



## RACCOMANDED/ RECOMANDADO

### HEALTHY BE GOOD EXPERIENCE

Un mixto de nuestras especialidades  
A mix of our speciality

14,90



## HEALTHY DELICIOUS

### HEALTHY ARROZ

Arroz rojo Hermes de calidad superior con verduras bio de temporada.  
Hermes red rice of superior quality with organic seasonal vegetable.

10,90

### SPAGHETTI RAW

Espaguetis de calabacín y zanahoria con pesto y salsa cacahuete.  
Zucchini and carrot spaghetti with pesto and peanut sauce

7,90

### HEALTHY PASTA

Pasta sin gluten con salsa de tomate, albahaca y aceite de oliva EVO.  
Gluten free pasta with tomato sauce, basil and extra virgin olive oil.

9,90

### HEALTHY PIZZA

Pan estilo pizza , salsa de tomate, tofu, rucula, albahaca, aceitunas negras.  
tambien con salsa de tomate y verdura de temporada.  
Pizza style bread, tomato sauce, tofu, rocket salad, basil, black olives.  
also with tomato sauce and seasonal vegetables.

6,90



### HEALTHY GAZPACHO

Sopa fría con pimiento, tomate, pepino, zanahoria, servido con pan tostado.  
Cold soup with pepper, tomato, cucumber, carrot, served with toasted bread.

6,90

### MELANZANE ALLA PARMIGIANA

Berenjena al horno con pesto casero, tofu, tomate, albahaca  
y crema de cacahuete.  
Baked eggplant with homemade pesto, tofu, tomato, basil and peanut sauce.

6,90



### BRUSCHETTA

Pan sin gluten caliente, salsa de aceitunas negras, rucula,  
tomate cherry y frutos secos

Hot gluten-free bread, black olive sauce, rocket salad, cherry tomato and nuts.

5,90

### TEMPURA be GOOD

Verduras de temporada, harina de arroz, semillas y Healthy mayonesa.  
Seasonal vegetables, rice flour, seeds and Healthy mayonnaise.

6,90

### CHICKPEAS BALLS

Bolas de legumbres con verduras de temporada, semillas y salsa casera.  
Vegetable balls with seasonal vegetable, seed and homemade sauce.

5,90



### STUFFED PEPPER

Pimientos al horno con relleno de calabacin, lentejas, almendras, perejil.  
Stuffed pepper with zucchini, lentils, almonds, parsley.

5,90

### PINCHITO DE TOFU

Tofu ecologico frito con semillas y salsa agrodulce.  
Fried organic tofu with seeds and sweet and sour sauce.

6,90



### SPECIAL BAKED POTATOES

Papas al horno servidas con nuestra mayo especial.  
Baked potatoes served with our special mayo.

4,90

## SALAD

### RAINBOW SALAD

Lechuga, tomate, zanahoria, pepino, cebolla, frutos secos y salsa de aceitunas negras.  
Lettuce, tomato, carrot, cucumber, onion, nuts and black olive sauce.

6,90

### BEYOND SALAD

Lechuga, tomate cherry, zanahoria, pimiento, cebolla, crema de fruta y hamburguesa Beyond meat®.  
Lettuce, cherry tomato, carrot, pepper, onion, seasonal fruit cream and Beyond meat® burger.

10,90

### QUINOA SALAD

Quinoa, verduras de temporada, aceitunas negras semillas, salsa de cacahuete.  
Quinoa, seasonal vegetables, black olives, seeds, peanut sauce.

8,90

## HEALTHY *Burger*

### BE GOOD *Burger*

Pan sin gluten con harina de quinoa y trigo saraceno, hamburguesa casera hecha con papas y zanahoria, ensalada, tomate, pepino, cebolla, guacamole y Healthy mayonesa. Servido con papas caseras al horno. *Gluten-free bread with quinoa and buckwheat flour, homemade burger with potatoes and carrots, salad, tomato, cucumber, onion, guacamole and Healthy mayonnaise. Served with homemade baked potatoes.*

8,90



### BLACK *Burger*

Pan sin gluten de quinoa y trigo saraceno, hamburguesa casera hecha con garbanzos y papas, ensalada, tomate, pepino, salsa de aceitunas, y Healthy mayonesa. Servido con papas caseras al horno. *Gluten-free quinoa and buckwheat bread, homemade burger with chickpeas and potatoes, salad, tomato, cucumber, olive sauce, and Healthy mayonnaise. Served with homemade baked potatoes.*

9,90



### PINKY *Burger*

Pan sin gluten de quinoa y trigo saraceno, hamburguesa casera hecha con lentejas, papas y berenjena, ensalada, tomate, cebolla, hummus del día y Healthy mayonesa. Servido con papas caseras al horno. *Gluten-free quinoa and buckwheat bread, homemade burger made with lentils, potatoes and eggplant, salad, tomato, onion, hummus of the day and Healthy mayonnaise. Served with homemade baked potatoes.*

9,90



### BEYOND *Burger* BEYOND MEAT™

Hamburguesa vegetal Beyond meat®, pan sin gluten, tomate, ensalada, pepino, cebolla, healthy mayo, mostaza y ketchup. Servido con papas al horno. *Beyond meat® vegetable burger, gluten free bread, tomato, salad, cucumber, onion, healthy mayo, mustard and ketchup. Served with baked potatoes.*

13,90



## HEALTHY KEBAB

### CLASSIC *Kebab*

Pan estilo pizza de harina de maiz, con ensalada, tomate, verdura de temporada, guacamole, cebolla. Servido con papas caseras al horno. *Corn flour pizza style bread, with salad, tomato, seasonal vegetables, guacamole, onion. Served with homemade baked potatoes.*

7,90



### ENERGY *Kebab*

Pan estilo pizza de harina de maiz, con tomate, tempeh marinado, rucula, salsa de cacahuetes, mayonesa casera. Servido con papas caseras al horno. *Corn flour pizza style bread, with tomato, marinated tempeh, rocket, peanut sauce, homemade mayonnaise. Served with homemade baked potatoes.*

9,90

### BEYOND *Kebab* BEYOND MEAT™

Pan estilo pizza de harina de maiz, con hamburguesa Beyond, ensalada, tomate, pepino, cebolla, ketchup, mostaza, mayonesa casera. Servido con papas al horno. *Corn flour pizza bread, with Beyond burger, salad, tomato, cucumber, onion, ketchup, mustard, homemade mayonnaise. Served with homemade baked potatoes.*

11,90

\*ADD YOUR FAVORITE INGREDIENT

Berenjena/eggplant - pimienta/pepper - cebolla/onion - espinacas / spinach 1,00

## BUDDHA BOWL

### CLASSIC BOWL

Arroz integral, espinacas, verduras de temporada, tempeh especiado, guacamole, hummus del día, semillas y salsa de cacahuete. *Brown rice, spinach, seasonal vegetables, spicy tempeh, guacamole, hummus of the day, seeds and peanut sauce.*

10,90



### SPORTS BOWL

Arroz integral, espinacas, verduras de temporada con salsa cacahuete, garbanzos con salsa agrodulce, tofu, hummus del día, guacamole y semillas. *Brown rice, spinach, seasonal vegetables with peanut sauce, chickpeas with sweet and sour sauce, tofu, hummus del día, guacamole and seeds.*

11,90

## NIÑOS / CHILDREN

### ENERGY TIME BEYOND MEAT™

Hamburguesa Beyond meat® con papas al horno, ketchup y Healthy mayo. *Beyond meat® burger with our baked potatoes, ketchup & Healthy mayo.*

9,90

### CLASSIC PASTA

Pasta sin gluten, salsa de tomate, tomates cherry frescos y aceite de oliva EVO. *Gluten-free pasta in tomato sauce, fresh cherry tomatoes and extra virgin olive oil.*

7,90



### PAPAS

Papas caseras fritas en aceite de alta calidad superior. *Homemade potatoes fried in superior high quality oil.*

3,50

# **Healthy SMOOTHIE & JUICE**

## **ORANGE JUICE** \_\_\_\_\_ **3,90**

Zumo de naranja fresco.  
Fresh squeezed oranges.



## **APPLE JUICE** \_\_\_\_\_ **3,90**

Zumo de manzana y limòn.  
Fresh apple and lemon.



## **VEPUCCINO** \_\_\_\_\_ **5,50**

Leche de almendra, achicoria en polvo, crema de vanilla, plàtano, datiles.  
Homemade almonds milk, powdered chicory, vanille cream, banana, dates.



## **SPORT BOOST JUICE** \_\_\_\_\_ **5,50**

Zanahoria, manzana, remolacha, limòn.  
Carrot, apple, red beet, lemon.



## **HEALTHY DELICIOUS** \_\_\_\_\_ **6,00**

Plàtano, datiles, cacao, leche de almendra casero, maca.  
Frozen banana, dates, cocoa, homemade almonds milk, maca.



## **BLU LAGOON** \_\_\_\_\_ **6,00**

Plàtano, manzana roja, leche de coco, espirulina azul.  
Frozen banana, red apple, coconut milk, blue spirulina.



## **GREEN EMOTION** \_\_\_\_\_ **5,50**

Espinacas, calabacìn, hierba huerto, limòn, manzana verde.  
Spinach, zucchini, mint, lemon, green apple.



## **WINTER C** \_\_\_\_\_ **5,50**

Zanahoria, zumo de naranja, pimiento rojo, datiles.  
Carrot, fresh orange juice, red pepper, dates.



## **PROTEIN PLUS** \_\_\_\_\_ **6,00**

Plàtano, anacardos o nueces, leche de almendra, brocoli, proteínas vegetales.  
Frozen banana, cashews or nuts, almonds milk, brocoli, veggie proteins.



## **SNACK /POSTRES**



### **BOUNTY**

Coco rallado, cacao, anacardos y agave  
Raped coconut, cashew, cacao and agave

**4,90**

### **HEALTHY BALLS**

Bolas de avellanas, almendras, cacao y datiles  
Balls made with hazelnuts, almonds, cacao and dates

**4,90**

## SANGRÍA

 **Healthy** Sangria (Sin Azucar / Sugar Free)

Copa/glass


Jarra / Jug 1lt

4,50

15,00



## APERITIVO

 **Healthy** Spritz (Prosecco Bio, Zumo Naranja, Nonino)

5,00



## VINO/WINE

### Tinto/red Wine

Healthy Wine, Montepulciano D.O.C Tenuta Barba  
Ribera Del Duero D.O.C. Aicara  
Bila-haut, Cotes Du Roussillon Village

Copa/glass Botella/bottle

4,00

18,00

4,00

16,00

25,90

### Blanco/white Wine

Healthy Wine, Pinot Grigio Bacaro  
Sauvignon-Malvasia I.G.P. Il Pumo San Marzano  
Verdejo Organico Natural Nosso

Copa/glass Botella/bottle

4,00

18,00

18,00

29,00

### Cava/sparkling

Proseco Ecologico, Tenute Arnaces

Copa/glass Botella/bottle

5,00

22,00



## CERVEZA / BEER

### Cerveza Barril/draft

Dorada Especial Caña/small \_\_\_\_\_ 2,50  
Dorada Especial Jarra/large \_\_\_\_\_ 3,90

### Cerveza Botella/bottle

Healthy Beer (Artesanal/Homemade Beer) \_\_\_\_\_ 4,00  
Tennent's Sin Gluten/Gluten Free \_\_\_\_\_ 3,90  
Galotia Sin Gluten Artesanal/Gluten Free Homemade Beer \_\_\_\_\_ 3,90  
Tennent's Ipa \_\_\_\_\_ 3,90  
Dorada Especial \_\_\_\_\_ 3,00  
Alhambra Classic Lager \_\_\_\_\_ 3,50  
Alhambra 0% Alcohol \_\_\_\_\_ 2,50

## REFRESCOS/DRINKS

Agua \_\_\_\_\_ 1,50  
Kombucha \_\_\_\_\_ 3,90  
Refresco Organico \_\_\_\_\_ 3,50  
Detox Infusiones / Detox Infusion \_\_\_\_\_ 2,00  
Cicorino (Leche De Almendra Y Achicoria En Polvo/Almond Milk With Chicory Powder) \_\_\_\_\_ 3,50



# Healthy GADGET



LIBRO/BOOK: 10,00

PULSERA/ BRACELET

2,50

T SHIRT 12,00

HEALTHY CERVEZA/ HEALTHY BEER

4,00

TARROS DE NUESTRA SALSA CASERA/ HOMEMADE SAUCE JARS

DESDE/FROM 3,00

## PACK

LIBRO + PULSERA+ HEALTHY CERVEZA + TARROS

15,90

BOOK + BRACELET + HEALTHY BEER + JARS

## OPORTUNIDAD DE NEGOCIO / BUSINESS OPPORTUNITY

Quieres abrir tu punto Healthy be Good? /would you like to open an Healthy be Good point??

Visita la pagina web,: [www.healthybegood.com](http://www.healthybegood.com) – visit the web: [www.healthybegood.com](http://www.healthybegood.com)

en alternativa pregunta al personal de negocio – ask to staff

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