



ALLERGEN MENU

Please advise us before ordering if you have any allergies. As allergens are present in our kitchen we cannot guarantee trace elements will not be found.



GLUTEN



CEREAL



SESAME



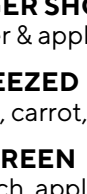
LUPIN



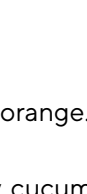
DAIRY



EGG



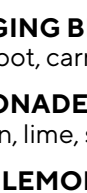
NUTS



WALNUTS



PEANUTS



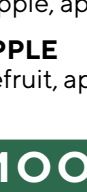
SOY



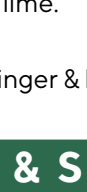
CELERY



MUSTARD



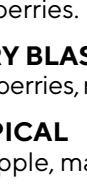
CRUSTACEANS



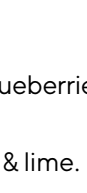
MOLLUSCS



FISH



SULPHITES



VEGETARIAN



VEGAN

JUICES

GOOD HEALTH SHOT 4 Apple, cayenne, turmeric & ginger.

GINGER SHOT 4 Ginger & apple.

SQUEEZED 7 Apple, carrot, grapefruit or orange.

GO GREEN 8 Spinach, apple, pear, celery, cucumber & mint.

VIT HIT 8 Orange, carrot, celery, pear & mango.

BANGING BEET 8 Beetroot, carrot & apple.

LEMONADE 8 Lemon, lime, sugar & fresh mint.

PINK LEMONADE 8 Lemon, grapefruit, strawberries, ginger, mint & honey.

PEACEFUL 8 Pineapple, apple, orange & lime.

GRAPPLE 8 Grapefruit, apple, lemon, ginger & honey.

SMOOTHIES & SHAKES

POWER PUNCH 8 Banana, pineapple, spinach, blueberries, goji berries & strawberries.

BERRY BLAST 8 Strawberries, raspberries, blueberries, goji berries & honey.

TROPICAL 8 Pineapple, mango, banana & lime.

DEL SOL 8 Orange, pineapple, strawberries & banana.

MILKSHAKES 8 Banana, chocolate, strawberry or vanilla.

BANANA BOOST 9 Almond milk, banana, Greek yoghurt, vanilla protein powder & cinnamon.

GO INTERNATIONAL

BREAKFAST BURRITO 15 Scrambled eggs, mixed cheese, avocado, tomato, red onion, cilantro & a splash of lime juice, in a wheat flour tortilla & served with sour cream.

BREAKFAST NACHOS 16 Lattice fries, 2 fried eggs, crispy bacon, mixed peppers, sour cream & chives.

FULL ENGLISH 16 2 fried, poached or scrambled eggs with English bacon, sausage, baked beans, hash browns, grilled tomato & mushrooms, served with white or brown toast.

SHAKSHUKA 16 2 baked eggs, Mediterranean vegetables, feta cheese, Kalamata olives & fresh coriander, served with flat bread.

OMELETTES

Served with white or brown toast.

FREE RANGE EGG OMELETTE 16

CHOOSE FROM

- Bacon
- Cheese
- Ham
- Mushrooms
- Onions
- Peppers
- Spinach
- Tomato

BENEDICTION

Served with breakfast potatoes.

EGGS FLORENTINE 13 Toasted English muffins topped with sautéed spinach, 2 soft poached eggs & hollandaise sauce.

EGGS BENEDICT 14 Toasted English muffins topped with grilled ham or smoked turkey, 2 soft poached eggs & hollandaise sauce.

BIG TEXAS BENEDICT 16 Toasted English muffins topped with crispy bacon, 2 soft poached eggs, sour cream & hollandaise sauce.

GOURMET EGGS ROYALE 17 Toasted English muffins topped with layers of smoked salmon, 2 soft poached eggs & hollandaise sauce.

NAUGHTY BUT NICE

CROFFLES 13 Freshly pressed croissants with a choice of fillings.

WITH

Banana & Nutella | Ham & Cheese

CRÊPES 13 3 large crepes served with banana & strawberries & a choice of lemon & sugar or Nutella

WAFFLES 14 Fluffy golden waffles served with whipped cream, banana & strawberries.

P & M PANCAKES 15 Light & fluffy pancakes served with maple syrup, banana & strawberries.

HEALTHY BOWLS

HOMEMADE GRANOLA 12 Served with Greek yoghurt, fresh fruit & jam.

STRAWBERRY & BANANA 12 Strawberry & banana smoothie bowl topped with granola, banana, strawberries & chia seeds.

ACAI DELIGHT 16 Frozen acai bowl topped with granola, banana, blueberries, strawberries, chia seeds & coconut flakes.

AVOCADO TOAST

Served with a choice of toast & garnished with cherry tomatoes, rocket & toasted sesame seeds.

Choose from sourdough, multigrain or wholemeal.

ANDALUSIA 12 Simple & original.

ARAGON 14 Served with crispy bacon.

VALENCIA 16 Served with smoked salmon & red onion.

ADD 1 poached egg 3 | 2 poached eggs 5

FAVOURITES

CRUNCHY CHICKEN TENDERS 13 Chicken breast strips coated in our secret recipe, served with BBQ sauce & French fries.

SIZZLING FAJITAS 14 Onions, peppers & coriander served with tortillas, guacamole, sour cream & Mexican salsa.

WITH Chicken 16 | Beef 20 | Prawns 20

P & M NACHOS 15 Tortilla chips, guacamole, jalapeños, mixed cheese, sour cream, pico de gallo & lime.

MARIPOSA CHICKEN 16 Garlic & lemon butterflied chicken breast with baby potatoes & seasonal salad.

SATAY CHICKEN 17 Triple cooked chicken in peanut & spicy sauce, served with coconut rice & crispy vegetables.

PRAWNS PIL PIL 18 Prawns cooked in olive oil & secret spices, served with crusty baguette.

BOURBON GLAZED SALMON 18 Bourbon glazed salmon, baby potatoes & seasonal salad.

SKIRT STEAK 20 Angus skirt steak, French fries & peppercorn sauce.

SALADS

CAESAR 13 Romaine lettuce, crispy bacon, croutons, parmesan & a creamy Caesar dressing.

BUDDHA 13 Avocado, carrot, chickpeas, cucumber, edamame, mango, radish, wakame, white rice & a ponzu dressing.

THAI 14 Carrot, coriander, mixed peppers, red cabbage, peanuts, rice noodles & a peanut dressing.

SUPERFOOD 14 Quinoa, broccoli, pomegranate, pumpkin, pumpkin seeds, kale, chickpeas & a citrus dressing.

ADD A SKEWER TO ANY OF OUR SALADS

Chicken 5 | Halloumi 5 | Beef 6 | Prawns 6

SANDWICHES

CYPRUS BAGEL 13 Grilled halloumi, sun dried tomatoes, rocket & mint yoghurt, served with homemade vegetable crisps.

NEW YORK BAGEL 13 Roasted chicken breast, bacon, spinach, avocado, tomato & cream cheese, served with homemade vegetable crisps.

QUESADILLA 14 Toasted tortilla filled with mixed cheese & pico de gallo, served with guacamole, pico de gallo & sour cream.

WITH Chicken 15 | Prawns 18

CLASSIC CLUB 16 Roasted chicken breast with avocado, bacon, lettuce, tomato & mayo in toasted white or brown bread, served with French fries.

CHEESESTEAK SANDWICH 17 Grilled steak strips with caramelised onion, Provolone cheese & mayo-thyme horseradish sauce in a crusty baguette, served with French fries.

BURGERS

Served in a speciality bun with French fries.

SMASHED CHEESEBURGER 17 Homemade double stacked Angus beef burger with melted cheese, lettuce & our secret burger sauce.

VOLCANO BURGER 18 Homemade double stacked Angus beef burger, Edam cheese, caramelised onions & secret burger sauce, topped with melted Cheddar cheese.

BISCOFF BURGER 18 Homemade double stacked Angus beef burger, melted Cheddar & Monterey Jack cheese, crispy bacon, secret burger sauce & Lotus Biscoff sauce.

EXTRAS & SIDES

CRISPY BACON 4

HASH BROWNS 4

SAUSAGE 4

TOAST 4

LATTICE FRIES 5

FRENCH FRIES 5

SWEET POTATO FRIES 5

AVOCADO 6

SOMETHING SWEET

BROWNIE 6

CARROT CAKE 6

CHEESECAKE 6

P & M SPECIAL Ask for allergens 6

OUR BREADS

WHITE

BROWN

ENGLISH MUFFIN

BAGEL

SOURDOUGH

MULTIGRAIN

WHOLEMEAL

FLAT

BURGER BUNS

TORTILLA

BAGUETTE

CROISSANT

FIND US ON

All prices quoted are in Euros & include IVA. Service not included.