



ABOUT US

We wanted to create a cosy place, offering quality food and drinks. A place where neighbours could gather and tourists could feel at home in our neighbourhood. We are focusing on using as much local produce as possible and most of our drinks and products are organic. We are a small family owned business that consists of enthusiastic, unpretentious healthy food lovers. We are your neighbours! We totally believe that we are what we eat and drink. Our dishes are designed to suit all tastes and substitute ingredients are offered to satisfy vegan, vegetarian and meat lovers.



NETWORK: **NEIGHBOURS**



PASSWORD: **Alba.2022**



ORGANIC COFFEE

regular large

Espresso	●	€ 1.3	
Double Espresso	● ●	€ 2.4	
Cortado Natural	●	€ 1.5	
Machiato	●	€ 1.5	
Cortado Leche Leche	●	€ 1.6	
Barraquito Large	● ●	€ 3.7	
Americano	● ● ● ●	€ 1.6	€ 2.6
Cafe con leche	● ● ● ●	€ 1.9	€ 2.9
Capuccino	● ● ● ●	€ 2.1	€ 3.1
Latte Machiato	● ●	€ 3.5	



EXTRAS

Vanilla or Caramel	€ 0.5	
Extra shot	€ 1.0	
Plant based milk	€ 0.3	€ 0.5
Decaf.	€ 0.3	



ORGANIC ICED COFFEE

Freddo espresso	● ●	€ 2.8
Espresso tonica	● ●	€ 3.5
Iced latte	● ●	€ 3.5
Iced chocolate		€ 3.7
Iced matcha latte		€ 3.9
+vanilla or caramel		€ 0.5



ORGANIC LATTES

Matcha Latte		€ 3.5
Chai Latte		€ 3.5
Dirty Chai	●	€ 4.0
Golden Milk Latte		€ 3.5
Pink Latte		€ 4.0
Blue Latte		€ 5.0



ORGANIC TEAS

Hot Tea (<i>english, green, red fruits, earl grey, rooibos, mint</i>)	€ 2.2
Homemade Red Fruit Iced Tea	€ 3.2



FRESH NATURAL JUICES

Orange Juice	€ 3.9
Orange & strawberry	€ 4.3
Orange, strawberry & papaya	€ 4.9
Orange, strawberry & banana	€ 4.9
Orange, ginger & beet root	€ 4.9



SMOOTHIES

Tenerife twist	€ 4.5
<i>Mango, banana, milk</i>	
Red love	€ 4.8
<i>Red fruits, cherries, blueberries, banana</i>	
Green smoothie	€ 5.0
<i>Spinach, mango, pineapple, coconut, banana</i>	



SOFT DRINKS

Water	€ 1.6
Soft Drinks	€ 2.0
Schweppes tonica	€ 2.2



WINE & CAVA

Organic House Wine (Red / White)	€ 3.5
Bottle of Wine	€ 14.0
Small Bottle Codorniu Benjamin	€ 5.0



BEERS

Dorada Pilsen	€ 2.0
Dorada especial	€ 2.8
Dorada Lemon non alcoholic	€ 2.6
Corona	€ 3.2
Stella artois	€ 3.2
Koppanberg strawberry and lime	€ 4.5
IPA	€ 3.9



CROISSANTS

Croissant (sugar free)	€ 1.85
With Nutella	€ 2.95
With Jam & Butter	€ 3.45
Ham & Cheese / Tomato & Cheese	€ 3.95
Cheese & Onion	€ 3.95



CHIA & MANGO PUDDING

Chia seeds hydrated in coconut water with yoghurt, mango coulis, banana, shredded coconut & granola <i>(Vegan option available + € 1)</i>	€ 6.95
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ANTIOXIDANT SMOOTHIE BOWL



Sugar free acai, cherries, red fruits, peanut butter, granola, seasonal fruits & mixed seeds	€ 7.95
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TOASTS

Mushroom Toast 	€ 7.5
Mushrooms, smoked vegan ricotta, alfalfa sprouts, carrots, sesame seeds & organic olive oil	
Avocado Toast 	€ 7.5
Homemade beetroot hummus, avocado, mixed greens, pumkin seeds, carrots, sprouts & organic olive oil	



SPECIAL CROISSANT

Tomato, cheese, pesto, cucumber, carrots, mixed greens & ham <i>(Vegetarian option with mushrooms)</i>	€ 7.25
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SPINACH WAFFLES

Spinach waffles served with an omelette, feta cheese, cherry tomatoes, avocado slices, sprouts, parsley & carrots	€ 10.95
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ENGLISH BREAKFAST

Premium sausage, fried egg, bacon, cherry tomatoes, mushrooms, hash brown, toast, butter & heinz baked beans	€ 6.95
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SANDWICHES

Ham & cheese / cheese & tomato	€ 3.20
Cheese, lettuce, tomato & mayonese	€ 4.20
Bacon, lettuce, tomato & mayonese	€ 4.50
Tuna, lettuce, tomato & mayonese	€ 4.70



PANCAKES

Blueberry Pancakes	€ 7.95
Sourdough pancakes, blueberry coulis, yoghurt-cream with honey, cinnamon & vanilla <i>(Vegan option available + € 1)</i>	
Nutella & Banana Pancakes	€ 7.95
"Not Your Usual Pancakes"	€ 9.95
Sourdough pancakes, homemade banana cream, bacon, fried egg, organic agave syrup & cinnamon <i>(Vegetarian option with mushrooms)</i>	



NOT YOUR TYPICAL BREAKFAST

Seeded brown bread, homemade beetroot hummus, Serrano ham, fried eggs, tomato, asparagus & salad <i>(Vegetarian option with mushrooms)</i>	€ 9.95
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BAGELS

Breakfast Bagel	€ 8.25
Fresh pork sausage, bacon, 2 fried eggs, ketchup & salad	
Salmon Bagel	€ 8.75
Smoked salmon, cream cheese, sprouts, radishes, cucumber, onions, capers & salad	
Green beauty bagel 	€ 8.25
Avocado cream, sprouts, mixed greens, cucumber, red lentil and spinach sausage, hoisin sauce & salad	
Special Bagel	€ 8.95
Bacon, chicken breast, hoisin sauce, cucumber, carrots & salad	



HEALTHY SALADS

Summer Salad



€ 8.95

Avocado, raisins, walnuts, beetroot, cherry tomatoes, apple, alfalfa sprouts, mixed greens, homemade sweet sauce & olive oil

Quinoa Salad



€ 8.95

Chickpeas, tomatoes, cucumber, red onions, mixed greens, quinoa, parsley, olive oil and lime juice



BURGERS

BEEF BURGER

€ 12

Homemade beef burger, egg, cheese, mayonese, tomato, mixed greens, onions + side salad & tacos
Gluten free option + € 2

CHICKEN BURGER

€ 12

Homemade chicken burger, tomato, homemade coleslaw
+ side salad & tacos
Gluten free option + € 2

VEGAN BURGER



€ 12.5

Vegan burger, mushrooms, guacamole, homemade beetroot hummus, mixed greens, onions, tomato
+ side salad & tacos
***add fried egg + € 1*



FRESH GARDEN BOWLS

Vegan Bowl



€ 10.45

Vegan meatballs or smoked tofu, quinoa, carrots, radishes, cherry tomatoes, beetroot, cucumber, homemade sweet sauce & beetroot hummus

Protein Power Bowl

€ 11.95

Grilled chicken breast fillet or vegan meatballs, wild rice, cherry tomatoes, carrots, cucumber, feta cheese, red beans, mixed greens, homemade sweet sauce & beetroot hummus
substitute chicken for smoked salmon + € 2.5



HOMEMADE DESSERTS SUGAR FREE

Please ask us for the vegan, lactose or gluten free options that we have for you today

€ 3.9



EXTRAS

Organic fried egg	€ 1.5
Poached egg	€ 2.0
Scrambled eggs	€ 4.0
Feta cheese	€ 1.5
Bacon	€ 1.5
Avocado	€ 2.5
Sausage	€ 2.0
Smoked salmon	€ 3.5
Gluten free toast	€ 1.0
Gluten free bun	€ 2.0



GLUTEN



PEANUTS



NUTS



CELERY



MUSTARD



MOLLUSCS



SOYA



EGGS



MILK



SESAME



FISH



CRUSTACEANS



SULPHITES



LUPIN



We use ethically sourced, local, organic and sustainable ingredients as much as we can.



SOBRE NOSOTROS

Queríamos crear un lugar acogedor, que ofreciera comida y bebidas de calidad.

Un lugar donde los vecinos pudieran reunirse y los turistas pudieran sentirse como en casa en nuestro barrio. Nos centramos en utilizar la mayor cantidad de productos locales posible y la mayoría de nuestras bebidas y productos son ecológicos. Somos una pequeña empresa familiar formada por amantes entusiastas y sin pretensiones de la comida saludable. ¡Somos tus vecinos! Creemos totalmente que somos lo que comemos y bebemos. Nuestros platos están diseñados para todos los gustos y se ofrecen ingredientes sustitutos para satisfacer a los veganos, vegetarianos & amantes de la carne.



NETWORK: **NEIGHBOURS**



PASSWORD: **Alba.2022**



CAFE ECOLÓGICO

regular grande

Espresso	●	€ 1.3	
Espresso doble	●●	€ 2.4	
Cortado Natural	●	€ 1.5	
Machiato	●	€ 1.5	
Cortado Leche Leche	●	€ 1.6	
Barraquito Large	●●	€ 3.7	
Americano	● ●●	€ 1.6	€ 2.6
Cafe con leche	● ●●	€ 1.9	€ 2.9
Capuccino	● ●●	€ 2.1	€ 3.1
Latte Machiato	●●	€ 3.5	



EXTRAS

Vanilla o Caramelo	€ 0.5	
Extra shot	€ 1.0	
Leche vegetal	€ 0.3	€ 0.5
Decaf.	€ 0.3	



CAFE FRIO ECOLÓGICO

Freddo espresso	●●	€ 2.8
Espresso tonica	●●	€ 3.5
Iced latte	●●	€ 3.5
Iced chocolate		€ 3.7
Iced matcha latte		€ 3.9
+vanilla o caramelo		€ 0.5



LATTES ECOLÓGICOS

Matcha Latte		€ 3.5
Chai Latte		€ 3.5
Dirty Chai	●	€ 4.0
Golden Milk Latte		€ 3.5
Pink Latte		€ 4.0
Blue Latte		€ 5.0



TÉS ECOLÓGICOS

Tés calientes (<i>inglés, verde, frutos del bosque, earl grey, rooibos, menta poleo</i>)	€ 2.2
Té frio casero de frutos rojos	€ 3.2



ZUMOS NATURALES

Naranja	€ 3.9
Naranja & Fresa	€ 4.3
Naranja, Fresa & Platano	€ 4.9
Naranja, Fresa & Papaya	€ 4.9
Naranja, Jengibre & Remolacha	€ 4.9



SMOOTHIES

Tenerife twist	€ 4.5
<i>Mango, plátano, leche</i>	
Red love	€ 4.8
<i>Frutos rojos, cerezas, arándanos, plátano</i>	
Green smoothie	€ 5.0
<i>Espinacas, mango, piña, coco, plátano</i>	



REFRESCOS

Agua sin / con Gas	€ 1.6
Refresco	€ 2.0
Tónica	€ 2.2



VINO & CAVA

Vino ecológico	€ 3.5
Vino e botella	€ 14.0
Botella pequeña de Codorníu	€ 5.0



CERVEZAS

Dorada Pilsen	€ 2.0
Dorada Special	€ 2.8
Dorada sin Alcohol con limón	€ 2.6
Corona	€ 3.2
Stella artois	€ 3.2
Koppanberg Strawberry & Lime	€ 4.5
IPA	€ 3.9



CROISSANTS

Croissant (sin azucar)	€ 1.85
Con Nutella	€ 2.95
Mantequilla & Mermelada	€ 3.45
Jamón & Queso / Tomate & Queso	€ 3.95
Cebolla & Queso	€ 3.95



CHIA & MANGO PUDDING

Semillas de chia con yogur, vainilla, canela, mango, plátano, coco rallado & granola (Opción vegana disponible + € 1)	€ 6.95
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SMOOTHIE BOWL ANTIOXIDANTE



Acai, cerezas, fresas, frambuesas, arándanos, moras, plátano, crema de cacahuets, granola, fruta fresca & mix de semillas	€ 7.95
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TOSTADAS

Tostada de champiñones 	€ 7.5
Champiñones, requesón casero de tofu ahumado, brotes de alfalfa, zanahorias, semillas de sésamo & aceite de oliva ecológico	

Tostada de aguacates 	€ 7.5
Hummus casero de remolacha, aguacate, mix de verdes, semillas de calabaza, brotes de alfalfa, zanahorias & aceite de oliva ecológico	



CROISSANT ESPECIAL

Tomate, queso, pesto, pepino, zanahoria, mixed de verdes & jamón (Opción vegetariana con champiñones)	€ 7.25
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GOFRES DE ESPINACA

Gofres de espinaca servidos con tortilla francesa, queso feta, tomates cherry, aguacate, perejil & brotes de alfalfa	€ 10.95
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DESAYUNO INGLÉS

Salchicha premium, huevo frito, beicon, tomate, champiñón, hash brown, tostada, mantequilla & judías Heinz	€ 6.95
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SANDWICHES

Jamón & Queso / Queso & Tomate	€ 3.20
Queso, lechuga, tomate & mayonesa	€ 4.20
Bacon, lechuga, tomate & mayonesa	€ 4.50
Atún, lechuga, tomate & mayonesa	€ 4.70



PANQUEQUES

Panqueques de Arándanos	€ 7.95
3 panqueques caseros, coulis de arándanos, crema de yogur con miel, canela & vainilla (Opción vegana disponible + € 1)	

Panqueques de Nutella & Plátanos	€ 7.95
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"No son tus típicos panqueques"	€ 9.95
3 panqueques, crema casera de plátano frito, lonchas de beicon, huevo frito, sirope de agave & canela (Opción vegetariana con champiñones)	



NO ES TU TÍPICO DESAYUNO

Tostadas de semillas con hummus de remolacha, jamón Serrano, huevos fritos, tomate, espárgos y ensalada (Opción vegetariana con champiñones)	€ 9.95
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BAGELS

Breakfast Bagel	€ 8.25
Salchicha fresca, beicon, 2 huevos fritos, ketchup & ensalada	

Salmon Bagel	€ 8.75
Salmon ahumado, queso crema, alfalfa, rabanitos, verdes, pepino, cebolla, alcachofas & ensalada	

Green beauty bagel 	€ 8.25
Aguacate, brotes de alfalfa, verdes, pepino, salchicha de lenteja roja & espinacas, salsa hoisin & ensalada	

Special Bagel	€ 8.95
Beicon, pechuga de pollo, salsa hoisin, pepino, zanahorias, verdes & ensalada	



ENSALADAS SALUDABLES

Ensalada de Verano € 8.95

Aguacate, uvas pasas, nueces, remolacha, tomates cherry, manzana, brotes de alfalfa, hojas verdes, salsa dulce casera

Ensalada de Quinoa € 8.95

Garbanzos, tomate, pepino, perejil, cebolla roja, mix de verdes, quinoa, aceite de oliva con lima



BURGERS

BURGER DE TERNERA € 12

Hamburguesa casera de ternera, queso, huevo, mayonesa, tomate, lechuga, cebolla + ensalada & tacos
Opción sin gluten + € 2

BURGER DE POLLO € 12

Hamburguesa casera de pollo, tomate, coleslaw casero + ensalada & tacos
Opción sin gluten + € 2

BURGER VEGANO € 12.5

Burger vegano, champiñones, hummus de remolacha, guacamole, lechuga, cebolla, tomate + ensalada & tacos
***añade huevo frito + € 1*



BOWLS FRESCOS DE LA HUERTA

Bowl Vegano € 10.45

Albondigas veganas de verduras o tofu ahumado, quinoa, zanahorias, rábanos, tomates cherry, remolacha, pepino, salsa dulce casera & hummus de remolacha casero

Protein Power Bowl € 11.95

Pechuga de pollo o albondigas veganas, arroz salvaje, tomates cherry, maíz, zanahorias, pepinos, queso feta, judías rojas, verdes, salsa dulce casera y hummus de remolacha casero
sustituye el pollo por salmón ahumado +€ 2.5



POSTRES CASEROS SIN AZÚCAR

Por favor pregunten por nuestros postres del día y opciones veganas, sin lactosa & sin gluten   € 3.9



EXTRAS

Huevo frito ecológico	€ 1.5
Huevo escalfado	€ 2.0
Huevos revueltos	€ 4.0
Queso feta	€ 1.5
Beicon	€ 1.5
Aguacate	€ 2.5
Salchicha	€ 2.0
Salmón ahumado	€ 3.5
Tostadas sin gluten	€ 1.0
Pan sin gluten	€ 2.0



GLUTEN



MISERIA



NUECES



APIO



MOSTAZA



MOLUSCOS



SOJA



HUEVOS



LECHE



SÉSAMO



PESCADO



CRUSTÁCEOS



SULFITOS



LUPINO



Usamos productos y proveedores de economía local, sostenible y ecológica tanto como sea posible.