

**BDB**  
*to go* · HEALTHY FOOD ·



BAHIA DEL DUQUE | THE TAIS



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## • CREAMYLICIOUS •

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### **SALMOREJO CRUSH**

**6,00 €**

Salmorejo. (1 · 2 · 3 · 4 · 6 · 13 · 14)



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## • LET'S DIP! •

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### **✓ TRADITIONAL HUMMUS**

**4,00 €**

Chickpeas Hummus with corn nachos. (4 · 13)

### **✓ BABA GANOUSH**

**4,00 €**

Selected local aubergine  
with corn nachos. (4 · 13)



Selected and recommended dishes for vegans

Taxes are included



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## • EMPANADA TREATS •

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✓ **GREENY EMPANADA** 5,00 €

Roasted Vegetables Turnover. (1 · 2 · 3 · 5 · 9)

**CHICK 'N' GO EMPANADA** 5,50 €

Free range chicken turnover. (1 · 2 · 3 · 5)



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## • POKE LOVERS •

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✓ **KULELE POKE** 12,50 €

Quinoa, couscous, edamame, chickpea, tofu, agave syrup, whole grain mustard, balsamic vinegar. (1 · 4 · 5 · 6 · 14)

**I'A POKE** 13,80 €

Wild Rice, salmon, spirulina, red cabbage, cucumber, cherry tomatoes, flax seeds, Dijon mustard, apple vinegar, EVOO. (1 · 4 · 9 · 14)

**TUNA POKE** 13,50 €

Basmati rice, marinated tuna, sesame seeds, radish, macadamia nuts, wakame seaweed, sesame oil, wasabi, soy sauce, lime. (1 · 4 · 5 · 6 · 9 · 13 · 14)



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## • TACOS PARTY •

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### **ENCHIPOTLADO CHICKEN TACO** 4,50 €

Enchipotlado free range chicken, pickled onion, jalapeños, coriander. (1 · 4) 🌶️

### **CRAZY CRAB TACO** 4,00 €

Crab, basmati rice, avocado, wakame seaweed, cucumber. (1 · 3 · 5 · 8 · 9)



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## • JUST WRAPS •

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### **✓ VEGGIE WRAP** 6,50 €

Roasted vegetables, tomato, pickled kale cabbage, almond pesto (1 · 2 · 4 · 6 · 7 · 13)

### **CHICKEN WRAP** 7,50 €

Free range chicken, tomato, tender shoots, avocado, pine nut, Caesar sauce. (1 · 2 · 3 · 4 · 5 · 6 · 9 · 14)

### **SALMON WRAP** 8,00 €

Smoked salmon, spinach, cucumber, feta cheese, mustard cream. (1 · 2 · 4 · 6 · 7 · 9 · 13 · 14)



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## • ALWAYS PANINI •

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✓ **GREEN MACHINE PANINI** 6,50 €

Seasonal vegetables,  
guacamole, cottage cheese. (1 · 2)

**FEELGOOD TURKEY PANINI** 7,00 €

Roast turkey, ricotta cheese, walnuts,  
flower honey. (1 · 2 · 4 · 5 · 6 · 13))

**ROAST BEEF PREMIUM PANINI** 8,50 €

Premium roast beef, rocket,  
goat cheese, pico de gallo. (1 · 2 · 5 · 13)



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## • SWEET TEMPTATION •

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✓ **VEGAN BROWNIE** (5 · 6) 4,00 €

✓ **FRESH FRUIT DELIGHTS** (4 · 14) 3,50 €

**BDB CAKES AND  
CUPCAKES OF THE DAY**

(1 · 2 · 3 · 4 · 5 · 6 · 13) 3,00 €

Taxes are included



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• **REFRESH VIBES** •  
• **Natural Smoothies** •

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**TROPICAL HEAVEN** 7,00 €

Mango, melon, pineapple and kiwi.

**GREEN POWER** 7,00 €

Pineapple, spinach, cucumber and kale.

**DELIGHTFUL** 7,00 €

Acai, mango, banana and blueberry.

**SQUEEZE NATURE** 7,00 €

Passion fruit, pineapple, carrot and mango.

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**WATER** 3,00 €

Still or Sparkling 0,5l.

**AQUARIUS** 3,70 €

Zero.

**NESTEA** 3,70 €

Nestea Green Tea,  
Nestea mango-pineapple,  
peach or lemon sugar free.



## Selected and recommended dishes for vegans

\* We would like to inform you that we offer a specially designed menu for vegans. Please ask our restaurant staff for more details.

\* We only collaborate with suppliers who have the certification of traditional and sustainable fishing.

\* The oils used are olive, sunflower and 100% vegetable fat.

\* If you have any questions, please contact our staff.

\* At Bahía del Duque, we serve certified organic coffee.

In accordance with European Regulation (EC) No. 1169/2011 on the proper labelling of food allergens, this menu includes a numerical guide corresponding to each allergen.

Our establishment cannot guarantee the total absence of any allergen traces not described as ingredients of our dishes. Therefore, if you are allergic or intolerant to any ingredient, please be so kind to contact our restaurant staff for more detailed information.

### Thank you.

(1) Gluten

(2) Milk

(3) Eggs

(4) Sulphite and sulfur dioxide

(5) Soybeans

(6) Tree nuts

(7) Peanuts

(8) Lupins

(9) Fish

(10) Crustaceans

(11) Mollusks

(12) Celery

(13) Sesame seeds

(14) Mustard



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