

# BumI GRêN

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

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*Food with spirit.*

BREAKFAST

MIDDAY MENU










MENU

BRUNCH












DRINKS

WINE CELLAR










## EGGS

- Benedict. Poached egg, hollandaise sauce, avocado pancetta or salmon • 10,90    
- Omelette. Potato omelette, cooked to order. • 7 
- Smoked salmon • 9  
- Iberian • 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   
- Avocado toast with tender sprouts. 6.5 
- Toasted bread with hummus, sweet peppers, and extra virgin olive oil. 6.5 

## CROISSANT SALTY

- Turkey and fresh cheese. With wholegrain mustard and arugula • 6,50    
- Smoked salmon, mozzarella, pesto and tomato • 7,50     
- Iberian ham. Iberian shoulder ham with cooked tomatoes • 7,50   

## SWEET





- Classic Croissant. • 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).

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

#### BEVERAGES. Choose one from this group

- Coffee
- Infusion

### Gluten-free bread • 0.7



# 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 cherry tomatoes, lamb's lettuce, spinach, black and green olives, burrata, and pistachios.

## MAIN COURSE. Choose one from this group

- Grilled salmon with roasted sweet potato, 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 truffled mashed potatoes, quinoa and sweet potato

## 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 WITH GARDEN VEGETABLES • 14.5

• Eggplant, onion, pepper, sun-dried tomato, and almond praline, garlic-honey, dehydrated black olive, Bumpgreen dressing, arugula and cheese

**VEGGAN** swap the cheese for rawusano

### CREAMED ARTICHOKE • 15.5

• Alcachofas confitadas con aceite de carbón de laurel, cebolla crujiente, crema de almendra, praliné, sal de limón y queso rallado.

**VEGGAN** swap the cheese for rawusano

### CHICKPEAS, BLACK OLIVE AND SPINACH WOK • 12

• Stir-fried 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

### CURRY HEURA NUTRIBOWL - 100% PLANT-BASED- • 15

• With “HEURA”, the non-GMO soy-based plant-based protein created by the Spanish startup “Foods for Tomorrow”. With brown rice, bimi (broccoli rabe), sweet potato, zucchini, cilantro, sesame seeds, arugula oil, chopped almonds, and coconut curry sauce.

**PLANT-BASED**

### 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.



## PUMPKIN CREAM • 9.5 (IN SEASON)

## NIÇOISE SALAD • 13.5

• Con tomate ecológico, aguacate, huevo, espárragos de temporada y patata todo servido sobre una cama de brotes tiernos con salsa nicçise.

## MEDITERRANEAN SALAD • 15

• Cherry tomatoes, burrata, black and green olives, lamb's lettuce, spinach and pistachios, accompanied by a touch of pesto.

## POTATO OMELETTE BETANZOS STYLE • 15

• With spinach and pine nuts, accompanied by LTC salad

## LENTIL SALAD, ASIAN TOUCHES • 12

• With edamame, beetroot, sesame, walnuts, raisins and seasonal fruit.

## CRUCIFEROUS VEGETABLE SALAD • 10.5

• Broccoli, cauliflower, peas, edamame, pesto, parsley, basil, and orange saltfresh mint.

VEGGAN

Order it with vegan pesto



## MAIN COURSES

## 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 puree, quinoa, and sweet potato.

## 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.

## 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.

## TOMATO TARTARE • 13.5

With almond stracciatella, arugula oil, black olives, Asian dressing and lemon salt.

## LAMB INGOT • 18

With couscous, sun-dried tomato, rosemary, a touch of ash and torch-burned.

## SALMON TARTARE • 14

On a bed of wakame seaweed, black sesame, avocado, Granja Cantagrullas yogurt, dressed with oyster sauce.

## 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**

### BULL ´S TAIL BURGER • 16.5

Shredded and boneless, roasted red pepper and garlic honey mayonnaise, accompanied by baked potatoes and sourdough bread.

\*All fish products served raw or semi-raw have been previously subjected to a freezing process, in accordance with current health regulations.



## DESSERTS

### CHOCOLATE BROWNIE • 7

With salted caramel ice cream.

### HOMEMADE CHEESECAKE • 6.5

### 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



CRUSTÁCEOS  
CRUSTACEANS



HUEVO  
EGG



SOJA  
SOYBEANS



FRUTOS CÁSCARA  
TREE NUTS



CACAHUETE  
PEANUTS



CEREALES CON  
GLÚTEN



ALTRAMUCES  
LUPINS



LECHE  
MILK



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SULFITOS  
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SÉSAMO  
SESAME



MOLUSCOS  
MOLLUSCS



MOSTAZA  
MUSTARD



APIO  
CELERY



# BRUNCH

AVAILABLE SATURDAY AND SUNDAY FROM 10:00 AM TO 13:30 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!

Bump  
GRÉN  
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.    
- Salmon, mozzarella, pesto and tomato croissant     
- 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

For a supercharge of vitamins and minerals!  
Made with seawater

**PLANT-BASED**

**GLUTEN FREE**

## **GREEN CELERY • 6**

Leafy greens, rosemary, celery, cucumber, parsley, Fuji apple and lemon



## **GREEN MINT • 6**

Green leaves, orange, fennel, rosemary, pineapple and mint.

## **ROOTS GINGER • 6**

Carrot, Golden Delicious apple and fresh ginger.

## **KOMBUCHA • 4**

## **MINERAL WATER 50CL • 3.20**

## **SODA • 3.50**

## **TEA / INFUSION • 3.50**

## **TERCIO MAHOU 5 ESTRELLAS • 4**

## **TERCIO MAHOU SIN GLUTEN • 4**

## **ALHAMBRA RESERVA • 4**



# WINE CELLAR

## RED WINES

- VIÑA HERMINIA CRIANZA · BOTELLA 17
- ARIENZO DE MARQUÉS DE RISCAL CRIANZA · BOTELLA 19
- VIÑA POMAL CRIANZA · BOTELLA 20
- MARQUÉS DE RISCAL RESERVA · BOTELLA 28
- SAN VICENTE 2020 · BOTELLA 51
- ZARZUELA ROBLE · BOTELLA 18
- CEPA 21 · BOTELLA 29
- PAGO DE LOS CAPELLANES ROBLE · BOTELLA 31
- EMILIO MORO · BOTELLA 33
- CARMELO RODERO CRIANZA · BOTELLA 36
- BOBAL DE ESTENAS · BOTELLA 19

## WHITE WINES

- MARQUÉS DE IRÚN VERDEJO · BOTELLA 16
- MARINA ALTA · BOTELLA 18
- VIÑA CALERA · BOTELLA 18
- EL NOVIO PERFECTO · BOTELLA 18
- MARÍA SANZO ALBARIÑO · BOTELLA 21
- ENATE CHARDONNAY · BOTELLA 23

## CELLARS

- VEGA MEDIEN BRUT NATURE ECOLOGICO · BOTELLA 19
- VEGA MEDIEN ROSADO ECOLOGICO · BOTELLA 20
- RAMÓN CANALS BRUT NATURE RVA. NUMERADA · BOTELLA 22

## CHAMPAGNE

- LAURENT PERRIER LA CUVÉE BRUT · BOTELLA 60
- LAURENT PERRIER LA CUVÉE BRUT 37.5cl · BOTELLA 33

## PINKS WINES

- MARQUÉS DE RISCAL · BOTELLA 19
- LAURENT PERRIER LA CUVÉE BRUT 37.5cl · BOTELLA 33



CRUSTÁCEOS  
CRUSTACEANS



HUEVO  
EGG



SOJA  
SOYBEANS



FRUTOS CÁSCARA  
TREE NUTS



CACAHUETE  
PEANUTS



CEREALES CON  
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ALTRAMUCES  
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SÉSAMO  
SESAME



MOLUSCOS  
MOLLUSCS




MOSTAZA  
MUSTARD




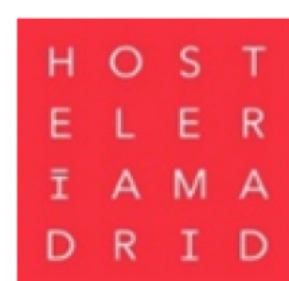
APIO  
CELERY

# LISTADO DE ALÉRGENOS - BUMP GREEN REV.01 ED.00

	GLUTEN	CRUSTACEOS	MOLUSCOS	HUEVO	PESCADO	LECHE	FRUTOS CÁSCARA	CACAHUETE	SOJA	MOSTAZA	SÉSAMO	APIO	SULFITOS	ALTRAMUCES
GUACAMOLE CON CRUJIENTES Y CHIPS	•				•				•				•	
ENSALADA DE VENTRESCA Y SULFITOS					•								•	
COCCA PIZZA ESCALIVADA	•					•	•		T	T				
BASE PIZZA PIADINA	•								T	T				
SALMOREJO				•										
ALCACHOFA CON SALMOREJO Y JAMÓN				•										
WOK DE GARBANZOS													•	
NUTRIBOWL DE QUINOA Y ARROZ	•			•	•				•	•	•		•	
HUMMUS												•	•	
GUISANTES CON JAMÓN												•		
ENSALADA NICOISE				•						•			•	
ENSALADA MEDITERRÁNEA	T			•	T	•	•		T	T		T	•	
TORTILLA DE PATATAS ESTILO BETANZOS				•			•						•	
SAM DE LANGOSTINOS Y AGUACATE	•	•		•					•	•			•	
RAPE EN PAPILOTE					•	•								
SALMÓN A LA PLANCHA	•			•	•		•		•	•			•	
WOK DE TERNERA									•				•	
PECHUGA DE POLLO CAMPERO	•	T		T	T	•	T		T			T		
CEVICHE MIXTO		•	•		•							•		
SOLOMILLO DE CERDO CON CALABAZA Y ALMENDRAS						•	•						•	
TAGLIATELLE VEGETAL						•								

# LISTADO DE ALÉRGENOS - BUMP GREEN REV.01 ED.00

	GLUTEN	CRUSTACEOS	MOLUSCOS	HUEVO	PESCADO	LECHE	FRUTOS CÁSCARA	CACAHUETE	SOJA	MOSTAZA	SÉSAMO	APIO	SULFITOS	ALTRAMUCES
BURGUER KIMCHI	•			•		•			•	•	•		•	
BEYOND	•			•		•	•		•	•	•			
PASTA DE QUINOA CON HEURA	•			•	T	•	•		•			T		
SHAKSHUKA CON HUEVO	T			•					T					



Leyenda	
●	Contiene el alérgeno.
T	Puede contener trazas.





BG

BUMPGREEN.COM

