

Starters

Nachos & guacamole

Gluten-free nachos and creamy guacamole and pico de gallo.

€14

Red tuna tartare

Premium Quality Red Tuna Tuna tartare, on tomato Panzanella, and slightly spicy Romanesco broccoli cream.

€24

Sea bass ceviche

Canary Sea bass Ceviche with Leche de Tigre, celery, passion fruit, coriander, and chili.

€20

Salmon Tartare

Norwegian salmon tartare, orange-scented, with mango, fresh fennel, and pistachio crumb.

€20

Grilled corn

Grilled baked corn served with three tasty home-made sauces: chimichurri, bbq and flavoured vegetable butter cream.

€12

Octopus Salad

Mediterranean Sea Octopus salad with crispy green beans, potatoes, red Tropea onion, and lemon citronette.

€18

Guacamole bruschetta & salmon

Seeded toast served with beetroot marinated Norwegian salmon and home made guacamole.

€16

Octopus carpaccio

Grilled octopus carpaccio, seasoned with salmoriglio and served with rocket and cherry tomatoes.

€16

Shrimps & bamboo

Fresh salad of lightly seared prawns and bamboo, served on a sweet and sour tahina sauce, seasoned with lime and nori seaweed.

€18

Avocado & mango salad

Exotic avocado salad, cherry tomatoes and mango, topped with a lime and linseed lemon.

€8

Pan y tomate

Traditional spanish dish served with toasted bread, fresh tomatoes cream, extra vergin olive oil, salt and pepper.

€4

Red Tuna Tataki

Sliced Premium Red Tuna, delicately marinated in soy, with sweet mustard and toasted sesame seeds.

€20

Lebanese Nachos

Middle Eastern salad with aubergines, tomatoes, and aromatic herbs, accompanied by hummus and Gluten-Free nachos.

€10

First courses

Gnocchi cashew e pepe

Artisan gluten-free potato and cauliflower gnocchi with cashew cream, black pepper and sulphate salt.

€18

Green veloutè

Tasty creamy green vegetable soup, perfect for a light and detoxifying meal.

€14

Ginger & carrot

Refreshing and delicate cold velvety based on carrots, ginger and coconut cream, enriched with fresh peas and cashew cream. Served cold.

€14

Gnocchi pesto

Gluten-Free artisan gnocchi with cauliflower and potatoes, seasoned with homemade pesto, potatoes, and pistachio crumbs

€16

Red & yellow risotto

Creamy risotto, with red and yellow cherry tomatoes and fresh basil. Garnished with gluten free bread crumbs.

€18

Risotto shrimp & datterino

Risotto slow cooked in shrimps bisque, blended in a creamy red and yellow cherry tomatoes. Served with shrimps tartare marinated on EVO oil, black pepper and fresh basil

€22

Gnocchi with tomato sauce and basil

Gluten-Free artisan gnocchi with cauliflower and potatoes, with red and yellow cherry tomatoes sauce and basil.

€14

Mains

Grilled salmon & spinach

Norwegian salmon steak, on a bed of sautéed spinach flavored with ginger and raspberries.

€24

Fave pure & chicory

Creamy broad bean puree with wild chicory, croutons and Apulian oil.

€18

Egg, asparagus and spinach

Creamy poached egg, served on a lay of crunchy spinach and green asparagus, sautéed with vegetable butter.

€18

Grilled octopus

Crispy tentacles of a grilled Mediterranean octopus, on a bed of baby spinach and lemon zest, accompanied by our homemade sauces: Chimichurri, Green, and smoked pepper and apple.

€28

Mediterranean Tuna

Mediterranean red tuna fillet. Served with fresh tomatoes salad, caramelised onions, sundried tomatoes pesto and almonds.

€24

Sides

Crisps

Triple-baked potatoes are incredibly crispy outside and very soft inside.

€8

Avocado slice

Sliced avocado with mixed seeds, pistachios, pomegranate grains, Maldon salt, and EVO oil.

€8

Wok vegetables

A vegetable mix of the day sauteed in the wok to preserve the nutritional properties. Seasoned with EVO oil, salt, and chili.

€7

Radicchio grilled

Grilled radicchio, seasoned with EVO oil, salt, and pepper.

€7

Guacamole

Avocado cream, with lime and chili.

€5

Hummus

Chickpeas cream with oriental spices.

€5

Tomatoes Salad

Freshly made summer season cherry tomatoes salad. Garnished with our balsamela, vinaigrette and basil.

€6

Green Salad

Spinach, rocket, and celery seasoned with EVO oil, and pepper. Rich in antioxidants, vitamins and folate salad.

€5

Signatures bowls

Asian bowl

Bowl rich in vegetable proteins. Sesame red rice, tamari vegetable wok, shiitake mushrooms and artisanal tofu marinated in miso, and sauteed pak choi. Topped with peanuts and sesame and miso topping.

€18

Asian bowl with tuna

Protein-rich bowl. Red sesame rice, Premium red tuna tataki, tamari vegetable wok, miso-marinated shiitake mushrooms and sauteed pak choi. Topped with peanuts, and sesame-miso topping.

€26

Lebanese bowl

Tasty and complete Iconic Bowl. Mixed salad, crunchy quinoa salad in a vinaigrette dressing with hummus, falafel, and sesame-lemon topping.

€18

Japanese bowl with salmon

Protein bowl rich in Omega-3. Sauteed rice with vegetables, sauteed pak choi, ginger-flavored Shiitake mushrooms, grilled Norwegian salmon steak, and miso sauce.

€24

Soul tuna bowl

Romaine lettuce, green beans, cherry tomatoes, Taggiasca olives, radishes, seared Premium Red Tuna, soft boiled egg, and mustard yogurt sauce.

€18

Soulgreen salad

Mixed leaves, crunchy vegetables, mixed nuts, pomegranate, avocado, and vinaigrette.

€16

Rainbow fish bowl

Bowl rich in vitamins and Omega-3. Red and basmati rice, Norwegian salmon marinated with beetroot, cherry tomatoes, mango, cucumber, avocado, yogurt and almond sauce.

€22

Wraps & toasts (lunch only)

Falafel wrap

Wrap with chickpea and spinach falafel, coleslaw, tomato and our Crisp & Dips.

€15

Red quinoa wrap

Wrap with quinoa and beetroot burger, soy mayonnaise with mushrooms, tomato, salad and our Crisp & Dips.

€15

Salmon wrap

Wrap with grilled Norwegian Salmon steak, avocado, salad, tomato, mustard yogurt sauce and our Crisp & Dips.

€17

Soul avo toast with egg

Toasted bread with grilled tomato, sliced avocado, guacamole, and poached egg, topped with mixed seeds and pistachio. Served with our Crisp & Dips.

€14

Soul avo toast

Toasted bread with sliced avocado, grilled tomato, fresh guacamole topped with mixed seeds and pistachio. Served with our Crisp & Dips.

€12

Tuna & mustard wrap

Wrap with premium red tuna, slow cooked in oven with herbs, sweet mustard, soy mayonnaise, tomato, baby spinach and our crisp.

€17

Dessert

Choco mousse

Avocado and chocolate mousse, with crunchy hazelnuts and red fruit coulis.

€9

Flavoured ice creams

Selection of homemade Soulgreen ice creams and sorbets. Choose three flavors from: vanilla, chocolate, black currant, raspberry, mango, hazelnut, and pistachio.

€9

Red fruit salad

A fresh summer fruit salad, with strawberries and a careful selection of blackberries, blueberries and raspberries. Ask for extra Ice cream from our selection: €3 each

€9

Creme brulee

Vegetable milk and vanilla cream under a crunchy layer of caramelized sugar.

€9

Chocolate slice

Peanut butter and chocolate fondant cake with homemade vanilla ice cream.

€10

Tasting dessert

Our chef's selection of mini desserts. Recommended for two people.

€20

Mango cheesecake

Our iconic Cheesecake. Fresh lemon-scented cashew cheesecake with mango heart and glaze. Served with almonds, mango sorbet and passion fruit coulis.

€12

Tasting ice creams

Our ice cream and sorbet selection. Recommended for two people 100% Lactose Free

€18

Lime and Mint Sorbetto

Refreshing lime and mint sorbetto. Extra vodka €2.

€4

Soul juices

Fight your flu

Carrot, orange, celery and pineapple

€8.5

Ginger head

Apple, pear, carrot, ginger and celery

€8.5

Total orange

Freshly squeezed orange juice

€6

Detox green

Pineapple, cucumber, spinach and apple.

€8.5



You've explored the entire menu!