



DATE VIDA®

mindfoodness

Vive más, come mejor.

- MENÚS -








#Fastvida

Wok as you like / Small size: 9,9€  
Big size: 12,9€



Our wok-style vegetable base.

* ¿What do you want with it?

Choose your protein

- Tandoori chicken 
- Braised turkey
- Salmon 
- Tuna 
- Tofu  
- Heura  

Choose your carbs







- Basmati rice
- Konjac noodles  
- Quinoa
- Buckwheat
- None
- (Extra vegetables)

PokeBowl DateVida 12,9€











Our sushi rice base.

* ¿What do you want with it?

Choose your protein

- Chicken
- Braised turkey
- Salmon 
- Tuna 
- Tofu  
- Heura  

Choose your sauce

- Sriracha-mayo   
- Satay sauce   
- Soy-sesame  
- Ponzu sauce 
- Soy 

Our suggestions:

* **Salmon PokeBowl:** Sushi rice, fresh salmon, avocado, mango, soybeans and wakame salad with our sriracha-mayo sauce.

* **Chicken PokeBowl:** Sushi rice, low-temperature chicken, avocado, mango, soybeans and wakame salad with our sriracha-mayo sauce.

* **Tuna PokeBowl:** Sushi rice, bluefin tuna, avocado, pineapple-apple, cucumber and wakame salad with our soy-sesame sauce.

* **Turkey PokeBowl:** Sushi rice, braised turkey, pineapple-apple, cherry tomato and red onion with our satay sauce.

Or choose your toppings:

* Avocado, cucumber, mango, pineapple-apple, soybeans, wakame salad, red onions, cherry tomato, grater carrots or sweet corn.

#VerdeQtQ

Hawaiian tuna salad / 11,9€

Mixed salad, cucumber, pineapple-apple, tomato cherry and salad wakame. Tuna is bathed with the special Ponzu sauce... maybe the magic secret in Okinawa... one of longest living populations in the world.

Braised turkey and tzaziki salad / 11,9€

Mixed salad with natural mango, pineapple-apple, avocado and walnuts. Nothing fix better with our braised turkey flakes. Everithing is deliciously bathed with our Tzatziki sauce which take your breath away!

Burrata and pesto rosso salad / 12,9€

Mixed salad with the best fresh burrata and cherry tomato. Everything is deliciously bathed with our pesto rosso made with love, cashew, dry tomato and basil.

Fresh, simple and delicious... for what else? Maybe a tour in Puglia? We bring it closer to you!

#Madetoshare

Salmon nigiri and wasabi-mayo / 4,8€

Reference option in the Asian and Helthy cuisine. A nice bite to open the appetite. The salmon is kissed with the fire of the blowtorch and embraced with the mayo-wasabi sauce and the nori seaweed flakes.

Cochinita pibil and pico de gallo tacos / 7,9€

A classic in the Mexican cuisine in our table. Little pig roasted with the traditional dressing, a little pico de gallo, avocado and lime for soooo long and too much love.

*Make it vegan, with our tofu masala and beans filling! *occasionally available*

Roasted soybeans / 4,2€

Soybeans sheath cooked with live fire in our wok together with our special and delicious spices. Nasty pleasure!!

Crudites with hummus, guacamole and baba ganoush / 12,9€

Our careful selection of fresh vegetables to dip with our tasty homemade sauce: hummus, guacamole and baba-ganoush.

Sweet potato stick and tzaziki / 5,2€

Sweet potato stick roasted with our special curry spice and bathed with our homemade tzatziki sauce made with yoghurt, cucumber and dill.

Greek potatoes and Feta cheese / 5,2€

The Mediterranean diet will not only make you live longer... it will make you fly with pleasure. All potatoes roasted in oven with our greek dressing. All embraced with delicious Feta cheese and black olives.

#TusPrefes

Tuna, sweet potato and fried corn ceviche Nikkei / 15,9€

Our exquisite red tuna ceviche Nikkei, sweet potato roasted, red onion and fried porn bathed with our secret sauce of "leche de tigre". A bomb! We are sure your taste buds are going to burst with pleasure.

Tropical salmon tartare / 16,9€

Our salmon tartar with tomato cherry, edamames, guacamole and pineapple-apple. This fresh, exotic and delicious, combination will transport you to the best waves in Honolulu. Take the ride and enjoy!

Vegetables and hummus lasagna / 10,9€

The healthiest lasagna in the World. We prepare this amazing lasagna with bechamel sauce gluten free, hummus and vegetables. You will never taste such a nutritious lasagna

Mushroom risotto "al tartufo" / 12,9€

Sticky rice with portobello mushrooms, truffle sauce and Parmesan cheese. Arroz meloso de champiñones portobello, salsa trufada y queso parmesano. A few healthy calories. This risotto deserves the exception!.

*Make it vegan, with our vegan parmesan cheese! *occasionally available*

#Date1Capricho

Chicken protein smash burger / 10,9€

The first Healthy Smash Burger in the World. We elaborate this jewel with 100 gr of pure chicken protein, mayo-truffled sauce, Gouda cheese, caramelized onion, lettuce, cucumber, all embrace with our gluten free bread.

Choose your side:

- Salted vegetables
- Sweet potato dips
- Greek potatoes
- Roasted soybeans

Doble meat, doble protein (+2€)

Vegan smash burger / 12,9€

Our vegan smash version. Beyond Meat, mayo-truffled sauce, Gouda cheese, caramelized onion, lettuce, cucumber, all embrace with our vegan bread.

Choose your side:

- Salted vegetables
- Sweet potato dips
- Greek potatoes
- Roasted soybeans

#endulzatelaVida

Sweet potato and cocoa cake / 4,9€

A sweet never tastes bitter to anyone. Imagine a dessert just as yummy and healthy. So stop dreaming and freak out with our fitocho elaborated with sweet potato, banana, egg, almond flour, delicious cocoa and powerful walnuts.

Cheesecake de queso Payoyo / 5,9€

For cheese lovers... We present our Healthy and sugar free version of the classical La Viña Cheesecake using zero Km food.

Thai style creamy rice pudding / 4,9€

Sevilla-Thailand connection. We use sevillan oranges and a creamy rice pudding elaborated with almond, coconut milk and our secret spices that will make you travel to the fields of Chiang- Mai without moving from La Plaza de España in Sevilla. Unique experience!!

Protein Chia Pudding / 4,9€

We present the best way to get all the benefits and nutrients of the chia while enjoying a very yummy desserts. We elaborate this pudding with almond, salted caramel whey protein, banana, kiwi and granola.

#BébetelaVida

Water

- Still water / 1,5€
- Sparkling / 1,9€

Soft drinks / 2,5€

- Coca-Cola Zero
- Coca-Cola Zero Zero
- Fanta Orange Zero
- Fanta Lemon Zero
- Nestea Zero
- Aquarius Zero

Kombuchas / 3,5€

- Red fruits
- Piña colada
- Ginger and lemon
- Green tea
- Mojito
- Apple, cinamon and vanilla
- Carrot and turmeric

Zumos / 2,2€

- Orange
- Peach
- Pineapple

Beers 33cl.

- Cruzcampo / 2,5€
- Cruzcampo / 2,5€
Gluten free
- Cruzcampo / 2,5€
Radler
- Heineken 0,0 / 2,5€
- Aguila Sin filtrar / 3€
- Alcazar / 3€
- 18/70 La Rubia / 3€
- Hemispherio Sur / 3,5€
(Amber Ale, Sin Gluten)
- Hemispherio Norte / 3,5€
(IPA, Sin Gluten)
- Ocean Beer / 3,5€
(Lager)
- Ocean Beer / 3,5€
(IPA)

Wines / Glass 3,5€

- Primera Huida (Los Palacios y Villafranca). Bodega Blanca Parejo.
- Tres Pies Al Gato (IGP Sevilla). Bodega Colonias Galeón
- Herrigoia (D.O Rioja). Bodega Compañon Arrieta.
- Sonrojao (V.T Córdoba). Bodega Lagar de los Frailes.

Allergens code

- Gluten
- Crustaceans
- Eggs
- Fish
- Peanuts
- Soy
- Milk
- Tree nuts
- Celery
- Mustard
- Sesam
- Sulphites
- Lupin
- Molluscs
- Suitable for pregnant women
- Vegan

*All prices include VAT.

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