lamucca DE PEZ

# CARTA DE ALÉRGENOS

Nuestro compromiso es buscar las materias primas de Calidad, Orgánicas, Ecológicas y/o de Proximidad: Carnes Ecológicas Certificadas y Pesca Sostenible, Huerta y Vinos Biológicos, Cervezas Craft, Destilados Orgánicos y Artesanales; Refrescos Naturales. Con la personalidad y sabores de siempre, buscaremos que la comida sana sea protagonista y el respeto al medio ambiente un compromiso.

* Todos nuestros platos pueden contener trazas de gluten.

| PARA COMPARTIR/TO SHARE | GLUTEN | LACTOSA | SOJA | SULFITOS | HUEVO | PESCADO | SESAMO | APIO | FRUTOS CON CÁSCARA | MOLUSCOS | MOSTAZA | CACAHUETES | ALTRAMUCES | CRUSTÁCEOS |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| JAMÓN DE BELLOTA | X | | | | | | T | | T | | | | | |
| TABLA DE QUESOS Y EMBUTIDOS | X | X | | | | | T | | T | | | | | |
| FISH & CHIPS | X | | | | | X | | | X | | | | | |
| MEJILLONES | X | X | | X | | | | | | X | | | | |
| NACHOS DE LA TEKI | | X | | | | | | | | | | | | |
| QUESADILLAS DE POLLO | X | X | | | | | X | | | | | | | |
| MEZZE | X | | | X | | | X | | | | | | | |
| CROQUETAS DE MAMÁ | X | X | | | X | | T | | T | | | | | |
| PIMIENTOS DE PADRÓN | T | | | | | | | | | | | | | |
| SALMOREJO | X | | T | X | X | | | | | | | | | |
| TACOS DE COCHINITA PIBIL | | | | X | | | | | | | | | | |
| THE HEALTHY CORNER | | | | | | | | | | | | | | |
| VERDURAS A LA PLANCHA | X | | | | | | | | X | | | | | |
| BURRATA FRESCA | X | X | T | X | T | T | | T | T | T | | | | T |
| SUPER DETOX KALE-QUINOA | | X | X | | | | X | | | | | | | |
| MILHOJAS DE VENTRESCA | | | | X | X | X | | | | | | | | |
| ENSALADA VERDÍSIMA | | | X | X | | | | | | | X | | | |
| ENSALADA CESAR | X | X | | X | X | X | | | | | | | | |
| ENSALADA DE POLLO | | X | | X | | | | | | | | | | |
| ENSALADA MEDITERRÁNEA | X | X | | X | | | | | | | | | | |
| TOSTA DE AGUACATE | X | | X | | | | X | | | | | | | |
| PAD THAI, PASTA Y ARROZ | | | | | | | | | | | | | | |
| RISOTTO DE RABO DE TORO | X | X | X | X | T | T | | X | T | T | | | | T |
| POLLO AL CURRY THAI | | | | | | | X | | | | | | | |
| PAD THAI | X | | X | | X | | | | | | | X | | |
| SPAGHETTI CON ALBÓNDIGAS | X | | | | | | | | | | | | | |
| POKES | | | | | | | | | | | | | | |
| POKE DE ATÚN ROJO | X | | X | X | X | X | X | | | | | | | |
| POKE DE SALMÓN O POLLO | X | | X | | | X | X | | | | | | | |
| POKE VEGETAL | X | | | | | | | | | | | | | |
| BURGUERS | | | | | | | | | | | | | | |
| BURGER DE VACA | X | X | | X | X | | | | | | | | | |
| VEGAN BURGER | X | | | | | | X | | | | | | | |
| CRISPY CHICKEN BURGER | X | X | | | X | | | | | | | | | |
| PIZZAS DE AUTOR / SIGNATURE PIZZAS | | | | | | | | | | | | | | |
| LA DE CARNE | X | X | | | | | | | | | | | | |
| LA NORUEGA | X | X | | X | | X | X | | | | | | | |
| LA PERICA IBÉRICA | X | X | | | | | | | | | | | | |
| LA NEOYORQUINA | X | X | | | | | | | | | | | | |
| LA KILL BILL | X | X | | X | | X | X | | | | | | | |
| LA MEXICO DF | X | X | | X | | X | | | | | | | | |
| LA BOLETUS | X | X | T | | T | T | | T | T | T | | | | T |
| LA POLLITA | X | X | | | | | X | | | | | | | |
| LA VEGETARIANA | X | X | | X | | | X | | | | | | | |
| LA DE CALABAZA | X | X | | | | | | | | | | | | |
| LA HAWAIANA | X | X | | | | | X | | | | | | | |
| LA MARGARITA DI BUFFALA | X | X | | | | | | | | | | | | |
| LA DÍAVOLA | X | X | | | | | | | | | | | | |
| CON CARNE / MEAT | | | | | | | | | | | | | | |
| CHULETÓN DE VACA DE 450 GR. | | | | | X | | | | | | | | | |
| SOLOMILLO DE TERNERA | | X | | | | | | | | | | | | |
| CON PESCADO / FISH | | | | | | | | | | | | | | |
| TATAKI DE ATÚN | X | | X | | | X | X | | | | | | | |
| TARTAR DE ATÚN ROJO | X | | X | | | X | X | | | | | | | |
| CEVICHE DE CORVINA | X | | | | | X | | X | | X | | | | |
| POSTRES CASEROS / DESSERTS | | | | | | | | | | | | | | |
| PLATO DE QUESOS | | X | | | | | | | | | | | | |
| PINKY PANTHER | X | X | | | X | | | | T | | | | | |
| TIRAMISÚ | X | X | | | X | | | | T | | | | | |
| APPLE CRUMBLE | X | X | | | X | | | | X | | | | | |
| ENSALADA DE FRUTAS | | | | | | | | | | | | | | |
| TARTA DE ZANAHORIA Y NUEZ | X | X | | | X | | | | X | | | T | | |
| TARTA DE QUESO | X | X | T | | X | | | | | | | | | |
| TARTA DE CHOCOLATE Y PLÁTANO | X | X | | | X | | | | T | | | | | |
| TARTA DE ALMENDRAS | T | X | | | X | | | | X | | | | | |
| HELADO CHOCOLATE INTENSO | T | X | | | X | | | | T | | | | | |
| HELADO DE DULCE DE LECHE | | X | | | | | | | | | | | | |
| HELADO DE PISTACHO | | X | | | | | | | X | | | | | |
| HELADO DE FRESA | | | | | | | | | | | | | | |
| HELADO DE VAINILLA | | X | | | X | | | | | | | | | |
| | GLUTEN | LACTOSE | SOYA | SULPHITES | EGG | FISH | SESAME | CELERY | NUTS | MOLLUSK | MUSTARD | PEANUTS | LUPINS | CRUSTACEANS |

# BRUNCH&MUSIC

| HEALTHY AND BAKERY | GLUTEN | LACTOSA | SOJA | SULFITOS | HUEVO | PESCADO | SESAMO | APIO | FRUTOS CON CASCARA | MOLUSCOS | MOSTAZA | CACAHUETES | ALTRAMUCES | CRUSTACEOS |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| GRANOLA DE AVENA ORGÁNICA | X | X | | | | | X | | X | | | | | |
| BOWL DE AÇAI | X | X | | | | | | | X | | | | | |
| BIZCOCHO CASERO | X | X | | | X | | | | | | | | | |
| TOSTADA DE MASA MADRE CON TOMATE | X | | | | | | | | T | | | | | |
| TOSTADA DE MASA MADRE CON MANTEQUILLA Y MERMELADA | X | X | | | | | | | T | | | | | |
| HUEVOS | | | | | | | | | | | | | | |
| TOSTADA DE AGUACATE CON CÁÑAMO | X | | | | | | X | | | | | | | |
| HUEVOS RANCHEROS | X | X | | | X | | | | | | | | | |
| AREPAS CON ESPINACAS Y SALMÓN | | X | | | X | X | | | | | | | | |
| HUEVOS CON BACON | X | | | X | X | | | | | | | | | |
| BREAKFAST BURGER | X | X | | | X | | | | | | | | | |
| *SCRAMBLE TOFU | | | X | | | | | | | | | | | |
| DULCE TENTACIÓN | | | | | | | | | | | | | | |
| PANCAKES | X | X | | | X | | | | T | | | X | | |
| ZUMOS NATURALES | | | | | | | | | | | | | | |
| MILKSHAKE | | X | | | | | | | | | | | | |
| ORGANIK DETOX | | | | | | | | | | | | | | |
| LIMONADA CASERA | | | | | | | | | | | | | | |
| BATIDO DE PITAHAYA | | | | | | | | | | | | | | |
| ZUMO DE NARANJA | | | | | | | | | | | | | | |
| KOMBUCHA ARTESANAL | | | | | | | | | | | | | | |
| COCKTAILS | | | | | | | | | | | | | | |
| BLOODY MARY | | | | | | | | X | | | | | | |
| VIRGIN MARY | | | | | | | | X | | | | | | |
| MIMOSA | | | | | | | | | | | | | | |
| KOMBUCHA´S DREAM | | | | | | | | | | | | | | |
| | GLUTEN | LACTOSE | SOYA | SULPHITES | EGG | FISH | SESAME | CELERY | NUTS | MOLLUSK | MUSTARD | PEANUTS | LUPINS | CRUSTACEANS |