

All day

LOS MONTEROS

Menu

HEALTHY BOWLS

- PORRIDGE** 11

Whole grain oats, coconut milk, cinnamon, strawberries and banana
- JUNGLE BREAKFAST** 12.5

Rachel's granola, seasonal fruits, yogurt and love
- FRUIT SALAD** 9.9 GF
- CHIA ME UP!** 12.9 GF

Chia seed pudding, coconut milk and fruits
- SIGNATURE AÇAÍ BOWL** 14

Açaí bowl topped with Rachel's granola, banana, strawberries and shredded coconut
- TRUE BRASILIAN AÇAÍ BOWL** 14.5

Açaí bowl with banana, strawberries, Rachel's granola, and peanut butter
- COCO LOCO** 13.5 GF

Feel like you're in paradise with this bowl of pineapple, banana, mango, coconut water and coconut milk
- GOOD VIBES** 13.5

Boost your protein intake with this tasty and smooth bowl of banana, honey, soy milk, Rachel's granola and peanut butter.
- PINK EVIDENCE** 14

Rachel's granola bowl with bananas and blueberries
- MARBEFORNIA** 13.5

Mango, pineapple, banana, Rachel's granola and orange juice
- KETONOLA** 14.9

Coconut yogurt, Rachel's granola and blueberries
- OVERNIGHT OATS** 12.9

Almond milk, coconut yogurt, oats, chia seeds, cinnamon, peanut butter, coconut and vanilla

ARTISAN PASTRY

Ask about our gluten-free option.

- CROISSANT**

Sweet or savory with ham and cheese

4.5 Savory 5.9
- CARROT CAKE** 7.5
- BANOFFEE PIE** 7.5
- GLUTEN-FREE COOKIES** 5 GF
- HOMEMADE COOKIES** 5
- JAPANESE CAKE** 7.5

Fluffy cheesecake
- LEMON CAKE** 9
- LEMON SPONGE CAKE** 7.5
- BANANA BREAD** 8.5
- ASK ABOUT OUR ICE CREAMS** 8

SWEET

- CARROT PANCAKES** 14.9 GF

Delicious carrot pancakes. Vegan and gluten-free!
- SWEET / SAVORY CREPE** 14.9

Choose sweet or savory: Chocolate or ham and cheese
- WAFFLE** 14.9

Homemade waffle served with fruits
- FRENCH TOAST** 14.9 GF

Gluten-free sweet toasts served with fruits and maple syrup

TOASTS

- PEACH TOAST (IN SEASON)** 9.5

Ricotta and peach toast with honey
- HII! HONEY (IN SEASON)** 9.5

Toast with figs, mascarpone and pistachios
- VACATION TOAST** 8.5

Peanut butter, banana, blueberries and strawberries
- AVO SMASH TOAST** 6.9

Whole grain bread with avocado, cucumber, radish, micro coriander and olive oil
- SUPERMAN TOAST** 6.9

Rye bread toast with almond butter, banana, honey and cinnamon
- FETA AVO** 9.5

Avocado, feta, cherry tomatoes, and basil

STARTERS

- NACHOS LOLA** 13.9

Nachos with sour cream and avocado
- SHARING PLATE** 16.9

Beetroot hummus, chickpea hummus, spicy roasted pumpkin purée, Kalamata olives, falafel, carrot and cucumber sticks, toasted pita bread and sweet potato chips
- AVO PASSION** 16 GF

Guacamole pure with habanero, pomegranate and coriander

SALADS

- LOS MONTEROS** 16.5 GF

Lentil salad with vegetables and feta cheese
- FROM FARM TO GRAIN** 16.5 GF

Quinoa salad with asparagus and sweet potato falafel
- COUS COUS TABBOULEH WITH TOMATO AND FETA** 16.5
- GREEK SALAD** 16.5 GF

Tomato, cucumber, feta cheese, green pepper and black olives
- HALAL CART CHICKEN SALAD** 16.5

Halal chicken, yogurt sauce, turmeric, red onion, cherry tomato, iceberg lettuce and pita chips
- SPICY SHRIMP NOODLES SALAD** 16.5 GF

Glass noodles, cucumber, basil, ginger, prawns and fresh chili

WRAPS/BURGERS

- ESSAOUIRA WRAP** 15.9

Moroccan-style cooked chicken, tomato, yogurt and red onion
- FALAFEL WRAP** 15.9

Homemade falafel, carrot, spinach, onion, basil, red cabbage, avocado and beet hummus
- LUCKY BASTARD** 24

Grilled beef sirloin, avocado, tomato, carrot, coriander, onion, aioli and homemade Asian sauce
- TOFU WRAP** 16.9

Scrambled tofu with turmeric, spring onion, spinach, sun-dried tomato and avocado
- BURRITO** 15.9

Scrambled eggs, turkey, spinach, cheese, and spring onion. Served with roasted potatoes and spicy brava sauce

VEGGIE WRAP 15.9

Spinach, quinoa, hummus, avocado, cherry tomatoes, carrot, cucumber, sprouts, chickpeas and tahini

SALMON WRAP 17.9

Smoked salmon, avocado and spinach with tzatziki sauce

MEXICAN BURGER 17

Grilled Mexican chicken breast, guacamole, fresh tomato, red cabbage, jalapeño peppers and chipotle with fresh lime. Spicy!

TRUE BURGER 18.9

Beef with caramelized onions, spinach and our special seasoning

SPECIALS

- MEE GORENG** 17.5

Wok of vegetables and chinese noodles with chicken or tofu mildly spicy, moderately spicy, or very spicy!
- NO PASTA PASTA** 15.9 GF

Zucchini noodles. choose your sauce: beef ragù with tomato or pesto
- CHICKEN QUESADILLA** 17.5 GF

Cheese, chicken, onion, tomato, garlic, chipotle sauce and coriander
- SUNSHINE** 24 GF

Cucumber, avocado, salmon, sushi rice, and kimchi sauce
- FIT FOOD** 17.5 GF

Grilled chicken with vegetables
- GRILLED SALMON** 25 GF

Salmon with asparagus
- KOFTA** 22 GF

Spiced minced lamb skewers
- GAZPACHO** 9 GF

PASTA

- SEAFOOD SPAGHETTI** 23

Spaghetti with prawns and cherry tomatoes Spicy!
- AVOCADO PESTO** 24

Rigatoni with avocado pesto and burrata
- VODKA PASTA** 24

Tortiglioni with burrata.
- LIMONETA** 19

Lemon spaghetti
- SPAGHETTI POMODORI** 18

Homemade tomato sauce and fresh basil
- [GLUTEN-FREE OPTION]

PIZZA

- MY LOVE'S NAME IS MARGARITA** 15

Tomato and cheese
- DOUBLE OR NOTHING** 16

Labneh cheese and honey
- RASTRO** 15

Fresh burrata, tomato, basil and prosciutto
- IL SOGNO DELLA MAMMA** 18

Mozzarella, Payoyo cheese, arugula and Parmesan

SUPER BREAKFAST

- DIVORCED EGGS** 13.9

Poached eggs, sour cream, sprouts, sautéed spinach, chimichurri, avocado and paprika
- SCRAMBLED BREAKFAST** 9.9

Scrambled eggs with toasted olive bread
- QUINOA HEAVEN** 14.9 GF

2 poached eggs, red and white quinoa, roasted pumpkin, spinach, cherry tomatoes, feta cheese and tomato chutney
- EGGS BENEDICT**

Add salmon, ham, or turkey + 2.9 *
(1 egg 7.90 or 2 eggs 14.90)
- FRENCH OMELET** 7 GF

*Add onion, tomato, peppers, mushrooms, spinach or cheese (+1€ per extra ingredient)
Also available with egg whites
- MARINA PUENTE ROMANO** 16.9

Smoked salmon, scrambled eggs, avocado, grilled halloumi cheese and salad
- KETO AVOCADO BENEDICT** 16.9

Avocado, poached eggs, smoked salmon, hollandaise sauce, asparagus and chives

I Love you
so matcha

Drinks

LOS MONTEROS

Menu

ICED / SPECIAL MATCHA

- BLUEBERRY MATCHA** 7.5
Coconut milk, matcha tea, blueberry
- STRAWBERRY MATCHA** 7.5
Coconut milk, matcha tea, strawberry
- GOLDEN MATCHA** 7.5
Coconut milk, matcha tea, mango

TRENDY LATTES & COFFEE

- MATCHA LATTE** 6.9
Coconut milk and matcha
- ESPRESSO / AMERICAN** 3.5
- DOBLE ESPRESSO / LATTE / CAPPUCCINO** 4
- LATTE MACCHIATO** 4.5
- ICED COFFEE LATTE** 4.5
- CHAI LATTE** 5.9
Coconut milk and chai tea
- PINK CHAI LATTE** 6.9
Coconut milk, chai spices, and beetroot
- *ask for our variety of teas*

SHOTS

- GINGER SHOT** 4.5
- GINGER SHOT + CÚRCUMA + LEMON** 4.5
- GINGER SHOT + CHILI** 4.5
- FIRE STARTER** 5
Ginger, turmeric, cayenne pepper and lemon

SOFT DRINKS

- WATER** 4
- SPARKLING WATER** 4.5
- SOFT DRINKS** 4.5
- COCONUT WATER** 5
- RAW COCONUT** 15
- BEER** 5
- NON-ALCOHOLIC BEER** 5
- GLUTEN FREE BEER** 5
- SANGRIA** Glass 7 / Jug 29
* Cava 35€ /
- KOMBUCHA** 5

NATURAL JUICES

- ORANGE JUICE** 4.9
Pure Vitamin C
- LOVELY DAY** 7.5
Orange, apple, strawberry, ginger and lime
- ENERGETIC** 7.5
Orange, apple, carrot and beetroot
- GLOW DETOX** 7.5
Cucumber, apple, mint and lemon
- WELCOME TO MARBELLA** 7.5
Carrot, orange, apple, lemon, ginger and turmeric
- PRETTY PROZAC** 7.5
Orange, apple, ginger and carrot
- TERREMOTO ROJO** 7.5
Beetroot, carrot, celery and lemon
- GREEN LIFE** 7.5
Cucumber, spinach, kale, apple, celery and lemon
- HEAVEN** 7.5
Celery, lemon and water
- ECSTASY 4EVER** 7.5
Apple, lemon, mint and coconut water
- RELAXING** 7.5
Pineapple, apple, lemon and mint
- IRONMAN** 7.5
Apple, celery, carrot, fennel, ginger and beetroot
- ♡
- MR. RACHELS** 7.5
Carrot, orange and ginger

SUPER JUICES

- BY ELLE MACPHERSON
- TURKISH DELIGHT PROTEIN SHAKE** 12.5
Banana, strawberries, almond milk, coconut water, Protein and Super Elixir
- NOURISHING VANILLA SHAKE** 12.5
Banana, almond milk, oat milk and vanilla protein

SMOOTHIES

- NEW
- RACHEL'S PEACHES (IN SEASON)** 12.5
Peach, pineapple, banana, vanilla collagen, coconut flakes and coconut cream
- PINK PUNCH** 12.5
Strawberry, banana, dates, whey protein, maple, coconut cream and whole milk
- MARBELLA LIFESTYLE** 10.5
Strawberries, banana, oat milk and agave
- SILK** 10.5
Banana, avocado, dates and almond milk
- DRAGON JUICE** 11.5
Red dragonfruit, avocado, banana, blueberries, coconut and chia seeds
- CAPRICO DE DIOS** 10.5
Mango, banana and orange
- NEW
- WOMENS POWER SUPER JUICE** 10.5
Pineapple, apple, avocado, ginger and mint
- NEW
- SUNCREAM SMOOTHIE** 12.5
Almond milk, pineapple, banana, avocado, almond butter, collagen, stevia, blue majik and coconut cream

the COCKTAIL MENU



MOJITO
/ classic & watermelon / 18



MARGARITA
/ classic, spicy & frozen of fruits / 18



DAIQUIRI FRUITS 18



PIÑA COLADA 18

rachels eco love



BOWLS SALUDABLES

PORRIDGE	11
Avena integral, leche de coco, canela, fresas y plátano	
JUNGLE BREAKFAST	12.5
Granola, frutas de temporada, yogurt y amor	
ENSALADA DE FRUTAS	9.9 GF
CHIA ME UP!	12.9 GF
Pudding de semillas de chía, leche de coco y frutas	
SIGNATURE AÇAÍ BOWL	14
Bowl de açaí cubierto de granola Rachel's, plátano, fresas y coco rallado	
TRUE BRASILIAN AÇAÍ BOWL	14.5
Bowl de açaí con plátano, fresas, granola Rachel's y crema de cacahuete	
COCO LOCO	13.5 GF
Siéntete en el paraíso con este bowl de piña, plátano, mango, agua de coco y leche de coco	
GOOD VIBES	13.5
Subidón de proteínas con este sabroso y suave bowl de plátano, miel, leche de soja, granola y crema de cacahuete	
PINK EVIDENCE	14
Bowl de granola, plátanos y arándanos	
MARBEFORNIA	13.5
Mango, piña, plátano, granola y zumo de naranja	
KETONOLA	14.9
Yogurt de coco, granola de frutos secos y arándanos	
OVERNIGHT OATS	12.9
Leche de almendras, yogurt de coco, avena, semillas de chía, canela, crema de cacahuete, coco y vainilla	

DEL GALLINERO

HUEVOS DIVORCIADOS	13.9
Huevos escalfados, crema agria, brotes, espinaca salteada, chimichurri, aguacate y pimentón	
DESAYUNO REVOLTOSO	9.9
Huevos revueltos y pan de oliva tostado	
QUINOA HEAVEN	14.9 GF
2 huevos pochados, quinoa roja y blanca, calabaza asada, espinaca, tomate cherry, queso feta y chutney de tomate	
EGGS BENEDICT	
* Añade salmón, jamón o pavo + 2.9 * (1 huevo 7.90 o 2 huevos 14.9)	
TORTILLA FRANCESA	7 GF
*Añade cebolla, tomate, pimientos, champiñones, espinacas o queso (+1€ por extra ingrediente) También disponible con claras de huevo	
MARINA PUENTE ROMANO	16.9
Salmón ahumado, huevos revueltos, aguacate, queso halloumi a la plancha y ensalada	
KETO AVOCADO BENEDICTE	16.9
Aguacate, huevos pochados, salmón ahumado, salsa holandesa, espárragos y cebollino	

PASTELERÍA ARTESANA

Pregunta por nuestras opciones sin gluten	
CROISSANT	
Dulce o salado con jamón y queso	
4.5	Salado 5.9
TARTA DE ZANAHORIA	7.5
TARTA BANOFFEE	7.5
COOKIES SIN GLUTEN	5 GF
COOKIES CASERAS	5
JAPO CAKE	7.5
Tarta de queso esponjosa	
TARTA DE LIMÓN	9
BIZCOCHO DE LIMÓN	7.5
BANANA BREAD	8.5
PREGUNTA POR NUESTROS HELADOS	8

DULCE

TORTITAS DE ZANAHORIA	14.9 GF
Deliciosas tortitas de zanahoria. ¡Veganas y gluten free!	
CREPE DULCE / SALADO	14.9
Elige dulce o salado: chocolate o jamón y queso	
GOFRE	14.9
Gofre casero acompañado de frutas	
FRENCH TOAST	14.9 GF
Tostadas dulces sin gluten acompañadas de frutas y sirope de arce	

TOSTADAS

PEACH TOAST (IN SEASON)	9.5
Tostada ricota y melocoton con miel	
HI! HONEY (IN SEASON)	9.5
Tostada con higos, mascarpone y pistachos	
VACATION TOAST	8.5
Crema de cacahuete, plátano, arándanos y fresas	
AVO SMASH TOAST	6.9
Pan integral con aguacate, pepino, rábano, micro cilantro y aceite de oliva	
SUPERMAN TOAST	7.9
Tostada de pan de centeno, crema de almendras, plátano, miel y canela	
FETA AVO	9.5
Aguacate, feta, tomates cherry y albahaca	

ENTRANTES

NACHOS LOLA	13.9
Nachos con crema agria y aguacate	
SHARING PLATE	16.9
Hummus de remolacha, hummus de garbanzos, puré de calabaza asada picante, aceitunas kalamata, falafel, palitos de zanahoria y pepino, pan de pita tostado y chips de boniato	
AVO PASSION	16 GF
Puré de guacamole, copitos de chili, granada y cilantro	

All day LOS MONTEROS Menu

ENSALADAS

LOS MONTEROS	16.5 GF
Ensalada de lentejas, verduras y queso feta	
DEL HUERTO AL GRANO	16.5 GF
Ensalada de quinoa, Falafel, espárragos y boniato	
TABOULE DE COUS COUS, TOMATE Y FETA	16.5
ENSALADA GRIEGA	16.5 GF
Tomate, pepino, queso feta, pimiento verde y olivas negras	
HALAL CARTCHICKEN SALAD	16.5
Pollo Halal, salsa de yogurt, cúrcuma, cebolla roja, tomate cherry, lechuga iceberg y pita chips	

SPICY SHRIMP NOODLES SALAD	16.5 GF
Tallarines de cristal, pepino, albahaca, jengibre, gambones y chile fresco	

WRAPS/BURGERS

WRAP ESSAOUIRA	15.9
Pollo cocinado al estilo marroquí, tomate, yogurt y cebolla roja	
WRAP DE FALAFEL	15.9
Falafel casero, zanahoria, espinacas, cebolla, albahaca, repollo morado, aguacate y hummus de remolacha	
LUCKY BASTARD	24
Solomillo de ternera a la plancha, aguacate, tomate, zanahoria, cilantro, cebolla, alioli y salsa asiática casera	
WRAP DE TOFU	16.9
Tofu revuelto con cúrcuma, cebolleta, espinacas, tomate seco y aguacate	
BURRITO	15.9
Huevos revueltos, pavo, espinacas, queso, cebolleta. Servido con patatas asadas y salsa brava	
WRAP VEGETAL	15.9
Espinaca, quinoa, hummus, aguacate, tomates cherry, zanahoria, pepino, brotes, garbanzos y tahini	
WRAP DE SALMÓN	17.9
Salmón ahumado, aguacate y espinacas con salsa tzatziki	

MEXICAN BURGER	17
Pechuga de pollo mexicana a la parrilla, guacamole, tomate fresco, col morada, chiles jalapeños y chipotle con limón fresco ¡Picante!	
TRUE BURGER	18.9
Carne de res con cebollas caramelizadas, espinacas y nuestro condimento especial	

ESPECIALES

MEE GORENG	17.5
Wok de verduras y fideos chinos con pollo o tofu ¡Picante suave, moderadamente picante o muy picante!	
NO PASTA PASTA	15.9 GF
Tallarines de calabacín. Elige salsa: ragú de ternera con tomate o pesto	
CHICKEN QUESADILLA	17.5 GF
Queso, pollo, cebolla, tomate, ajo, salsa chipotle y cilantro	
SUNSHINE	24 GF
Pepino, aguacate, salmón, arroz de sushi y salsa Kimchi	
FIT FOOD	17.5 GF
Pollo a la plancha con verduras	
SALMÓN A LA PLANCHA	25 GF
Salmón con espárragos	
KOFTA	22 GF
Pinchos de cordero picados y especiadós	
GAZPACHO	9 GF

PASTA

ESPAGUETIS DEL MAR	23
Espaguetis con gambones y tomates cherry ¡Picante!	
PESTO DE AGUACATE	24
Rigatoni con pesto de aguacate y burrata	
PASTA AL VODKA	24
Tortiglioni con burrata	
LIMONETA	19
Espagueti al limón	
ESPAGUETI POMODORI	18
Salsa de tomate casera y albahaca fresca	

[OPCIÓN SIN GLUTEN]

PIZZA

MARGARITA SE LLAMA MI AMOR	15
Tomate y queso	
DOBLE O NADA	16
Queso labneh y miel	
RASTRO	15
Burrata fresca, tomate, albahaca y prosciutto	
IL SOGNO DELLA MAMMA	18
Mozarella, queso Payoyo, rúcula, y parmesano	

I Love you
so much

Menú

LOS MONTEROS

Bebidas

ICED/MATCHA ESPECIALES

- BLUEBERRY MATCHA** 7.5
Leche de coco, té matcha, arándanos
- STRAWBERRY MATCHA** 7.5
Leche de coco, té matcha y fresa
- GOLDEN MATCHA** 7.5
Leche de coco, té matcha, cúrcuma, mango.

LATTE Y CAFÉ MODERNOS

- MATCHA LATTE** 6.9
Leche de coco y matcha
- ESPRESSO / AMERICANO** 3.5
- DOBLE ESPRESSO / LATTE / CAPPUCCINO** 4
- LATTE MACCHIATO** 4.5
- ICED COFFEE LATTE** 4.5
- CHAI LATTE** 5.9
Leche de coco y té chai
- PINK CHAI LATTE** 6.9
Leche de coco, fresas y remolacha

**pregunta por nuestra variedad de té*

SHOTS

- SHOT DE JENGIBRE** 4.5
- SHOT DE JENGIBRE + CÚRCUMA + LIMÓN** 4.5
- SHOT DE JENGIBRE + CHILI** 4.5
- FIRE STARTER** 5
Jengibre, cúrcuma, pimienta cayena y limón

REFRESCOS

- AGUA** 4
- AGUA CON GAS** 4.5
- REFRESCOS** 4.5
- AGUA DE COCO** 5
- COCO** 15
- CERVEZA** 5
- CERVEZA SIN ALCOHOL** 5
- CERVEZA SIN GLUTEN** 5
- SANGRIA** Copa 7 / Jarra 29
*Cava 35€
- KOMBUCHA** 5

ZUMOS NATURALES

- ZUMO DE NARANJA** 4.9
Vitamina C pura
- LOVELY DAY** 7.5
Naranja, manzana, fresa, jengibre y lima.
- ENERGETIC** 7.5
Naranja, manzana, zanahoria y remolacha
- GLOW DETOX** 7.5
Pepino, manzana, menta y limón
- WELCOME TO MARBELLA** 7.5
Zanahoria, naranja, manzana, limón, jengibre y cúrcuma
- PRETTY PROZAC** 7.5
Naranja, manzana, jengibre y zanahoria
- TERREMOTO ROJO** 7.5
Remolacha, zanahoria, jengibre y naranja
- GREEN LIFE** 7.5
Pepino, espinaca, col rizada, manzana, apio y limón.
- HEAVEN** 7.5
Apio, limón y agua
- ECSTASY 4EVER** 7.5
Manzana, limón, menta y agua de coco
- RELAXING** 7.5
Piña, manzana, lima y menta
- IRONMAN** 7.5
Manzana, apio, zanahoria, jengibre y remolacha
- 
- MR. RACHELS**
Zanahoria, naranja y jengibre

SUPER ZUMOS

- BY ELLE MACPHERSON**
- TURKISH DELIGHT PROTEIN SHAKE** 12.5
Plátano, fresas, leche de almendras, agua de coco, Proteína y Super Elixir
- NOURISHING VANILLA SHAKE** 12.5
Plátano, leche de almendras, leche de avena y Proteína de vainilla

BATIDOS

- NEW**
RACHEL'S PEACHES (IN SEASON) 12.5
Melocotón, piña, plátano, colágeno de vainilla, copos de coco y crema de coco
- PINK PUNCH** 12.5
Fresa, plátano, dátiles, proteína de suero, leche de coco
- MARBELLA LIFESTYLE** 10.5
Fresas, plátano, leche de avena y agave
- SILK** 10.5
Plátano, aguacate, dátiles y leche de almendras
- DRAGON JUICE** 11.5
Pitaya roja, aguacate, plátano, arándanos, coco y semillas de chía.
- CAPRICHIO DE DIOS** 10.5
Mango, plátano y naranja
- NEW**
WOMENS POWER SUPER JUICE 10.5
Piña, manzana, aguacate, jengibre y menta
- NEW**
SUNCREAM SMOOTHIE 12.5
Leche de almendras, piña, plátano, aguacate, mantequilla de almendras, colágeno, stevia, blue majik y crema de coco.

MENÚ de CÓCTELES



MOJITO
/ clasico & sandia / 18



MARGARITA
/ clasico, picantes & frozen de frutas / 18



DAIQUIRI FRUTAS 18



PIÑA COLADA 18

rachels eco love

