating you and suddenly waking you up.
Something makes you reflect, start a change.

Stop for a while. Take off your shoes. Let all the others rush.
Barefoot, feel the ground, the naked matter, the water. Feel it.
You can hear the wind, smell the rain, savour the air.

It is you and now. You need to love yourself, care for yourself and
be fully aware of where you stand in this world. You feel the drive
you needed for so long. You want to get started.
It is just what you were longing for.

This is the place for all real lovers.
The place where you can find and enjoy your inner drive,
the Slow Food movement; a closer cuisine, acknowledged crop-
ping, respectful practices; the reminiscence of foods bringing
back old memories, cooked by experienced hands and reinven-
ted by cooks who have appreciated their singularity in tradition,
proximity and commitment.

Now enjoy tasteful, healthy, sustainable food.
Cuisine with a soul. Food with Spirit.

The place to be in Madrid.
Bumpgreen.



VEGETARIAN



PLANT-BASED



GLUTEN-FREE

NEW

NEW DISH

SEA WATER

Unique source of life, obtained on the open sea. Filtered, sterilized and bottled with all the nutrients, minerals and trace elements. Its chemical composition is very similar to that of blood plasma, and that makes it so beneficial for living beings.

JUMP IN THE MEATLESS MONDAY

TREND WITH US

FOR THE ENVIRONMENT

It's time to really care about the planet. Nearly 20% of the greenhouse gas emissions comes from the farming industry: cattle raising for human consumption.

FOR ANIMALS

It's pure philosophy. By joining this trend, we would partly avoid industrial scale abattoirs, where animals are not really taken care of.

FOR YOUR HEALTH

This trend is one of the easiest ways of caring for ourselves. A vegetable-based diet improves your cardiovascular health, among many other benefits

#meatlessmonday
#lunessincarne

DRINKS

Made from sea water. Kids: remember to take your vitamins and minerals!!

GREEN CELERY5,5
Green leaves, rosemary, celery, cucumber, parsley, Fuji apple and lemon.

GREEN MINT5,5
Green leaves, orange, fennel, rosemary, pineapple and mint.

ROOTS BEET IT5,5
Beetroot, pineapple, carrot, Granny Smith apple and lime.

ROOTS GINGER5,5
Carrot, Golden apple and fresh ginger.

NATURAL SALADS

A vegan? Ask your waiter about the different options available.

NEW SWEET POTATO RAMEN 13,5

With low-temperature cooked egg, HEURA, wakame algae, onion and crunchy almond.

A vegan? Have it without egg.

CHICKPEA SALAD WITH COCONUT SAUCE 10

A delicious mix of nutrients and energy in this vegetal recipe.

Made with green sprouts, arugula, black sesame, steamed and chopped bimbi, carrot, Portobello, raisin-like tomato, almond sauce, garlic, honey, Bumpgreen dressing, lemon salt and paprika.

NEW CURRY HEURA NUTRIBOWL -100% VEGETAL -..... 13,5

With "HEURA", the vegetal protein made from non-transgenic soya, created by the Spanish startup "Foods for Tomorrow". With wholemeal rice, bimbi, sweet potato, courgette, coriander, sesame, arugula oil, with chopped almonds sauce and curry and coconut sauce.

NUTRIBOWL -ORDER IT WITH RICE OR QUINOA- 13,5

The most complete proposal for a healthy diet in a bowl. Brown rice, avocado, marinated salmon, bimbi, spring onion, mayonnaise and citric dressing. With all the benefits that seaweed provide.

A vegetarian? Have it with no salmon and with no mayonnaise.

NEW TOMATO FEST 12,5

Wild mix! Featuring fine Valencian pink tomato, sun-dried and dried tomato with roasted tomato cream. And pickled oily fish with basil pesto dressing, Bumpgreen dressing, lemon salt and sundried black olive.

A vegetarian? Change the fish for roasted avocado and no pesto.

YO ME MIMO SALAD..... 13

A bomb of antioxidant elements with spinach, beetroot and almond cheese in this complete dish full of good things. Spinach, seedling cauliflower, beetroot hummus, raisins, plums, almond cheese, sun-dried tomato and orange salt.

LUNCH - DINNER

**RESPECTING TRADITIONS:
our chef**

DAVID ARIZA

A vocational user of the traditional practices of the Mediterranean food culture, our poet-cook specializes in wild plants, rice and fish.

RICE

WITH TRADITION

Our Valencian chefs follow the Valencian tradition and mastery in the art of rice cooking, using the most appreciated type of rice, the Albufera monovarietal. This is the most traditional crop in the area, and it is ideal for both meat and fish broths, as well as for homemade stir-fry. All the tradition from Valencian folklore.

ALLERGENS IN MENU



bumpgreen.com/allergenos

NATURAL SALADS

A vegan? Ask your waiter about the different options available.

- 🌿 **ANCESTRAL SALAD** 14
 This salad features the energizing power of buckwheat, prepared by María Kindelán, winner of the #yococinobumpgreen contest. Buckwheat fusilli with a delicious umeboshi, avocado and salmon dressing.
- 🌿 A vegan? Have it with no salmon.
- 🌿 **ECOLOGICAL QUINOA SALAD**..... 10
 With organic quinoa, chickpeas and Granja Cantagruillas yoghurt.
- 🌿 **CRUCIFEROUS VEGETABLE SALAD** 10
 Broccoli, cauliflower, peas, edamame, pesto, parsley, basil and orange salt.
- 🌿 A Vegan? Order it with arugula pesto.
- 🌿 **LENTIL SALAD WITH ASIAN TOUCH** 10
 Edamame, beetroot, sesame, walnuts, raisins and seasonal fruits.
- 🌿 **WARM NIÇOISE “BUMPGREEN” SALAD** 13
 With avocado, courgette noodles, baked potatoes, low-temperature cooked egg and mustard dressing. Ideal to share!

STARTERS

GARROFÓ OR BEET HUMMUS

Choose a snack to dip! Healthy and different. Your hummus with:

SUN-DRIED VEGETABLES CHIPS OR HOME MADE SWEET POTATO 9

🌿 **AUBERGINE** 9
 Roasted aubergines with praliné almond cream and Añana salt.

🌿 **SPINACH AND ZUCCHINI CREAM** 8
 Potato, onion, spinach and zucchini.

🌿 **COCA-PIZZA WITH ASSORTED VEGETABLES** 11
 Aubergine, sun-dried tomato, almond cream, tapenade, fresh buds and Cantagruillas Comté cheese.
🌿 Also available for vegans.

HAM AND PARMIGGIANO QUICHE..... 10,5
 With kale, bimi, sun-dried tomato, cream, Iberian ham and Comté Cantagruillas cheese. Served with a mix of lettuces.

CUTTLEFISH “FIGATELL” 10
 The renowned Chef David Ariza reinvents the typical grilled cuttlefish. Presented as a breadless burger, with chopped almonds sauce, praline and macerated for 12 hours.

LUNCH - DINNER

**ALL
BUMPGREEN
OBJECTS ARE FOR
SALE. JUST ASK US**





*food
with
spirit*

**TANDEM
WITH SPIRIT**

The creative tandem Jordi Bresó-David Ariza has created our Bumpgreen menu for 2016, providing each one of the dishes with the soul and personality of real lovers.


RICE AND PASTA

DAILY RICE OR BUMPGREEN VEGAN RISOTTO 13,5
LUNCH MENU ONLY. Ask your waiter for today's dish. Price per person. Our chef David Ariza invites you to savor the Valencian heritage so that you can taste and feel the Mediterranean just in a rice dish. Or maybe...


-  **Risotto with cauliflower, bimi and vegan parmesan.**
-  **COURGETTE SPAGHETTI 11**
With green pesto and pickled sauce fish.
-  **A vegan? Order it with no fish and no pesto.**
-  **YAM NOODLES 11**
With coconut creamy sauce and Portobello, served with bimi, sesame, pickled onions, caper and walnuts.

BURGERS

**BRIOCHE bread burger: without hydrogenated fat.

 You can choose GLUTEN-FREE bread.

NEW "THE BEYOND BURGER" -100% PLANT-PROTEIN- 15
Great BBQ taste, color and texture...You'll think it's meat!!!! Try it! Created in the USA, with no transgenics, gluten or soya. With Parmiggiano-Raw, sun-dried tomato, Sichimi, vegan dressing, crunchy fried onion with BRIOCHE* bread.

 **A Vegan? Order it with gluten-free bread.**


KIMCHI BURGER 14
Cachena beef burger with kimchi, crispy onion, Japanese mayonnaise, Comté Cantagrullas cheese and sun-dried tomato, baked sweet potato with BRIOCHE* bread.

BULL'S TAIL BURGER 15
Deboned and crumbled bull's tail, with roasted red pepper mayonnaise, sun-dried tomato and garlic-honey, with BRIOCHE* bread.

THE REAL BURGER BUMPGREEN 13
All flavor. With our Cachena beef, Cantagrullas Comté cheese, garlic cream soup, sun-dried tomato, Japanese mayonnaise and crunchy fried onion with BRIOCHE* bread.

FISH

SALMON TARTAR 14
On wakame algae, black sesame, avocado, Granja Cantagrullas yoghurt and oyster sauce dressing.

 **WHITEFISH CEVICHE 14**
Ginger-macerated with lime and coriander, onion, rice vinegar, lemon salt and our dressing. Served with Granny Smith apple and sweet potato chips.

LUNCH - DINNER

CACHENA NATIVE GALICIAN BEEF

Dedicated farmers raise this endangered, beautiful cow breed and feed them with the pastures of the Lugo mountains and cereals with no additives. Cows move freely around the land. These conditions bring about really high quality meat.

TRADITIONAL BREAD




SOURDOUGH BREAD
ALSO IN OUR SHOP!!


BRINGING BACK OLD RECIPES AND INNOVATING: our chef JORDI BRESÓ

Brilliant and tireless, our artisan baker is a renowned gastronomic trainer and public adviser who specializes in Foodpairing® and firmly defends the Slow Food movement in Valencia.

FISH

-  **BAKED FISH OF THE DAY** 16
With creamed spinachs and cream, with quinoa, almond praline, bimi and arugula oil.
- PICKLED FATTY FISH** 13
Pickled fish with caramelized onion, lemon marmalade and lemon salt with green sprouts.




MEAT

-  **FREE RANGE CHICKEN** 14
Chicken breast with mustard, quinoa and sweet potato.
- ALLER ET RETOUR** 15
Galician beef tartar with coriander and a special Asian touch, slightly grill-browned. Served with smashed yam and potato.
- ENTRECÔTE WITH ASHES**..... 18,5
200 grams fillet steak on embers and ashes, with roasted peppers and potato.
- LAMB INGOT** 18
With cous-cous, sun-dried tomato, rosemary, a trace of ashes and kitchen-blowtorch burnt.

BREAD

- BIO BREAD -RACIÓ-**..... 3
artisan bread, baked with sourdough bread.

DESSERTS

- COCOA TEXTURES** 6
Bumpgreen chocolate cake with salty cocoa sand, caramelized hazelnuts and Collaret peanut ice cream.
- PUMPKIN WAFFLE** 7
With bourbon vanilla ice cream.
- APPLE TATIN**..... 7
With vanilla ice-cream and caramel sauce.
-  A vegan? Order it with apple-celery sorbet.
-  **CAROB BROWNIE** 7
With hazelnut ice cream.
-  **HOMEMADE ICE-CREAMS**
- Bourbon vanilla 5
- Hazelnut..... 5
- Mango sorbet..... 5

LUNCH - DINNER - DESSERTS

HOUSE WINE -GLASS-	3,5
HOUSE "CAVA" -GLASS-	5

WHITE WINE

LEGARIS VERDEJO - D.O. Rueda.....	15,5
Sauvignon Blanc, Verdejo.	
VIÑA POMAL BLANCO - D.O. Ca. Rioja	17
Malvasía, Viura.	
PASEANTE DUDA GODELLO - D.O. Monterrei	19
Godello.	
VENTADA GARNA. [ECOLÓGICO] - D.O. Catalunya	18
White Grenache.	
HABLA DE TI - V.T. Extremadura.....	21
Sauvignon Blanc.	
LA MARIMORENA - D.O. Rías Baixas.....	20
Albariño.	
MUSSO BLANCO SAUVIGNON BLANC 2018	17
V.T. Tierra de Castilla y León. Sauvignon Blanc.	
QUINTA APOLONIA - V.T. Tierra de Castilla y León	24
Verdejo.	

RED WINE

VIÑA POMAL CENTENARIO - D.O.Ca. Rioja.	17
Tempranillo.	
REMELLURI RESERVA - D.O.Ca. Rioja	29
Red Grenache, Graciano, Tempranillo.	
PAGO CAPELLANES - D.O. Ribera del Duero	33
Tempranillo.	
PASEANTE LA ESCUCHA - D.O. Bierzo	18
Mencia.	
SCALA DEI - D.O.Q. Priorat.	20
Red Grenache.	
HABLA DEL SILENCIO - V.T. Extremadura	20
Syrah, Cabernet Sauvignon, Tempranillo y Cabernet Franc.	
MADREMIA - D.O. Toro.....	19
Tinta de Toro.	
BIBERIUS - D.O. Ribera del Duero	18
Tempranillo.	

ROSÉ WINE

VOL D'ANIMA RAIMAT - D.O. Costers del Segre.....	17
Pinot Noir, Chardonnay.	

SPARKLING WINE

ARS COLLECTA BLANC DE NOIRS - D.O. Cava.....	24
Pinot Noir, Xarel·lo-Trepat	
ANNA DE CODORNÍU BLANC DE BLANCS RESERVA	18
D.O. Cava. Chardonnay, Parellada, Xarel·lo-Macabeo	
MOET CHANDON - A.O.C. Champagne.....	45
Pinot Noir, Chardonnay	

WINE LIST