



MENÚ TICINO

Pan y aperitivo
Bread and snack

PRIMER PLATO A ELEGIR / STARTERS TO CHOOSE:

Ensalada “la sencilla”: Mezclum, tomate, cebolla morada, atún y parmesano
Salad “la sencilla”: Mesclun, tomato, red onion, tuna and parmesan cheese

Ensalada de superalimentos:
Quinoa a la cúrcuma, Brocoli, remolacha, aguacate, nueces, sardinas y hojas
Salad “superfood”: Quinoa, broccoli, beet, avocado, nuts sardines and leaves

Huevos a la cazuela con pisto y jamón
Casserole with fried eggs, ratatouille and cured ham

Crepes de espárragos verdes y queso con salsa de setas
Asparagus and cheese crepes with mushroom sauce

SEGUNDO PLATO A ELEGIR / MAIN COURSE TO CHOOSE:

Spaghetti alla arrabiata (tomate, guindilla y ajo)
Spaghetti arrabiata style (tomato, chilli pepper and garlic)

Cappelletti de carne con tomates salteados a la albahaca, ajo y parmesano
Meat “cappelletti” with sautéed tomatoes with basil, garlic and parmesan cheese

Pollo al curry rojo con berenjena, champiñones y arroz
Chicken red curry with aubergine, mushrooms and rice

Lasaña de salmón setas y gambas
Lasagne of salmon, prawns and mushrooms

Pizza a elegir (Ver nuestra carta. Extra por ingrediente 1,95 €)
Pizza (See our menu. Extra ingredient 1,95 €)

POSTRE A ELEGIR / DESSERT TO CHOOSE:

Profiteroles rellenos de nata con chocolate caliente
Choux puffs “profiteroles” filled of cream with warm chocolate

Helado de vainilla y chocolate
Vanilla and chocolate ice cream

Melón y sandia
Melon and watermelon

BEBIDA NO INCLUIDA
BEVERAGE NOT INCLUDED

14,50 €

I.V.A. INCLUIDO – V.A.T. INCLUDED

Pregunte a su camarero por la tabla de alérgenos – Ask your waiter for the allergens table