




## Lunch menu

### Appetizer included in all options

Small starter that varies every day according to the market offer and the cook's inspiration

**\*Include appetizer + drinks (water or wine)**



\*Ask for vegan options

**BOWL ECO** chicken or tofu, seasonal vegetables, mesclum, carrot, avocado, cherry tomato, corn, beansprouts and a sauce of your choice.   

**\*Option with beef eco plus 1€ /  
Marinated salmon plus 2€** **15,80€**









**SHRIMP** sauteed and cooked with coconut milk, and tropical spices with a garnish of rice... exotic and delicious    **16,80€**

**SECO DE POLLO ECO**, Organic chicken marinated with naranjilla and different types of paprika, garnished with rice and mashed plantain... truly tropical!   **16,80€**

**CURRY NOODLES WITH BEEF OR TOFU**  
Stir-fried rice noodles with oriental vegetables and coconut milk... a journey of flavors!    **16,80€**

**SWEATY FISH** with vegetables, aromatic herbs and potatoes... delicate and delicious!   **17,80€**

## Alcoholic drinks

Moska Beer   **3,50€**  
Dos Kiwis Beer   **5,90€**  
Dos Kiwis Free Beer  **4,00€**  
Bdegust Beer   **4,80€**  
Organic House Wine  **3,50€ / 15,00€**  
Natural Wine (sulfite-free) **5,00€ / 22,00€**



*Selva* is all about nature, freshness, and diversity  
— and it's this mix that gives it its unique character  
and beauty.

At *Selva*, everyone's welcome to gather around  
the same motivation: enjoying specialty coffee, and  
a tropical fusion cuisine, always with high quality  
ingredients, reflecting our commitment and passion  
for the world we leave in.

### OPTIONS



gluten free



vegetarian



vegan

### ALLERGENS



gluten



celery



lactics



fish



sesame



shelled  
fruits



mollusks



peanut



lupins



sulfites



mustard



soy



eggs



crustaceans

COMMUNICATE TO OUR TEAM ABOUT ALLERGIES AND INTOLERANCES

[www.selvalifecoffee.com](http://www.selvalifecoffee.com)

**selva**

SPECIALTY COFFEE AND TROPICAL CUISINE

## Specialty Coffee

Espresso	1,90€	another hot drinks	
Double espresso	2,30€		
Espresso macchiato	2,30€		
Americano	2,50€		
Latte	2,50€		
Capuccino	2,60€	Matcha	2,80€
Capuccino cream	3,10€	Matcha latte	3,30€
Flat white	3,20€	Chai latte	4,30€
Frapuccino	3,00€	Cacao latte	3,50€
Frapuccino cream	3,50€	Green tea	2,40€
Filter coffee from	3,50€	Black tea	2,60€
Cold brew summer	4,50€	Eco infusion	2,20€

\*Ice supplement 0,20€

\*Vegetable milk supplement 0,30€

Water 250ml	1,50€
Organic orange juice 250ml	3,80€
Organic lemonade 250ml	3,50€
Puig cola 230ml	2,80€
Puig cola zero, lemon, orange	3,00€
Organic yogurt and fruit smoothie	5,00€

## Breakfast

Cured ham sandwich	4,70€
Organic cooked ham sandwich	3,90€
Organic cheese sandwich	3,90€
Fuet sandwich	3,90€
Organic omelet sandwich	4,00€
Organic ham and cheese sandwich	4,50€
Croissant	2,60€
Organic cocoa cream croissant	4,00€
Organic ham and cheese croissant	4,90€

\*Gluten-free bread supplement. 0,50€

### other option

**Croquetas** Portion of 4 assorted cro-  
quettes: ham, chicken, cheese and mushrooms



## Tropical specialties

### Empanadas de verde

A classic of "Ecuadorian street food".  
Made with green plantain (no flour) and  
fried in olive oil.

stuffed with cheese	4,50€
stuffed with shredded beef	5,50€
stuffed with shrimp	6,50€

### Panes de yuca

The food that unites South America...

Good for any time of day!

Made with cassava flour and cheese.

(recommended with a yogurt and fruit smoothie)

Serving: 4 breads	5,00€
Serving: 4 breads and smoothie	9,50€

### Arepas pepuda

You have to try our version of the arepa!  
Made with corn flour and filled with  
guacamole and grated cheese.

with shredded beef	9,00€
with grilled egg	8,00€

### Sánduche de chancho

Tender pork sandwich, baked and marinated with  
tropical spices, accompanied by pickled onions,  
avocado, and vienna bread... it's sure to be your  
favorite!

11,50€

### Ceviches

**De mi tierra** Citrus-marinated sea bass loins,  
garnished with plantain chips... A trip to the  
center of the world!

16,50€

**Fantasia manabita** An explosion of flavors in  
your mouth thanks to the marinated shrimp,  
our special slightly spicy peanut sauce, and  
patacones... it'll blow your mind!

18,50€

## Brunch

### Toast

**Delicious** Avocado, organic egg, feta  
cheese, mesclun, sauerkraut and sprouts

**Nordic** Marinated Norwegian salmon  
feta cheese, sauerkraut, avocado, mesclun,  
and sprouts

**Tropical** Cheese cream, berry coulis  
arugula, feta cheese, chia and mango

**Sweet** Cocoa and hazelnut cream,  
banana, strawberries, peanut butter, pollen,  
fleur de sel and chia

### Fruit bowls

**Fruit porridge** Oat flakes, chia, warm  
milk, apple, strawberries, banana, pollen,  
cinnamon and honey...

**Green bowl** Banana, kiwi, matcha,  
seeds, granola, oat flakes, honey and  
pollen... green, detox, and delicious!

**Selva bowl** Açaí, mango, banana,  
granola, yogurt, chia, pollen, strawberries,  
coconut chips, kiwi and honey... a delicious  
antioxidant bomb!

### Sweet corner

**Brownie** with berry coulis

**Cheescake** with oat crumble and  
mango coulis

**Cookies** cocoa, oats and almonds or  
vanilla, almonds and chocolate chips