Bump GReeN

FOOD with SPIRIT

“It’s you, here and now. You need to take care of yourself, love yourself, and be aware of your place in the world; you feel the push you needed.

You want to start; you’ve been waiting for it. It’s exactly what you need.”

# MENÚ

*Food with spirit.*

BREAKFAST

MIDDAY MENU

MAIN COURSES

BRUNCH

# BREAKFAST
UNTIL 12:00

## EGGS BENEDICT

• Benedict. English bread, poached egg, hollandaise sauce, bacon or salmon. • 10,90

• Omelette. Potato omelette, cooked to order. • 7

• Salmon. Thinly sliced and marinated in-house.• 9
• Iberian shoulder ham • 9

• Asparagus. Wild asparagus, leek and onion • 7,5

## BRIOCHE

• Ironed bikini. Brioche, cooked turkey, Emmental cheese. • 7,50

• Truffle Bikini. Brioche, cooked turkey, Emmental cheese and truffle. • 8

• Salmon. Brioche bread, marinated salmon, bimi and pesto. • 9

## SANDWICH

• Catalan. Ciabatta bread, Iberian ham, and cooked tomatoes. • 7,80

• Avocado. With cilantro, grated egg, tomato concassé, and edamame. • 7

• Spinach and Parmesan. With hard-boiled egg, arugula, strawberries, and radish. • 7

## CROISSANT SALTY

• Turkey and goat cheese. With wholegrain mustard and arugula. • 6,50

• Thinly sliced and marinated salmon, mozzarella, pesto and tomato. • 7,50

• Iberian ham. Iberian shoulder ham with cooked tomatoes. • 7,50

## SWEET

• Croissant. Classic and well made. • 3

• Bumpgreen Cakes (check out our flavors). • 6.5

• Bumpgreen biscuits (check out our flavors). • 4.5

*Please check the allergens in our cakes and sponges with our staff

## SALTY COMBO FORMULA

## BREAKFAST • 4,50

### TOAST. Choose one from this group

• Prepared butter.

• Prepared tomato

• Oil

### BEVERAGES. Choose one from this group

• Coffee

• Infusion

## FORMULA SWEET COMBO

## BREAKFAST • 5,50

### PASTRIES. Choose one from this group

• Classic croissant.

• Bumpgreen Sponge Cake (check out our flavors).

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### BEVERAGES. Choose one from this group

• Coffee

• Infusion

# MIDDAY MENU

AVAILABLE FROM MONDAY TO FRIDAY

## STARTER. Choose one from this group

**19.90**

- Salmorejo
- Collagen broth
- Chickpea stir-fry with black olives and spinach
- Mediterranean salad with tomato, burrata and pistachios

## MAIN COURSE. Choose one from this group

- Grilled salmon with roasted bonito, hazelnuts, agave syrup, basic dressing and tender shoots. (Supplement: €2)
- Beef stir-fry wok with fresh seasonal vegetables and toasted almonds.
- Vegetable tagliatelle with zucchini, seasonal mushrooms and parmesan shavings.
- Nutribowl - made with rice or quinoa - accompanied by marinated salmon, bimi, spring onion, citrus dressing and mayonnaise.
- Free-range chicken breast served with truffle purée, quinoa, bonito, and teriyaki sauce.

## DESSERT  Choose one from this group

- Homemade cheesecake
- Pistachio waffle
- Seasonal fruit

CRUSTÁCEOS CRUSTACEANS · HUEVO EGG · SOJA SOYBEANS · FRUTOS CÁSCARA TREE NUTS · CACAHUETE PEANUTS · CEREALES CON GLUTEN · ALTRAMUCES LUPINS · LECHE MILK · PESCADO FISH · SULFITOS SULPHUR DIOXIDE · SÉSAMO SESAME · MOLUSCOS MOLLUSCS · MOSTAZA MUSTARD · APIO CELERY

# STARTERS

## HOMEMADE GUACAMOLE WITH CRUDITTES AND WHEAT CHIPS • 14

• Kimchi, zanahoria, pepino y apio crujiente.

## COCA PIZZA • 14.5

• Escalivada (red pepper, eggplant and onion with goat chese)

## ARTICHOKES • 15.5

• With salmorejo and ham shavings (3 units).

## CHICKPEA, BLACK OLIVE AND SPINACH WOK • 12

• Sautéed chickpeas, garlic, sliced black olives and fresh spinach

## NUTRIBOL • 14 ORDER IT WITH RICE OR QUINOA

• Brown rice, avocado, marinated salmon, bimi, spring onion, citrus dressing and mayonnaise.

VEGGAN

Order it without salmon and without mayonnaise

## HUMMUS • 9.5

• Our traditional chickpea hummus accompanied by delicious vegetable chips and crudités.

## SALMOREJO • 9.5 (IN SEASON)

• Served with ham shavings and hard-boiled egg.

## COLLAGEN BROTH • 9.5 (IN SEASON)

• Served with peas and ham.

## NIÇOISE SALAD • 13.5

• With organic tomato, avocado, egg, seasonal asparagus and potato all served on a bed of tender shoots.

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## MEDITERRANEAN SALAD • 15

• Tomato, burrata and pistachios.

## TOMATO AND TUNA BELLY SALAD • 16.5

• Organic tomato, red onion, basil and vinaigrette.

## POTATO OMELETTE BETANZOS STYLE • 15

• With spinach and pine nuts, accompanied by LTC salad.

## ASIAN PRAWN AND PORK SAAM • 7

• With avocado, teriyaki sauce, Japanese mayonnaise and

# MAIN COURSES

## MONKFISH EN PAPILLOTE WITH MUSHROOMS • 23

Served with vegetables.

## GRILLED SALMON • 19.5

With roasted sweet potato, hazelnuts, agave syrup, basic dressing and tender shoots.

## BEEF WOK • 14.5

Sautéed with fresh seasonal vegetables and toasted almonds

## FREE RANGE CHICKEN BREAST • 14

Served with truffled mashed potatoes, quinoa, sweet potato and teriyaki sauce.

## MIXED CEVICHE WITH YELLOW CHILI PEPPER • 19.5

Octopus, prawns, sea bass, red onion, cilantro, toasted corn and tiger's milk.

## PORK TENDERLOIN, PUMPKIN AND ALMONDS - 15

Served on a bed of pumpkin puree and toasted almonds, accompanied by a salad of tender shoots.

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## QUINOA PASTA WITH HEURA • 14
Handmade with fresh pesto.

## VEGETABLE TAGLIATELLE • 14
Made with zucchini, seasonal mushrooms and shavings of aged cheese.

## SATSHUKA • 13
With vegetables and organic egg.

# BURGUERS

## “AUTHENTIC” BUMPGREEN BURGER • 14,50
Brioche bun with caramelized onions, sun-dried tomatoes, cheese, shichimi, and Japanese mayonnaise. Served with roasted potatoes with garlic, parsley, and butter.

## KIMCHI BURGER • 15
Brioche bun with crispy onions, sun-dried tomatoes, cheese, shichimi, Japanese mayonnaise, and kimchi. Served with roasted sweet potato.

## “THE BEYOND BURGER” 100% VEGETABLE • 15
With raw parmesan, sundried tomato, shichimi, vegetarian sauce, crispy onion and brioche bread.

PLANT-BASED

# DESSERTS

## CHOCOLATE BROWNIE • 7
With salted caramel ice cream.

## HOMEMADE CHEESECAKE • 6.5
With salted caramel ice cream.

## COCOA TEXTURES • 7
With peanut ice cream.

## BG WAFFLE • 7
With pistachio jam or chocolate

## BUMPGREEN CAKES • 6.5
Check out our flavors

*Please check the allergens in our cakes and sponges with our staff

## FRUIT SALAD OR SEASONAL FRUIT • 6.5

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# BRUNCH

**AVAILABLE SATURDAY AND SUNDAY FROM 10:00 AM TO 1:30 PM**

The best thing about brunch is being able to enjoy time without rushing, a small luxury amidst the hectic pace of everyday life.

It’s that time to chat with friends or family, share stories and ideas while enjoying a croissant, French toast, a ham and cheese sandwich, or a super-vitamin-packed smoothie with seawater.

At Bumpgreen, we believe brunch should be like this: sweet and savory, comfortable and uncomplicated, but prepared with care and quality ingredients.

Here, quality and expertise make all the difference. No frills, just honest, well-made dishes for you to savor every bite.

Enjoy your meal and welcome to the Bumpgreen brunch!

Bumpgreen
FOOD with SPIRIT

# BRUNCH • 28

## YOGURT
With seasonal fruit

## JUCY DRINK
With seasonal fruit

- Orange juice
- Green Celery Smoothie
- Lemonade
- Root Ginger Smoothie

## COFFEE OR TEA (Choose one option)
Order it however you like

## LET'S BEGIN (Choose one option)

- Croissant
- Cake *Please check the allergens with our staff
- Catalana. Ciabatta bread, Iberian ham, and cooked tomatoes
- Hummus with vegetable chips
- English muffin with mozzarella, avocado, salmon and tender sprouts.

## MAIN COURSE. (Choose one from this group)

- Grilled sandwich. Brioche, cooked turkey and Emmental cheese.
- Shakshuka. Vegetables with spices and egg.
- Avocado sandwich, edamame, tomato concassé, grated egg, cilantro and tender sprouts.
- Turkey croissant, goat cheese, wholegrain mustard and arugula.
- Croissant de salmón, mozzarella, pesto y tomate.
- Eggs Benedict served with English bread, hollandaise sauce, chives, pancetta or salmon.
- Scrambled eggs with salmon.
- Scrambled eggs with Iberian ham.

## SWEET MOMENT
Ask about our fabulous cakes

*Please check the allergens with our staff

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Mimosa +5

Glass of cava +5

# WINES

## RED WINES

### Glass 4€

- San cobate · Ribera del Duero · 25
- Petit Pitacum · Mencia bierzo · 21
- Martín Verdugo · Ribera del Duero · 23
- 22 pies · Rioja · 19
- Albamar Fusco · Ribeira Sacra · 22

## WHITE WINES

### Glass 4€

- Puente de Rus · Verdejo · 18
- Puente Rus · Sauvignon · 18
- Gatuno · Verdejo · 22
- Yeyá · Chardoney - moscatel · 19
- Adrede · Albariño · 20
- Patito Feo · Godello · 25
- Pazo das Bruxas · Albariño · 21
- Cucú · Verdejo · 20
- Novio Perfecto · moscatel viura · 19

## SPARKLING WINES

- Al Roca Brut · 26
- Alicia Sidra · 18

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# TEAS / INFUSIONS

## MATCHA TEA LATTE • 5
Made with plant-based milk and agave syrup.

## GREEN TEA SENCHA LU YU • 3,50

## JASMINE CHINA GREEN TEA• 3,50

## DARJEELING “SEEYOK” PURE BLACK TEA. • 3,8

## CHAI TEA • 3,5

## GREEN LEMON ROOIBOS • 3,5

## CAMOMILE • 3

## PEPPERMINT INFUSION • 3

## RED FRUIT INFUSION • 3,50

## A WHOLE FOREST IN YOUR LUNGS. • 3,80
Licorice root, mint, ginger, cinnamon, pepper, parsley, fennel, cloves and basil leaves.

## GOOD HEALTH INFUSION • 3,80
Cinnamon, ginger, cloves, black pepper, and cardamom. Best with milk, soy milk, or juice.


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