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

MENU

DRINKS

WINE CELLAR

BREAKFAST
UNTIL 12:00

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

SANDWICH

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

• Smoked salmon toast with avocado • 8

• 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

MIDDAY MENU

AVAILABLE FROM MONDAY TO FRIDAY
DRINKS NOT INLUDED

STARTER. Choose one from this group

19.90

• Salmorejo

• Mediterranean salad with cherry tomatoes, lamb's lettuce, spinach, black and green olives, burrata, and pistachios.

• Warm pumpkin cream

• Creamed artichokes, confit with bay leaf charcoal oil, crispy onion, almond cream, praline, lemon salt and grated cheese.

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.

• Heura Nutribowl - 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.

• Nutribowl - made with brown rice or quinoa - accompanied by marinated salmon, avocado, bimi, spring onion, citrus dressing and mayonnaise.

• Free-range chicken breast served with truffled mashed potatoes, quinoa and sweet potato.

• BumpGreen Burger. Brioche bun with caramelized onions, sun-dried tomatoes, cheese, shichimi, and Japanese mayonnaise. Served with roasted potatoes with garlic, parsley, and butter.

DESSERT Choose one from this group

• Homemade cheesecake
• Dulce de leche waffle (caramel spread)
• Seasonal fruit

DRINKS NOT INCLUDED

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, carrot, cucumber and crunchy celery

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 ARTICHOKES • 15.5

• Confit artichokes with bay leaf charcoal oil, crispy onion, almond cream, praline, lemon salt and grated cheese.

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.

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PUMPKIN CREAM • 9.5 (IN SEASON)

NIÇOISE SALAD • 13.5

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

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

• Potato and spinach omelet

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

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.

SWEET POTATO NOODLES • 14

In a creamy coconut and Portobello sauce, served with bimi, sesame seeds, pickled onions, walnuts, cashews, capers, and

CURRY OCTOPUS • 16

Braised octopus tentacle served over seasoned brown rice with BumpGreen curry sauce, avocado, and confit tomato.

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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 AND AVOCADO TARTARE • 13.5
With tomato and avocado, 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.

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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 or Dulce de leche (caramel spread)

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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DRINKS

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

BEER VOLL DAMN • 4

BEER VICTORIA SIN ALCOHOL • 4

BEERDAURA DAMN SIN GLUTEN • 4.2

DOBLE DE BEER • 4

VERMUT • 6.5

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 • BOTELLA18
- 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

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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 PAPILLOTE					•	•								
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						•								

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BURGUER KIMCHI	•			•		•			•	•	•		•	
BEYOND	•			•		•	•		•	•	•			
PASTA DE QUINOA CON HEURA	•			•	T	•	•		•			T		
SHAKSHUKA CON HUEVO	T			•					T					

Leyenda	
•	Contiene el alérgeno.
T	Puede contener trazas.

CALIDAD Y SEGURIDAD ALIMENTARIA

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