



ORGANIC

Market & Food



About Us & New Ownership

Organic Market and Food Restaurant is part of the community promoting a healthy lifestyle, predominantly plant-based, organic-eating and chemical-free approach to increase health and wellness for both us and the planet. Our mission is to raise consciousness around food. After extensive research, recipe development and analysis, our new owner - Natalia Belaiche, certified nutritionist, has used her vast experience in health and wellness to create power-food dishes that are rich in nutrients and minerals without compromising on taste.

Why Organic?

We believe that our intake effects both ours and the well-being of our environment. While the decisions we make as consumers collectively shape and effect the environment we share. Fresh organic foods often contain more vitamins, minerals, enzymes and other micronutrients than conventionally and/or industrially farmed produce. Choosing organic products ensures you're getting food free of chemical preservatives, antibiotics, growth hormones and genetically engineered substances. Sustainable farming provides a secure living for farm species, maintains the natural environment and resources, supports the rural community and offers respect and fair treatment to all involved, from farm workers to consumers to the animals raised to feed us.

Changes and Improvements

We are introducing fermented foods that have been part of the human diet for centuries and can be found all over the world. They are nutrient-dense foods high in bioavailable vitamins, minerals, enzymes, and probiotics necessary for a proper working digestive process. Try our new homemade kombucha and fermented coconut yogurt.

Homemade sauces are freshly prepared in our kitchen for the best taste and highest nutritional value with all ingredients thoroughly checked and tested before being served.

Our in-house bakery has completely **stopped using yeast** providing you with the same quality cakes and baked goods but using healthier alternative ingredients.



Catering & Events with Organic Market and Food

Are you planning an event or need catering for yours?
Let us organise it!

Telephone: 667 614 384



WE CARE ABOUT YOUR HEALTH!

That's why we use the following superfoods in our menu



Açaí

- * FULL OF ANTIOXIDANTS
- * ANTI-AGING PROPERTIES
- * HELPS IN WEIGHT LOSS
- * BOOSTS IMMUNE SYSTEM



Turmeric

- * FIGHTS AND REVERSES DISEASES
- * CONTAINS ANTI-INFLAMMATORY SUBSTANCE
- * BOOSTS SKIN HEALTH
- * NATURAL PAIN KILLER



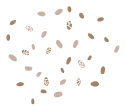
Aloe Vera

- * HELPS WITH DIGESTION
- * NORMALISES PH BALANCE
- * IMPROVES SKIN HEALTH



Matcha

- * PACKED WITH ANTIOXIDANTS
- * BURNS CALORIES
- * PROVIDES A STEADY RELEASE OF ENERGY
- * BOOSTS MEMORY AND CONCENTRATION



Chia Seeds

- * SOURCE OF OMEGA-3
- * HELPS TO LOWER BLOOD PRESSURE
- * STABILISES BLOOD SUGAR



Maca Root

- * ENHANCES ENERGY, MOOD AND MEMORY
- * IMPROVES SEXUAL HEALTH
- * BALANCES ESTROGEN LEVEL



Raw Cacao

- * HELPS ABSORB MINERALS FROM MEALS
- * ELIMINATES FATIGUE
- * #1 SOURCE OF IRON



Spirulina

- * DETOXES HEAVY METALS
- * BALANCES CHOLESTEROL
- * SPEEDS UP WEIGHT LOSS

Minimise the Use of Plastic

At Organic Market & Food we are continually looking for ways to become a more sustainable and environmentally friendly place. Hence, we use compostable straws, cups, napkins, containers and cutlery instead of disposable plastic for take-out orders at the salad bar. We have also introduced Agua enCaja Mejor, natural water that is using one of the most sustainable packaging on the market. Small changes such as these will make a difference.

BioShop

Whether you're looking for organic ingredients and superfoods, seeking out herbal remedies to boost your immune system or just need a little "pick me up" snack we have it available for you at our Bioshop.



ORGANIC JUICES

500ml

Orange Juice

5€

ABC

Apple, Beetroot, Carrot

Healing Leaf

Apple, Cucumber, Celery, Parsley, Lime, Mint

Glowing Skin

Carrot, Pumpkin, Apple, Pumpkin Seed Oil

Get High

Beetroot, Apple, Ginger, Romain Lettuce

Summer Cooler

Watermelon, Mint, Coconut Water

Green Detox

Celery, Apple, Spinach, Lemon, Mint

Agent Orange

Carrot, Apple, Orange, Turmeric

Immune Booster

Grapefruit, Ginger, Turmeric, Cayenne Pepper, Cinnamon

Iron Man

Beetroot, Apple, Cucumber, Mint, Berries

Victoria's Secret

Zucchini, Cucumber, Apple, Spinach, Kale, Lemon

Hawaiian Hurricane

Pineapple, Mango, Passion Fruit, Apple

Super Duper Detox

Cucumber, Broccoli, Spinach, Lemon

Blood Cleansing

Beetroot, Spirulina, Chlorella, Apple, Lemon, Cucumber

LEMONADES

Strawberry, Lime and Mint Lemonade 3,50€

Lime & Mint Lemonade 3,50€

Lemon & Ginger Lemonade 3,50€

Rooibos & Citrus Iced Tea 4,50€

Matcha Frappuccino 6,00€

Kombucha 4,00€

Cucumis Cucumber Drink 4,00€

Cucumis Lavender Drink 4,00€

Organic Cola Now 3,50€

Organic Lemonade Now 3,50€

Belvoir Orange & Ginger Drink 3,50€

Belvoir Elderflower Drink 3,50€

Coconut Water 4,00€

Açaí Berry 4,00€

Goji Berry 4,00€

Pomegranate Juice 4,00€

Aloe Vera Drink 4,00€



8€

SHOTS

3€

Alkaline Booster

Apple Cider Vinegar, Bee Pollen, Grapefruit Juice, Cayenne, Cinnamon

Probiotic

Fermented Homemade Kombucha

Green Swag

Kale, Apple, Lemon, Chlorella, Spirulina

Royal Oil

Carrot, Pumpkin Seed Oil, Goji Berries



Immune Doping

Ginger, Curcuma, Apple, Bee Pollen



Antivirus

Pineapple, Echinacea, Ginger, Curcuma

Hangover Cure

Apple, Charcoal, Lemon

Wheatgrass Shot

5€

DOUBLE SHOT

5,50 €

SMOOTHIES

500ml

8€

Coffee Mania

Espresso, Coconut Milk, Maca, Cinnamon, Dates

Matcha Wake Up

Coconut Milk, Date, Banana, Avocado, Matcha

Chocolate Lover

Hazelnut Milk, Raw Cacao, Vanilla, Maple Syrup, Avocado

The Best Date Ever

Hazelnut Milk, Date, Maple Syrup, Tahini

50 Shades of Green

Kiwi, Spinach, Parsley, Cilantro, Coconut Water, Avocado, Banana

Lean Green

Celery, Apple, Spinach, Avocado, Bee Pollen

Ayurvedic Remedy

Almond Milk, Golden Drink Spices, Banana, Chia, Ginger, Vanilla, Nutmeg

Berry Love

Berries, Banana, Nut Milk, Açaí

Gym Junkie

Banana, Nut Milk, Spinach, Peanut Butter, Hemp Seeds

Homemade Nut Milk

Activated Almonds, Vanilla, Cinnamon, Date

Create Your Own Juice or Smoothie - 8,5€

✦ Add:

Extra Lemon or Ginger Juice 0,50€

Wheatgrass +3,00€

Aloe Vera / Bee Pollen / Spirulina /

Chia / Matcha / Maca / Turmeric /

Protein Powder +1,50€



COFFEE & CHOCOLATE



RISTRETTO	2,00€
ESPRESSO	2,00€
DOUBLE ESPRESSO	2,50€
CORTADO	2,50€
DOUBLE CORTADO	3,00€
AMERICANO	2,50€
WHITE COFFEE	3,50€
LATTE	3,50€
CAPPUCCINO	3,50€
FRAPPUCCINO	6,00€
ALMOND COFFEE With Almond Oil and Sliced Almonds	4,00€
BULLETPROOF COFFEE Coconut Oil, MCT Oil, Coconut Milk, Double Shot Espresso	6,00€
MOCCA With Cocoa	3,50€
ORGANIC HOT CHOCOLATE	4,00€

Choose between Soy * Almond * Hazelnut * Oat * Coconut Milk **+0.50€**

TEAS & HERBAL INFUSIONS



GREEN TEA Organic Gunpowder, Sencha, Jazmin, Green Sunlight, Citrus Garden	3,00€	HERBAL TEA Energy, Digestive, Cleansing, Chamomile, Peppermint	3,00€
BLACK TEA English Breakfast, Black Chai, Earl Grey, Black Tea with Mint	2,50€	YOGI TEA Happiness: Cinnamon & Orange	3,00€
JAPANESE MATCHA GREEN TEA	6,00€	HOT CHAI TEA With Coconut & Soy Milk	4,00€
FRESH HOMEMADE MINT TEA	3,00€	GOLDEN LATTE With Turmeric, Ayurvedic Spices, Almond & Coconut Milk	6,00€
HOMEMADE GINGER TEA & LEMON	3,00€	MATCHA LATTE With Almond Milk	6,00€



ALL DAY BREAKFAST



Breakfast Bowls

Homemade Crunchy Granola With Fruit and Yoghurt with coconut Yoghurt*	8,60€ GF + 1,50€ V
Homemade Activated Bircher Muesli Raw & Vegan	8,60€ V GF
Caramelized Banana & Pistachio Porridge Gluten Free Oats, Chia, Coconut Milk, Cardamom, Caramelized Banana, Pistachio	8,90€ V GF
Fresh Seasonal Fruit Plate	7,00€ V GF
Pineapple Bowl Pineapple, Coconut, Banana, Ayurvedic Spices, Homemade Granola	11,90€ V GF
Açaí Bowl Frozen Açaí, Banana, Homemade Granola, Berries	10,90€ V GF
Blue Spirulina Bowl Blue Spirulina, Coconut Flesh, Banana, Blackberries, Pistachios	12,90€ V GF
Chia Pudding Mango Bowl Chia, Coconut Milk, Ginger, Mango, Activated Nuts	8,70€ V GF
Chia Very Berry Bowl Chia, Coconut milk, Homemade Berry Puree, Homemade Granola	8,70€ V GF



OPEN SANDWICHES & TOASTS

Avocado on Toast Served on Protein Bread with Edamame Beans Add 2 Poached Eggs	7,00€ V +3,00€
Butter/Marmalade/Honey Toast *G/F Option	3,50€ +1,50€
Vegan Quinoa Croissant	3,50€ V
Truffle Vegan Quesadilla Flat Bread, Artichokes, Shiitake, Melted Vegan Cheese, Guacamole, Cherry Tomatoes	9,00€ V
Cinnamon French Toast French Toast, Cinnamon Coconut Sugar, Maple Syrup	9,80€

Pancakes



American Style Pancakes Gluten Free Pancakes with Berries and Maple Syrup *Vegan Option	9,00€ GF +1,50€
Crepes With Homemade Nutella and Berry Compote	9,00€ GF



V: Vegan · GF: Gluten Free

EGGS

Boniato Benedict Sweet Potato, Spinach, Poached Eggs, Homemade Hollandaise Sauce	13,00€ GF
Classic Benedict with Salmon Wholewheat Bread, Poached Eggs, Smoked Salmon, Homemade Hollandaise Sauce	12,00€
Mushroom & Truffle Benedict Wholewheat Bread, Poached Eggs with Mushrooms & Truffle, Hollandaise Sauce	14,00€
Eggs Florentine Gluten Free Spinach Pancakes with Onions, Poached Egg & Homemade Hollandaise Sauce	11,00€ GF
Eggs your way: Poached, Fried, Scrambled or Omelet Add: Onion, Tomatoes, Red Pepper, Mushrooms, Spinach, Cheddar or Feta Cheese	7,00€ +1,00€
Scrambled Tofu Tofu, Sun-dried Tomatoes, Red Pepper, Parsley, Cilantro, Chives Served on Protein Bread	11,00€ V
Keto Breakfast Mixed Greens, Avocado, Boiled Egg, Pumpkin Seed Oil, Hemp Seeds Add Salmon or Haloumi Cheese	9,00€ GF +3,00€
Add: Extra Egg	+1,50€

SNACKS

CHUNKY YUCA CHIPS 9,00€ V GF
Served with 2 Homemade Sauces

FALAFEL 12,00€ V GF
Served with Tahini Sauce and Green Salad



SWEET POTATO FRIES 7,00€ V GF
Served with 2 Homemade Sauces

NACHOS 8,00€ GF
Organic Corn Chips, Guacamole, Spicy Tomato Sauce, Cheese - Vegan or Regular

CRUDITÉS 12,00€ V GF
3 Color Hummus with Raw Veggies



SALMON TARTAR 16,00€ GF

AUBERGINE MILANESE 12,00€ V GF
Aubergines, Vegan Cheese, Homemade Pesto Sauce

TOM YAM SOUP 11,00€ V GF
Spicy Coconut Thai Soup
Add Chicken, Prawns or Tofu +2,00€



GREEN GAZPACHO SOUP 10,00€ V GF

Burgers, Wraps & Pizzas

Green Pizza 16,00€ GF
Gluten Free Base with Courgette,
Goats Cheese, Green Pesto & Oregano
*Vegan Option

Mushroom & Truffle Pizza 12,00€
Whole Wheat Base with Tomato,
Mushrooms, Red Onion,
Rocket & Parmesan
*Vegan Option 16,00€
*G/F Option 16,00€



Veggie Burger 12,00€ V
Plant Based Pattie with Pickles
and Sun-dried Tomatoes Pesto Sauce
*G/F Option +1,50€



Avocado Burger 11,00€ V GF
Gluten Free Bread, Avocado,
Tomato, Pesto Sauce, Greens,
Sesame Seeds, Served with Batata Fries

Wrap 11,00€ V
Avocado, Mango Chutney, Mixed
Raw Veggies, Spinach, Coconut Cream
Add: Chicken, Prawns or Tofu 2,00€

Club Sandwich 12,00€
*G/F Option +1,50€
With Hard Boiled Egg, Spinach,
Cheese, Avocado and Pesto Sauce

V: Vegan · GF: Gluten Free



Nutritious Bowls

Papaya Salad with Sesame Seeds Green Leaves, Papaya, Avocado, Fresh Herbs, Sesame Seeds	11,00€ V GF
Green Salad with Chili Add Chicken, Prawns or Tofu	12,00€ V GF +2,00€
Oven Baked Half Cauliflower with Local Herbs and Pistachios Served with Tahini Sauce, Grated Nuts and Pomegranate Seeds	13,00€ V GF
Yellow Curry Creamy Vegetable Coconut Curry with Whole Grain Rice or Quinoa Add Chicken, Prawns or Tofu	13,00€ V GF +2,00€
Pharmacy Bowl Quinoa, Roasted Sweet Potato, Seaweed, Spinach, Avocado, Sprouts, Homemade Sauerkraut, Tahini Miso Dressing	13,00€ V GF
California Bowl Whole Grain Rice or Quinoa, Seaweed, Edamame, Cucumber, Radish, Ginger with Yuzu Dressing Add Chicken, Prawns, Salmon or Tofu	11,00€ V GF +2,00€
Sweet & Spicy Cauliflower PopCorn Bowl Served with Whole Grain Rice Add Chicken, Prawns or Tofu	12,00€ GF +2,00€
Mexican Bowl Bean Chilly, Guacamole, Quinoa, Cashew Cream, Pico de Gallo and Nachos Add Chicken, Prawns or Tofu	12,00€ V GF +2,00€
Raw PadThai Raw Vegetable Spirals with Spicy Thai Sauce & Toasted Cashews Add Chicken, Prawns or Tofu	12,00€ V GF +2,00€
Vegan Quinoa Risotto Quinoa, Vegan Cheese, Green Vegetables, Fresh Herbs	12,00€ V GF
Vegetable Stir Fry Bowl With Quinoa or Rice Noodles Add Chicken, Prawns or Tofu	12,00€ V GF +2,00€

DELICIOUS



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Organic Wine Collection



White

GRAPE

Menade	Verdejo	4,50€	20,50€
Menade	Savignon Blanc	4,50€	21,50€
Petit Ocnos	Chardonnay	5,00€	24,00€

Red

GRAPE

Camino Romano	D.O. Ribera del Duero	4,50€	20,00€
Hacienda Vizcondesa	Merlot, D.O. Ronda	4,50€	21,00€
Pedea de Binissalem	Cabernet i Mantonegro Mallorca	5,00€	24,00€

Rosé

GRAPE

Chateau Pigoudet	Classic Provence	6,00€	28,00€
Finca Los Frutales Rosado	Merlot D.O. Ronda	4,00€	21,00€

Cava & Champagne

GRAPE

Pares Balta Cava	Brut	5,00€	22,00€
Larmandier-Bernier Champagne	Organic Extra Brut Blanc de Blancs, Latitude		65,00€

BEER



WATER

HEDELHEL Organic	4,50€
Lammsbräu Gluten Free	4,50€
Lammsbräu Without Alcohol	4,50€
Lammsbräu Gluten Free & Without Alcohol	4,50€

Still Water NUMEM	500 ml 3,00€
Sparkling Water Perrier	330 ml 2,50€
Agua enCaja Mejor	500ml 2,00€
AUARA	500ml 2,00€
AUARA	1L 4,00€
Alcaline Water	500ml 3,00€
Alcaline Water	1L 6,00€