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

yupick®

Yupickcafe

Yupickcafe

Calle de Fuencarral 104
Calle Columela 4

yupickcafe.es

yupick®
English menu

ORGANIC EGGS

Spanish Pincho 4,90€
ORGANIC EGG, POTATO, ZUCCHINI, ONION.

Broccoli & Cheese Omelette 9,90€
FRENCH-STYLE ORGANIC EGG OMELETTE, BROCCOLI, MELTED CHEESE, SOURDOUGH BREAD.

Eggs D'ligth 9,90€
2 ORGANIC EGGS, TURKEY, AVOCADO, CHERRY TOMATOES, SOURDOUGH BREAD, GREEN SAUCE.

Salmon Benedict Croissant 12,90€
CROISSANT, HOUSE-SMOKED SALMON, ORGANIC EGG, AVOCADO, HOLLANDAISE SAUCE.

BOWLS

Mediterranean Bowl 14,90€
BASMATI RICE, MIXED GREENS, FALAFEL, TOMATO, CUCUMBER, RADISH, OLIVES, TAHINI VINAIGRETE.

Chicken Quinoa Bowl 16,90€
ORGANIC CHICKEN, QUINOA, CHICKPEAS, BASMATI RICE, PUMPKIN, ARUGULA, AVOCADO, BALSAMIC VINAIGRETTE.

Salmon Poke Bowl 14,90€
BASMATI RICE, MARINATED SALMON 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.

yupick®

TOASTS

Avocado & Egg 9,90€
SOURDOUGH BREAD, AVOCADO, ORGANIC EGG, FETA CHEESE, SESAME SEEDS.

Scrambled Eggs 10,90€
SOURDOUGH BREAD, SCRAMBLED EGGS WITH FETA, SPINACH, TOMATO.

Salmon 12,90€
SOURDOUGH BREAD, HOUSE-SMOKED SALMON, CREAM CHEESE WITH CHIVES AND CAPERS, CUCUMBER, EXTRA VIRGIN OLIVE OIL, SESAME SEEDS.

Dolce Vita 12,90€
SOURDOUGH BREAD, GORGONZOLA CHEESE, SERRANO HAM, FIGS, HONEY.

SANDWICHES & WRAPS

Tomato Baguette 3,90€
SOURDOUGH, TOMATO SPREAD, EXTRA VIRGIN OLIVE OIL.

Ham & Cheese Croissant 4,90€
CROISSANT, TURKEY, MELTED CHEESE.

"Spanish Bocadillo" 5,90€
SOURDOUGH, SERRANO HAM, HOME-MADE TOMATO SPREAD.

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.

SPECIALS

Pumpkin Soup 6,90€
PUMPKIN, COCONUT MILK, CASHEWS, PUMPKIN SEEDS, OLIVE OIL.

Lentil Soup 7,90€
LENTILS, VEGETABLE BROTH, CELERY, POTATO, CARROT, SPINACH.

"Chilaquiles Divorciados" with Chicken 12,90€
BAKED TORTILLAS, SHREDDED ORGANIC CHICKEN, AVOCADO, SOUR CREAM, GREEN SAUCE, TOMATO SAUCE.

Chicken Zucchini "Cannelloni" 12,90€
ZUCCHINI STUFFED WITH CHICKEN "TINGA", AVOCADO, TOMATO SAUCE, FETA CHEESE SAUCE.

Chicken "Tostadas" 12,50€
BAKED TORTILLA, BEANS, CHICKEN "TINGA", AVOCADO, SOUR CREAM.

Gluten-Free Pesto Pasta 11,90€
GLUTEN-FREE PENNE, HOME-MADE PESTO, PARMESAN CHEESE.

SNACKS

Chia Pudding 7,90€
CHIA PUDDING, SEASONAL FRUIT JAM, HOUSE GRANOLA.

Overnight Oats 7,90€
OATS, GREEK YOGURT, SEASONAL FRUIT JAM, HOUSE GRANOLA.

Açaí Bowl 9,90€
UNSWEETENED AÇAÍ, ALMOND MILK, BANANA, SUGAR-FREE ALMOND BUTTER, HOUSE GRANOLA.

Gluten-Free Berry affle 12,90€
BERRY JAM, SUGAR-FREE ALMOND BUTTER, HOUSE GRANOLA, MAPLE SYRUP.

Gluten-free choco-banana waffle 12,90€
BANANA, SUGAR-FREE CHOCOLATE, BERRY JAM, MAPLE SYRUP.

EXTRAS

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

SOURGDOUGH	1,50€
GLUTEN FREE BREAD	1,90€
SUGAR-FREE ALMOND BUTTTER	2,90€
HOUSE GRANOLA	2,90€
PROTEIN / COLLAGEN	2,90€

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

yupick®

COFFEE & DRINKS

Espresso	2,50€
Double Espresso	2,90€
Macchiato	2,70€
Americano	2,90€
Latte / Capuccino	3,00 / 3,90€
Flat White	3,50€
Chai latte	4,90€
Matcha latte	4,90€
Iced latte	4,00€
Iced Matcha latte	5,00€
Seasonal latte	4,90€
Hot / Iced Chocolate	3,00€
Golden Milk	4,90€
Tea	2,90€
Still Water	2,50€
Sparkling Water	3,00€
Kombucha	4,50€
Fresh Orange Juice	4,20€
Vitamin A juice ORAGNGE, CARROT, APPLE, LEMON, CAYENNE.	5,20€
Detox juice CUCUMBER, CELERY, GREEN APPLE, GINGER, LEMON, SPIRULINA.	5,20€
Post-workout smoothie VEGAN VANILLA PROTEIN, COLLAGEN, ALMOND MILK, BANANA, OATS, DATE, CINNAMON.	6,90€
Red wine / White wine	3,20€
Naturepils SIN GLUTEN	4,00€
Mahou 5 estrellas / Alhambra	3,90€
Mahou 0,0 tostada	3,90€

yupick®

yupick®

BAKED GOODS & PASTRIES

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 chocolait	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