



IRENE'S

HEALTH KITCHEN

Gluten | Gluten  Vegano | Vegan  Plato estrella | Signature dish 

Sin gluten | Gluten-free  Sin lactosa | Lactose free 

## PANES BREADS

Nuestros panes están elaborados de la manera tradicional en la panadería del pueblo de Algotocín, Ronda, utilizando horno de leña, harinas locales y largas fermentaciones.

Our artisanal bread selection is baked daily in the village of Algotocín, near Ronda. Local flours, long fermentation and wood-fired ovens are part of its secret.

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### BLANCO MEDITERRÁNEO DE COCO Y ALMENDRAS

Gazpacho cremoso de almendras,  
leche de coco, mango fresco y quinoa inflada **G**

#### MEDITERRANEAN WHITE WITH COCONUT AND ALMONDS

Creamy gazpacho with almonds, coconut milk, fresh mango and puffed quinoa

26

### CEVICHE VERDE DEL HUERTO

Dados vegetales marinados en leche de coco,  
cilantro, choclo crujiente, aji amarillo y lima **V**

#### GREEN CEVICHE FROM THE VEGETABLE GARDEN

Diced vegetables marinated in coconut milk, coriander,  
crispy sweetcorn, yellow chilli and lime

26

### TIERRA ROJA Y CREMA DE SÉSAMO

Hummus de remolacha, crema tahina,  
nueces tostadas, alcaparras y pepinillos encurtidos **G L V**

#### RED LAND AND SESAME CREAM

Beetroot hummus, tahini cream, toasted walnuts, capers and pickled gherkins

23

### VERDE VITAL CON QUINOA REAL

Espinacas frescas, quinoa roja, aguacate, manzana verde, almendras tostadas **V**

#### VITAL GREEN WITH ROYAL QUINOA

Fresh spinach, red quinoa, avocado, green apple, toasted almonds

24

# BOWLS

## ENERGIA NATURAL - NATURAL ENERGY

### POKE VERDE IRENE'S

con mango, tomate cherry, aguacate, alga wakame y edamame  

IRENE'S GREEN POKE

with mango, cherry tomatoes, avocado, wakame seaweed, edamame

Base de arroz integral o quinoa

SALSAS SALUDABLES:

Sriracha natural o mostaza suave con miel orgánica

Choice of brown rice or quinoa

HEALTHY SAUCES:

Natural Sriracha or soft mustard with organic honey

25

### GUACAMOLE TRADICIÓN VIVA

Aguacate, lima, cebolla morada, chile fresco, aove y totopos 

GUACAMOLE A LIVING TRADITION

Avocado, lime, red onion, fresh chilli, avool and nachos

26

### QUINOA DORADA Y AGUACATE CÍTRICO

Quinoa real, aguacate, naranja fresca, mango y vinagreta de cítricos 

GOLDEN QUINOA AND CITRUS AVOCADO

Red quinoa, avocado, fresh orange, mango and citrus vinaigrette

25

# GRILL VEGETAL VEGETABLE GRILL

## BURGUER DE LEGUMBRES

Con pan brioche, queso vegetal, tomate grill y hojas frescas  

PLANT-BASED BURGER

Served on a brioche bread, vegan cheese, grilled tomato and fresh salad leaves

28

## CLUB GARDEN SÁNDWICH


Pan de churros, queso vegetal fundete, vegetales asados, tomate, tartufo y hojas frescas   

CLUB GARDEN SANDWICH

Churros bread, melted vegan cheese, roasted vegetables, tomato, truffle and fresh leaves

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## BURGUER VERDE PRÓTEICA

con pan brioche, burger de tofu, temphe, queso vegetal, tomate, espinacas frescas y cebolla caramelizada  

GREEN HEALTHY PROTEIN BURGER

Served on a brioche bun with a tofu burger, temphe, plant-based cheese, tomato, fresh spinach and caramelised onion

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## PIZZA CRUJIENTE MEDITERRÁNEA


Masa integral fina, tomate confitado, pesto, verduritas asadas y aove   

CRISPY PIZZA

Thin wholemeal pasta, sun-dried tomatoes, pesto, roasted vegetables and evoo


31

## FRESCOR Y DULZURA FRESH AND SWEET

ACAI ENERGÍA PURA  
Granola artesanal y frutos rojos **G L**   
AÇAI PURE ENERGY  
Homemade granola with red berries  
30

GRIEGØ Y GRANOLA CASERA  
Yogurt griego, granola casera, frutos rojos y agave **G L**  
GREEK YOGHURT AND HOMEMADE GRANOLA  
Greek yoghurt, homemade granola, red berries and agave syrup  
28

BROWNIE CACAØ ØRIGEN  
de cacao puro **V**  
ORIGIN COCOA BROWNIE  
made from pure cocoa  
17

PIÑA VIVA CON LIMA Y MENTA FRESCA  
Carpaccio de piña natural con helado vegetal de alcaravea **V**   
FRESH PINEAPPLE WITH LIME AND MINT  
Fresh pineapple carpaccio with caraway vegetable ice cream  
15

## ZUMOS NATURALES NATURAL JUICES

NARANJA  
ORANGE  
9

SANDÍA  
WATERMELON  
15

MELÓN  
MELON  
15

# LIMONADAS LEMONADES

## LIMONADA CLÁSICA CLASSIC LEMONADE

12

## LIMONADA DE JENGIBRE GINGER LEMONADE

12

## LIMONADA DE HIERBABUENA PEPPERMINT LEMONADE

12

# ZUMOS DÉTØX DETØX JUICES

## ENERGÉTICO

Apio, pepino, limón, espinacas y manzana

ENERGETIC

Celery, cucumber, lemon, spinach and apple

15

## REGENERATIVO

Piña, zanahoria y jengibre

REGENERATIVE

Pineapple, carrot and ginger

15



COMMITMENT TO TRADITION AND  
SUSTAINABILITY

Scan the QR code to view our certificates  
and sustainability guarantees.

COMPROMISO CON LA  
TRADICIÓN Y LA SOSTENIBILIDAD

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