



— KETO — ROYALE

Created by Sam Chazan

ALL OUR DISHES ARE 100% GLUTEN FREE, 100% SUGAR FREE & LOW CARB
(V) = VEGAN (RV) = RAW VEGAN (DF) = DARIY FREE

POWER BREAKFASTS

Mixed berry crumble bowl with nut butter & coconut yogurt (RV) €9.8
Nutty maple syrup muesli with home made almond butter & almond milk (RV) €9.5

KETO TOASTS

Your choice of keto protein brown seeded bread or white almond bread
Guacamole €9 add Eggs mollet €1.75 each
Grilled Ham & cheese toastie on almond keto bun €8.5
Bacon, egg & cheese breakfast bun €9
Smoked salmon & dill cream cheese with cucumber €11
Peanut butter & Raspberry jam €7.5
Decadent chocolate spread with hazelnut crunch (V) €7.5

AMERICAN STYLE PANCAKES & WAFFLES

Savoury protein waffle w/sauteed spinach & eggs mollet w/creamy hollandaise sauce €12.9
All American pancakes or waffle w/bacon, eggs & sugar free maple syrup (DF) €12.5
Blueberry pancakes w/fresh blueberries & sugar free maple syrup (DF) €11.5
Lemon & almond pancakes served w/lemon cream & coconut whip €11.5
Raw-tella chocolate and hazel pancakes served with whipped coconut cream (DF) €12
Berry compote fluffy pancakes & coconut whip (DF) €11
Sweet keto waffle w/chocolate ganache & hazelnut crocanti €11.5

OMELETTES & EGGS

Eggs Royale: smoked salmon - or - bacon with eggs mollet & creamy hollandaise €14.5
Diablo Royale - fiery mexican omelette: spicy peppers, onions cheese, cilantro & guacamole €12.5
Classic spinach & goat's cheese omelette €11.25
Wild mushroom & truffle omelette €13
Fluffy 3 egg omelette your way €9.75
Add: Vegan cheese, cheddar, feta, onions, peppers, mushrooms, spinach €1.5

BREAKFAST SIDES

Selection of our daily baked keto breads with butter or extra virgin olive oil €4.5
Creamy home made almond butter (RV) €3
Avocado €3.5
Smoked salmon €4
Crispy bacon €3.5

SHARING IS CARING

- Pil Pil spiced prawn skewers** €9.5
Crunchy free-range chicken goujons w/citrus mayo €12

SALADS & VEGETABLE DISHES

- Home made soup of the day** (Please ask your waiter) (V) €11
Courgette noodles w/homemade pistaccio pesto, kalamata olives & cherry tomatoes (RV) €14
Very green salad w/nuts & seeds and tangy tahini dressing (RV) €14
Add: Crispy bacon or goats cheese €2.5
Sweet sesame & lime crunchy coleslaw salad (RV) €14
Add Shrimp, beef or chicken €4.5

KETO "PASTAS" & PIZZAS (Vegan options available)

- Pizza Caprese** w/fresh mozzarella, cherry tomatoes & fresh basil €15
Pizza Funghi w/fresh mozzarella, cream cheese, mushrooms, red onions, truffle & rocket €16
Pizza Bianca w/artichokes, ricotta, baby spinach & pine nuts €15.5
Veggie Pizza w/tomatoes, mushrooms, red onion, red peppers, basil & vegan cheese (V) €15
Add: Bacon, spicy pepperoni, mushrooms, spinach, rocket €2.5
- Spicy wild mushroom shirataki pasta** (V) €15
Shirataki noodles w/pepperoncini shrimp €16.5

TEX-MEX

- Burrito salad bowl** served with guacamole & mexican salsa. Your choice of one of the following:
Spiced Mushrooms • Pulled beef • Chicken • Shrimp €17
Crispy shell cheese tacos with your choice of one of the following:
Spiced Mushrooms • Pulled beef • Chicken • Shrimp €15.5
Enchillada filled w/mexican cauliflower rice & charcoaled vegetables.
Add: Spiced Mushrooms • Pulled beef • Chicken • Shrimp • Vegan cheese available €16.5
Fajitas w/grilled vegetables & your choice of one of the following:
Spiced Mushrooms • Pulled beef • Chicken • Shrimp €16.5
Tex-mex burger 100% Organic beef burger or veggie burger
w/guacamole & pico de gallo on a home baked sesame keto bun €14.75
Add: Cheese, vegan cheese, bacon or fried egg €1.75

MAINS

- Grilled Salmon on a bed of creamy broccoli & asparagus rice** (DF) €19
Wild fresh corvina meunière (sea bass) on a bed of cauliflower rice and sautéed spinach €19
Wild boletus mushroom & truffle risotto (vegan option available) €18
Lemon & rosemary roast chicken served w/seasonal pan fried vegetables (DF) €18.5
Classic burger: 100% Organic Beef Burger or Veggie "Beef Burger"
Lettuce, tomato, onions, pickles, mayo & mustard on a home baked sesame keto bun €14.75
Grilled chicken burger w/chipotle mayo €14.5
Add: Cheese, vegan cheese, bacon or fried egg €1.75

KETO BREADS
€9.75

Almond loaf
Black seeded loaf

(500gr each)

DESSERTS €9.5

ALL OF OUR DESSERTS ARE HOME-MADE WITH LOVE.

Tiramisu cake
Carrot cake
Chocolate cake
New York style baked cheesecake
Caramel ice-cream sundae w/pecan nuts and maple syrup (RV)
Vegan chocolate brownie w/salted caramel ice-cream (V)
Pavlova w/strawberries and cocount cream (DF)
Keto Magnum ice-creams

....ask your server for any specials desserts of the day!

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Still Water • Sparkling Water €3

JUICES & PROTEIN SMOOTHIES (V) €7.5

Passion chia – coconut milk, passion fruit & Chia seeds • 100% Celery Juice
Green Cleanse Celery, cucumber & lemon • Go Green Celery, cucumber, spinach, avocado & lemon
Going Nuts peanut butter & chocolate smoothie • Strawberry milkshake
Create your own smoothie €8 • Add vegan protein €1.5

LEMONADES €6

Pink Lemonade, Raspberry & Lemon
Cucumber & Lemon Lemonade

COFFEES

Keto Booster Coffee w/energy
boosting MCT oil €6.5
Espresso €2
Capuccino €3
Double Espresso €2.5
Cortado €2.2
Double Cortado €2.7
Americano €2.5
Coffee & Cream €2.5
Latte €3

POT OF TEA €3.5

English Breakfast
Indian Darjeeling
Gunpowder green tea
Ginger & Lemon green tea
Moroccan green tea w/mint
Rooibos
Pu-Erh red tea
Pai Mu-Tan white tea
Golden turmeric tea

ALCOHOLIC DRINKS

- White wine spritz €4.5
- Red wine spritz €4.5
- Peakylinders Gin & Tonic 0 €7.5
- Rum & Green Cola €7.5
- Vodka Lemon 0 €7.5
- Whiskey & Green Cola €7.5
- Tequila on the rocks €7.5

KOCKTAILS €8.5

- Klassic Mojito
- Raspberry Mojito
- Coconut-Chilli Mojito
- Kosmopolitan
- Klassic Margarita
- Spicy jalapeño infused Margarita

WHITE WINES

	GLASS	BOTTLE
OINOZ Verdejo	€4	€20
FINCA MUÑOZ Chardonnay & Sauvignon	€4.5	€23
BOUZO do REI Albariño	€5	€28

ROSÉ & BLUSH

PIGOUDET PREMIÈRE	€4.5	€24
<i>Garnacha, Cabernet-Sauvignon, Syrah, Cinsault</i>		
CHÂTEAU PIGOUDET Cinsault & Garnacha	€6	€30

REDS

TITI DO PRIORAT		
<i>Garnacha Tinta, Syrah y Cabernet-Sauvignon</i>	€5	€25
CASAR DE BARBIA	€4.5	€23

CAVAS

MISTINGUETT Brut Nature	€6.5	€30
SOGAS MASCARO RESERVA Brut Nature	€7.5	€35

KETO ROYALE KAFE

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