

A large yellow triangle pointing to the right, positioned behind the 'yup' part of the logo.

yupick[®]

English
menu

ORGANIC EGGS & TOASTS

Spanish Pincho 4,90€

ORGANIC EGG, POTATO, ZUCCHINI, ONION, TOMATO.

Salmon Benedict Croissant 10,90€

CROISSANT, HOUSE-SMOKED SALMON, ORGANIC EGG, AVOCADO, HOLLANDAISE SAUCE.

Avocado & Egg Toast 9,90€

SOURDOUGH BREAD, AVOCADO, ORGANIC EGG, FETA CHEESE, SESAME SEEDS.

Caprese Toast 13,90€

SOURDOUGH BREAD, HOME-MADE PESTO, SEASONAL TOMATO, MOZZARELLA DI BUFALA.

Salmon Toast 13,90€

SOURDOUGH BREAD, HOUSE-SMOKED SALMON, CREAM CHEESE WITH CHIVES AND CAPERS, CUCUMBER, EXTRA VIRGIN OLIVE OIL, SESAME SEEDS.

Peanut butter & jelly 9,90€

SOURDOUGH BREAD, SUGAR-FREE PEANUT BUTTER, BANANA, STRAWBERRY, NATURAL BERRY JAM, HOUSE GRANOLA.

SNACKS

Chía pudding 8,90€

CHIA PUDDING, SEASONAL FRUIT JAM, HOUSE GRANOLA.

Overnight oats 8,90€

OATS, GREEK YOGURT, SEASONAL FRUIT JAM, HOUSE GRANOLA.

Açaí Bowl 9,90€

UNSWEETENED AÇAÍ, ALMOND MILK, BANANA, SUGAR-FREE ALMOND BUTTER, HOUSE GRANOLA.

GF protein berry Waffle 12,90€

BERRY JAM, SUGAR-FREE ALMOND BUTTER, HOUSE GRANOLA, MAPLE SYRUP.

SALADS & BOWLS

Summer Salad 13,90€

SPINACH, ARUGULA, GOAT CHEESE, APPLE, BEETROOT,
MAPLE-TOASTED NUTS, RAISINS, POLLEN, HOME-MADE VINAIGRETTE.

Chicken Caesar Salad 14,90€

ROMAINE LETTUCE, BUCKWHEAT CROUTONS,
ORGANIC CHICKEN, HOME-MADE CAESAR DRESSING.

Salmon Poke Bowl 14,90€

WHITE RICE, SMARINATED SALMOND IN KIMCHI AND PONZU,
WAKAME, EDAMAME, MANGO, CREAM CHEESE, SESAME SAUCE.

Teriyaki Salmon Bowl 16,90€

BASMATI RICE, GRILLED NORWEGIAN SALMON, EDAMAME,
CUCUMBER, MANGO, AVOCADO, TERIYAKI SAUCE.

Beef & Veggie Bowl 16,90€

WILD RICE, BEEF, SWEET POTATO, BROCCOLI,
ASPARAGUS, AVOCADO, CILANTRO VINAIGRETTE.

SPECIALS & WRAPS

Gazpacho 4,90€

TOMATO, STRAWBERRY, CHIPOTLE, IBERIC HAM.

Ham & Cheese Croissant 4,90€

CROISSANT, TURKEY, MELTED CHEESE.

“Chilaquiles divorciados” with Chicken 12,90€

BAKED TORTILLAS, SHREDDED ORGANIC CHICKEN,
AVOCADO, SOUR CREAM, GREEN SAUCE, TOMATO SAUCE.

Hummus-Chicken Wrap 11,90€

GRILLED CHICKEN, HUMMUS, TOMATO, EGGPLANT,
AVOCADO, MIXED GREENS, SECRET SAUCE.

Salmon Wrap 11,90€

HOUSE-SMOKED SALMON, SPINACH, CUCUMBER, AVOCADO,
CREAM CHEESE CAPER AND CHIVE SPREAD.

JUICES & SMOOTHIES

Orange juice 4,20€

Glow up juice 5,90€
ORANGE, CARROT, APPLE, LEMON, CAYENNE.

Green Detox 5,90€
CUCUMBER, CELERY, GREEN APPLE, GINGER, LEMON, SPIRULINA.

HydraJuice 5,90€
WATERMELON, STRAWBERRY, CELERY, LEMON, APPLE, SEA SALT.

N'ICE Piña colada 6,90€
COCONUT MILK, PINEAPPLE, BANANA.

Coffee Boost (pre-workout) 7,90€
COFFEE, ALMOND MILK, MACA, DATE, CINNAMON.

Muscle up (post-workout) 7,90€
UNFLAVORED VEGAN PROTEIN, COLLAGEN, BANANA, ALMOND MILK, DATE, CINNAMON.

SOS Smooth operator 7,90€
FLAX AND CHIA SEEDS, STRAWBERRY, KIWI, BERRIES.

SUPERFOODS

+2,00€

Collagen

HIGH PROTEIN.
HAIR, NAILS, BONES & JOINTS STRENGTHENING.
SKIN IMPROVEMENT.

Spirulina

HIGH PROTEIN, IRON, VITAMIN B12.
ANTI-INFLAMMATORY BENEFITS AND DETOX PROPERTIES.
BOOSTS IMMUNE SYSTEM.

Turmeric

ANTI-INFLAMMATORY BENEFITS.
STRONG ANTIOXIDANT PROPERTIES.
SUPPORTS DIGESTIVE AND INTESTINAL HEALTH.

Maca

PROVIDES ENERGY AND ENDURANCE/STAMINA.
SUPPORTS HORMONAL BALANCE.
BOOSTS LIBIDO.

Ginger

ANTI-INFLAMMATORY PROPERTIES.
BOOSTS THE IMMUNE SYSTEM.
IMPROVES/SUPPORTS DIGESTION.

Matcha

BOOSTS METABOLISM AND FAT BURNING.
STRONG ANTIOXIDANT.
PROVIDES ENERGY AND IMPROVES FOCUS.

Chai

IMPROVES DIGESTION.
PROVIDES ENERGY.
ANTI-INFLAMMATORY AND ANTIOXIDANT.

EXTRAS

HOUSE-SMOKED NORWEGIAN SALMON	4,20€
GRILLED NORWEGIAN SALMON	4,90€
ORGANIC CHICKEN	4,20€
ORGANIC EGG	2,90€
AVOCADO / TURKEY	2,60€
CHIPOTLE / JALAPEÑOS	1,90€
DRESSING / SAUCE	1,90€

BERRY JAM	2,90€
SOURDOUGH / GLUTEN FREE BREAD	1,90€
SUGAR-FREE ALMOND BUTTTER	2,90€
HOUSE GRANOLA	2,90€
VEGAN VANILLA PROTEIN	2,90€
SUPERFOODS	2,00€



VISIT OUR WEBSITE FOR THE FULL ALLERGEN MENU
ALL OUR DISHES CAN BE ADAPTED TO GLUTEN-FREE

COFFEE & DRINKS

yopick®

Espresso	2,50€
Double Espresso	2,90€
Macchiato	2,70€
Americano	2,90€
Capuccino / Latte	3,00 / 3,90€
Flat White	3,50€
Chai Latte	4,50 / 4,90€
Matcha Latte	4,50 / 4,90€
Hot / Iced Chocolate	3,00€
Golden Milk	4,50 / 4,90€
Tea	2,90€
Still Water	2,50€
Sparkling Water	3,00€
Organic Energy	4,20€
Kombucha	4,50€
Red Wine / White Wine	3,20€
Naturepils	4,00€
GLUTEN FREE	
Mahou 5 Estrellas / Alhambra	3,90€
Mahou 0,0 Toasted	3,90€

BAKED GOODS & PASTRIES

yopick®

Chocolate cake	☞ ☞ ☞	5,90€
Cheesecake	☞ ☞	5,90€
Orange pound cake	☞ ☞ ☞	4,90€
Carrot cake	☞	4,90€
Chocolate Banana bread	☞	4,90€
Brownie	☞ ☞	5,90€
Banana Muffin	☞ ☞ ☞	3,00€
Almond butter banana muffin	☞ ☞ ☞ ☞	3,20€
Coconut muffin	☞ ☞	2,90€
Chocolate thin cookie	☞ ☞ ☞	3,00€
Almond thin cookie	☞ ☞ ☞	3,00€
Chocolate Donut	☞ ☞ ☞	3,20€
Matcha Donut	☞ ☞	3,20€
Cinnamon roll	☞	4,90€
Croissant	☞	3,00€
Almond croissant	☞	4,90€
Pistachio croissant	☞	5,90€
Pain au chocolat	☞ ☞	3,50€
Chocolate pailmier	☞ ☞	3,20€
Palmier	☞	2,50€
House granola	☞ ☞ ☞ ☞	7,90€
Peanut butter cookie	☞ ☞ ☞ ☞	2,50€
Chocolate peanut butter cookie	☞ ☞ ☞ ☞ ☞	3,00€
Sugar-free chocolate dates (peanut butter / pistachio butter)	☞ ☞ ☞	3,00€

☞ GLUTEN FREE

☞ SUGAR FREE

☞ VEGAN

☞ KETO

☞ ORGANIC

☞ LOW SUGAR

**Being healthy is your choice,
we just make it easy.**

yupick®

 **Yupickcafe**

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**Calle de Fuencarral 104
Calle Columela 4**

yupickcafe.es