# New Selllva **Discoveries**

The fauna and flora of this jungle just keeps on growing.

Don't miss our fresh arrivals, they keep on flowing!

#### **Starters**

Oven baked falafel with sesame sauce and fresh herbs	5€
Cheese and tapioca balls with herb sauce	6€

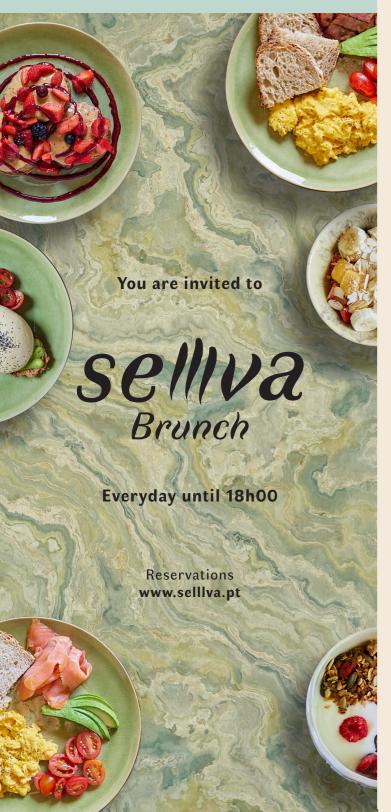
### **Main Dishes**

Grilled vegetable and oat salad,	12,5
sweet potato, Portobello mushrooms,	
lettuce, cherry tomato, lamb's lettuce,	
avocado cream and pesto	

### **Desserts**

Chocolate and hazelnut cake	6 4
with pineapple and yogurt @@ 🕸	





# Into the Wild

Couvert

Creamed ricotta and harissa with toasted bread	3€
Starters	
Sour of the day (1)	16

Soup of the day ⊗	4€
Chickpea and beetroot hummus with carrots sticks @	5€
Oven baked falafel with sesame sauce and fresh herbs @ ©	5€
Wild sweet potatoes with a kimchi emulsion ©	6€
Cheese and tapioca balls with herb sauce ©	6€
Vietnamese rolls with Asian sauce ⊗ ⊚	6,5 €
Tacos with avocado cream and sautéed shrimp with spicy and yuzo sauce	10 €
Guacamole with totopos	7,5 €

### **Main Dishes**

Tuna lettuce tacos with tuna tartar,

kimchi emulsion and lime 🕥

Grilled vegetable and oat salad,	13 €
weet potato, Portobello mushrooms,	
lettuce, cherry tomato, lamb's lettuce,	
avocado cream and pesto <a> ®</a>	
Selllva Burrito with chilli,	11,5 €
kimchi mayonnaise, heart of lettuce	
and sweet potato 🕒	

Nasi Goreng from Selllva with prawns,	16 €
with prawns, snow peas, fried egg, basmati rice,	
chilli, shallots, shiitake mushrooms, pak choi,	
cashews and chives 🕲 🚳	
Bowl veggie with heart of lettuce,	13 €

cherry tomato, red onion, avocado, quinoa, pinenuts, pineapple, balsamic vinaigrette and yuzo mayonnais	
Bowl Brazil with sautéed prawns,	13,5

Beetroot risotto with mushrooms	14,5 4
and spicy Asian sauce 🕲	
avocado cream, red onion, tomato	
Tuna tartare with quinoa,	16 🕏
(toasted cassava) 🔊 🚳	

and parmesan and tofu	
Vegetable Pad Thai with rice noodles, lime and tamarind + chicken or prawns 4,5 € � ⑩	16 =
Roast chicken with kimchi, sweet potato, and avocado cream <b>©</b>	13,5 =
Roast chicken with black beans and bacon, avocado cream and fried egg	14 :

Tuna tataki with a vegetable wok and teriaki sauce	18 €
Beyond Meat hamburger, gouda cheese,	14,5 €

avocado cream in a brioche bun with sweet potato	
Menu Kids for children under 12	

kimchi emulsion, onions, pickles, lettuce,

Roast chicken with basmati rice

# **Desserts**

+ Juice of the day

with brown rice

SellIva's healthy brigadeiro ⊗ Ø	1,6 €
Fruit bowl with flaxseeds and almonds	6€
Cheesecake with yougurt and red berries	5€
Healthy brownie and peanut brownie with caramel ice cream	5€
Chocolate and hazelnut cake with pineapple and yogurt ②③③③	6 €
Laminated fruit	4 €
Ice cream scoop caramel, tangerine, strawberry	4€

# **Hydration Waterfall**

3€ 4,5 €

4,5€

4,5€

4,5 €

3€

Freshly Squeezed Juices
King of the Jungle – Juice of the day
Mogli - Pineapple, mango, lime and basil
Bagheera - Orange, raspberry and lime
Simba – Orange

# **Detox Juices**

Kaa - Pineapple and mint

Nala - Basil or red fruit lemonade

Timon - Banana, orange, spinach,	4,5
lettuce and sunflower seeds	

Pumba - Beetroot, cucumber, orange and ginger 4,5 €

8€

Smoothies	
<b>Fiona</b> – Kiwi, apple, broccoli, avocado, lime juice, banana and vegetable drink	6,5€
<b>Pocahontas</b> – Coffee, hazelnut, oats, lemon juice, ginger, banana and vegetable drink	6€
<b>Zazu</b> – Red berries, oats, cashew, orange juice, ginger, mint and vegetable drink	6,5€
<b>Baloo</b> – Pineapple, vegetable drink, orange juice, mango pulp, cashew,	6€

sunflower seeds, basil and lemon juice



## Cafetaria

Water still or sparkling (50cl)	2€
Expresso bio	2€
Double expresso	2,5 €
Expresso macciato	2,2 €
Americano	3€
Latte*	3,5 €
Cappuccino*	3,5 €
Hot chocolate	3,5 €
Fresh mint infusion	3€
Ginger infusion	3€
Tumeric infusion	4€
Gorreana black or green tea	3€

9€

√ Vegan	Nuts and Peanuts	(2) Lactose Free	Spicy	(g) Gluten Fre
M/s slaves		£		the constitution

