



EL MICHÍ 
Cowork & Brunch



HOW TO PLACE AN ORDER?

- 1 - Take a look at the menu and choose
- 2 - Visit the bar. and submit your order
- 3 - Take your pager and check for your order when the lights illuminate.

www.elmichidelpuerto.com

Mazaroco 23 - Puerto de la Cruz

MONDAY THROUGH FRIDAY FROM 9:00 AM TO 5:30 PM // SATURDAY FROM 12:00 PM TO 5:00 PM



COWORKING from 9:00 AM to 5:30 PM

→ DAY PASS with 15% DISCOUNT on meals

€ 10

*Includes 1 hour of Meeting Room**

Discounts on meals, smoothies, and nutritious bowls.

→ PART-TIME PASS offering 15% DISCOUNT on meals

€ 5

*Includes a 30-minute Meeting Room**

Discounts on meals, smoothies, and nutritious bowls.

→ PART-TIME PROMOTION featuring coffee and dessert

€ 8

*Includes a 30-minute Meeting Room**

Espresso, Americano, coffee with milk or infusion + cake or energy ball,

OTHERS: pay an additional fee to upgrade to coffee, matcha, or select other desserts!



→ SUPERMICHI Monthly Membership

€ 170

Personal desk with an executive chair.

*Includes two hours of daily access to the meeting room.**

15% off on meals, smoothies, and nutritious bowls.



RULES

- 1. Respect personal space and others. If you need to make calls, please speak softly.**
- 2. It is FORBIDDEN to bring food and beverages that are not from El Michi.**
- 3. Ensure the order and cleanliness of the area.**
- 4. Enjoy yourself, be productive, maintain a healthy diet, and assist us in our growth by voicing your concerns.**

***Book your space in the Meeting Room at www.elmichidelpuerto.com/coworking**

ALL DAY BREAKFAST

CONTAINS GLUTEN
CONTAINS SESAME

GLUTEN-FREE BREAD OPTION

→ **Michi's Bagel** € 6.5

Olive paste, tomato, vegan mozzarella and basil.

→ **Complete sandwich** € 8

Crispy bread with a creamy avocado base, melted cheese, scrambled egg-fu, tomato, aioli, and arugula.

→ **Flip Toast** € 7.8

Sourdough or gluten-free bread with cashew and sunflower spread, lettuce, olive paste, sun-dried tomato, and scrambled tofu.
Extra dip € 0.5

→ **Homemade Focaccia** € 5.5

Baked focaccia with basil and walnut pesto, Canarian green mojo sauce and paprika dip.
Extra dip € 0.5

→ ...If you really want, we can make you an avocado toast with cilantro and fried onions. € 7.5

SMOOTHIES

→ **Tropical** € 5.5

Mango, banana, coconut milk and chia seeds.

→ **Michicharro** € 5.5

Banana, peanut, gluten-free gofio, gluten-free oat milk, and hemp.

→ **Pink Panter Protein** € 6.5

Banana, strawberry, blueberry, protein (10g) and soy milk.

→ **Choco Monkey Milkshake** € 6.5

Banana, date, tahini, cocoa, and hazelnut milk. Add espresso for extra energy!

→ **Greench** € 5.5

Banana, spinach, ginger, flax seeds and gluten-free oat milk.

DETOX JUICES

→ **Green Detox Juice** € 6.5

Organic apple and lime juices blended with spinach, celery, mint, cucumber, matcha, and ginger.

→ **Orange Detox Juice** € 6.5

Organic carrot and orange juices squeezed with turmeric, ginger and pepper.



EXTRAS

Extra fruit	€0.50
Peanut butter	€0.50
Coffee shot	€ 0.50
Vegetable protein	€1

CHILLY BEVERAGES

→ Orange Juice € 2.7

→ Orange and Papaya Juice € 4.7

→ Still water € 1.4 / € 1.8

→ Sparkling water € 1.8

→ Fritz Kola € 3

Kola - Zero - Lemon - Orange € 1.8

→ Tonic

→ Kombucha € 4.5

→ Limonada PINK € 3

Lemon, ginger, mint and blueberries.

→ Wine Glass € 3

Ask about our beers, vermouths, and drinks!

BIG HEALTHY BOWLS



Creamy fruit base with plant-based milks accompanied by homemade granola, nuts, peanut butter, coconut, seasonal fruits, and seeds.

→ **Tropical Bowl** € 9.9

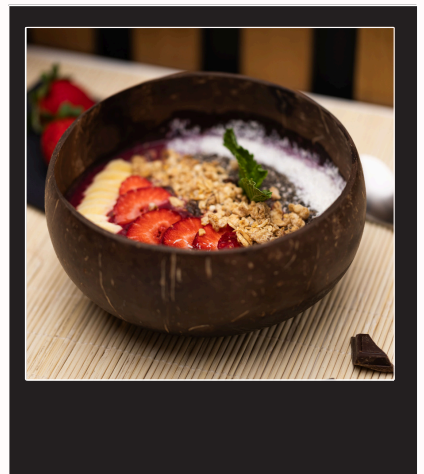
Base of banana, mango, chia, coconut-rice milk and turmeric.

→ **Michicharro Bowl** € 9.9

Banana base, peanut butter, gluten-free gofio, ice, and gluten-free oat milk.

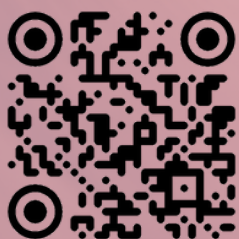
→ **Organic Acai Bowl** € 11.5

Banana, acai and ice base.



100% ANIMAL ABUSE FREE

FULL SANDWICH



PUT ON YOUR
HEADPHONES, SCAN
THE CODE AND RELAX.



COFFEEES


CONTAINS
GLUTEN
If you have any
allergies, let us know!

Served with OAT milk (gluten) unless you ask for something else...

CLASSICS

- Espresso € 1,4
- Double Espresso € 2.2
- Espresso macchiato € 1.5
- Americano € 1,6 / € 2.4
- Coffee with milk € 2 / € 2.8
- Latte Macchiato € 2 / € 2.8
- Cappuccino € 2,2 / € 3
- Mochaccino € 2,2 / € 3
- Flat White € 2,6 / € 3.4
- Cortado € 1,5
- Cortado Milk and milk € 2
- Bombón € 1.9
- Barraquito € 3
- Zaperoco € 4

Coffee, oat milk, Licor 43, condensed coconut milk, lime peel and cinnamon.

SPECIALS

- Espresso Tonic € 3
- Turmeric milk € 3 / € 4
- Iced Curcuma Latte € 4.5
- Infusion / Tea € 2
- Iced Tea € 3
- Hot chocolate € 2,5
- Large cold chocolate € 3
- Chai latte / beetroot latte € 4

EXTRAS

DECAFFEINATED COFFEE (+0.2)

HOMEMADE COCONUT CONDENSED CREAM (+0.5 €)

CHOCOLATE SYRUP (+0.3 €)

CHILLED COFFEEES

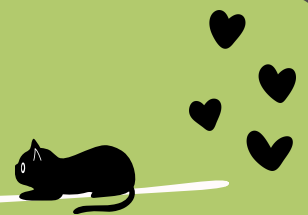


- Iced Americano € 3
- Iced Latte € 3,5
- Vanilla Iced Latte € 3,8
- Frappuccino € 6
- Framiccino € 6,6

Coffee, gluten-free oat milk, cocoa, banana, peanut butter, and cinnamon.

Miammm...

MATCHA LOVERS



- Matcha Latte € 3 / € 4
- Iced Matcha Latte € 5.5
- Cold Orange Matcha € 4.5

BAKERY



- Cake € 2.5
- Cookies € 2.5
- Cinnamon rolls € 3
- Zucchini and Walnut Brownie € 3.9
- Chia Pudding with Granola € 4.5
- Croissant € 2.8

GLUTEN-FREE AND SUGAR-FREE



- Slice of cake € 4.9
- Energy ball € 2
- Matcha & cacao Bars € 3.5



LUNCH

12:00 – 16:00

STARTERS

→ **Baked yuca**  € 5,5

Golden and crispy baked yuca sticks with aioli and green mojo dips.

→ **Rocket salad**  € 6,8

Mix of fresh arugula, sun-dried tomatoes, vegan mozzarella, basil pesto and walnuts.


→ **Hummus Pink**  € 6,5

Portion of chickpea and beetroot hummus with sesame and olives. Comes with celery and carrot sticks and warm pita bread.



WRAPS



→ **Falafel**  € 8,5

Wheat flour and spinach dough with crispy chickpea falafels, green leaves, grated carrot, cucumber, olive paste and homemade aioli.

→ **Tofu and seaweed sauce**   € 8,5

Wheat flour and spinach dough with baked tofu, rice, green leaves, cabbage, avocado and seaweed and cashew cream.

→ **Fresco** € 8

Wheat flour and spinach dough with lettuce, carrot, corn, avocado, quinoa, chickpeas and basil. Freshness and energy in every bite.

MAINS



→ **Scrumble Tofu Shakshouka**  € 10.5

Vegetable and chickpea reduction in tomato and cumin sauce with scrambled tofu and spinach accompanied by bread.

→ **Vegetable Curry**   € 12,5

Vegetables and chickpeas in a slightly spicy homemade coconut and peanut curry cream accompanied with basmati rice.

→ **Mushrooms on focaccia**    € 11

Sandwich on homemade focaccia bread filled with mushrooms sautéed in garlic, with cashew cheese, arugula and chipotle sauce, accompanied with coleslaw.

→ **Garfield's**   € 14

Vegan bolognese and eggplant lasagna with textured soy and homemade cauliflower béchamel. Served with pesto and gluten-free bread.

→ **Aoshima Poke**    € 14

Rice with tofu in seaweed and cashew sauce, fresh cabbage, SPICY homemade kimchi, marinated edamame and avocado accompanied with soy sauce.



ALL our dishes are garnished with paprika and sesame seeds.

MANY of our dishes contain GARLIC.

There IS cross contamination of gluten and shells.



OUR SPECIALTIES



We are a **GOURMET** salad house

→ **Lemon Step**



€ 11

Whole corn, lentils, cherries, spinach, lettuce, red cabbage, avocado, lemon, hot sauce, parsley, sesame, paprika, Maldon salt, and extra virgin olive oil.

It is recommended to order with a glass of rosé wine.

→ **Dulzona**



€ 12

Organic red quinoa, chickpeas, spinach, lettuce, carrots, walnuts, orange segments, and spicy mango and coconut chutney dressing.

It is recommended to order with a glass of dry white wine.

→ **Greek carpaccio with mushrooms**



€ 12.5

Cucumber carpaccio and basmati rice base with cherries, tofu feta, olives and mushrooms, and a touch of oregano, olive oil, sesame, and paprika.

It is recommended to order with a glass of fruity white wine.

→ **A'Pestosa**



€ 12.5

Pesto-infused rice, feta tofu, crispy white cabbage, arugula, celery, walnuts, and apple. Topped with a yogurt and lime dressing for a touch of freshness and antioxidants.

It is recommended to order with a glass of red wine.

→ **Free Palestine**



€ 12.5

Organic red quinoa, falafels, smooth hummus, fresh tomato and cucumber, carrot, olives, lettuce, and a creamy tahini dressing with a hint of sumac.

Let this and all genocides in the world end.

extra slice of bread €1

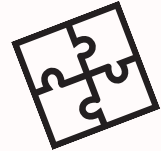


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THANK YOU VERY MUCH FOR SAYING **NO** TO ANIMAL ABUSE

WHAT DOES A KITTY DO WHEN IT DOESN'T EAT OR SLEEP?

PLAY!



We have various board games to make your wait more enjoyable. Order at the bar.



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A'PESTOSA SALAD

