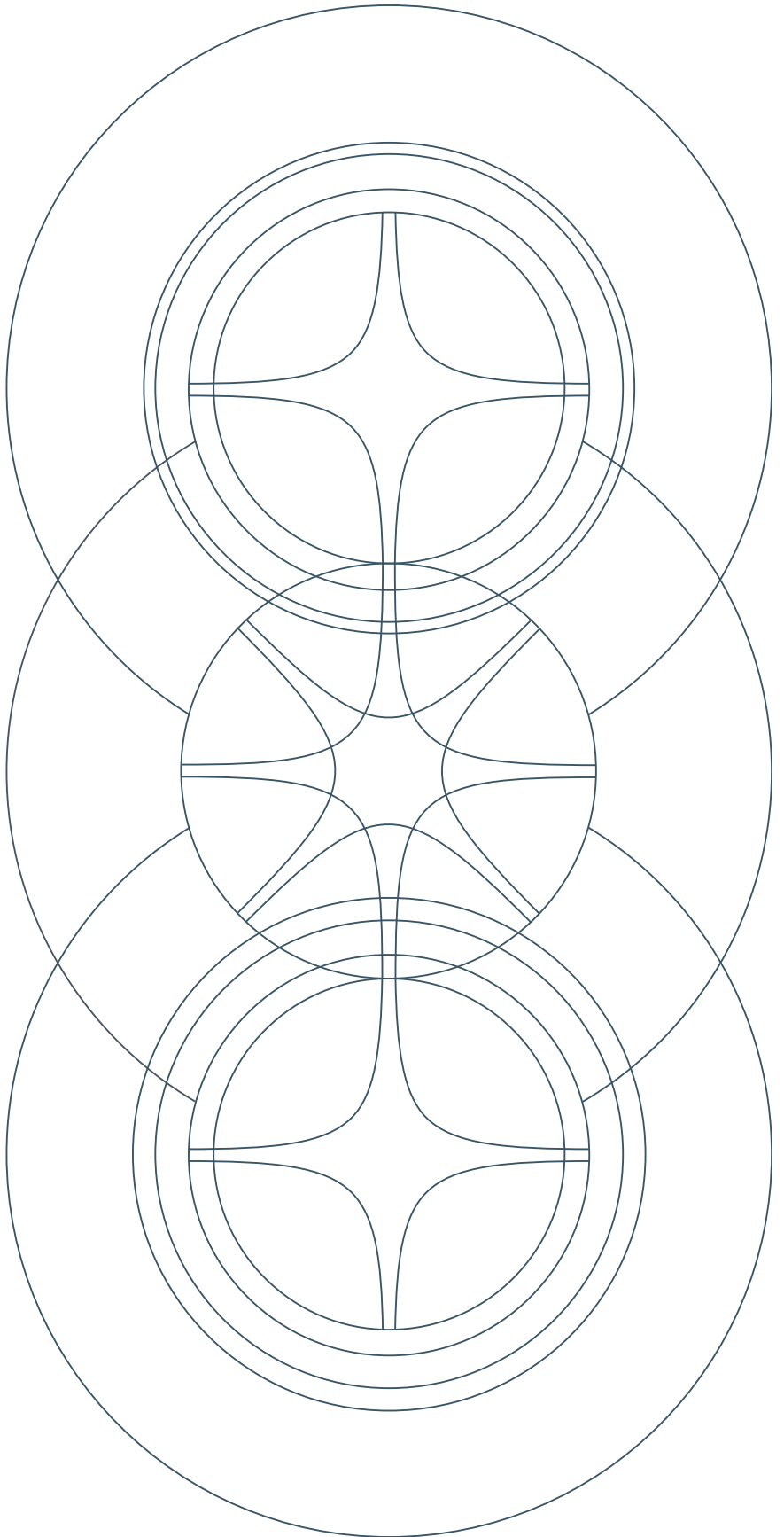


ASTIR





waveofchange.com

Restaurante certificado **MSC/ASC** (Primera cadena hotelera certificada del Sur de Europa, República Dominicana y México). Desde Iberostar, como parte de nuestro movimiento **“Wave of Change”**, trabajamos para brindar a nuestros clientes una oferta de pescado cada vez más responsable con la salud de nuestros océanos y la de las personas y comunidades que de ellos dependen.

Certified restaurant by **MSC/ASC** (First certified hotel chain in southern Europe, Dominican Republic and Mexico). From Iberostar, and as part of our **“Wave of Change”** initiative, we are working to offer our customers a range of increasingly responsible seafood, for the health of our oceans and the people and communities depending on them.

Von **MSC/ASC** zertifiziertes Restaurant (erste zertifizierte Hotelkette in Südeuropa). Bei Iberostar arbeiten wir als Teil unserer Bewegung **“Wave of Change”** (Welle der Veränderung) daran, unseren Kunden eine Auswahl an verantwortungsbewusst gefischten Meeresprodukten zu bieten. Im Vordergrund stehen dabei die Gesundheit unserer Ozeane sowie die Menschen und Gemeinden, die von der Fischerei leben.

Ресторан имеет сертификат **MSC/ASC** (Первая сертифицированная гостиничная сеть в Южной Европе). В рамках своего движения **“Wave of Change”** компания Iberostar работает над тем, чтобы предлагать клиентам такой ассортимент рыбы, который предусматривает более ответственное отношение к охране здоровья наших океанов, а также зависящих от них людей и сообществ.



MSC-C-56782



ASC-C-01938

PASSION FOR BREAKFASTS

PIÑA CHLORADA

Pineapple, conut, chlorella, coconut milk and agave

KALE LIFE

Kale, cucumber, celery, lemon, avocado and spirulina

ORIENTAL PASSION

Matcha tea, soya milk, banana, ginger and honey

RED LOVE

Açai, raspberries, almond milk and coconut

JUICES

Orange, apple,
carrot, ginger

Passion fruit, mango
and orange

Swiss chard with
pineapple, celery
and spirulina

Red fruits, melon
and pineapple

MILKSHAKES

Banana, cinnamon
and coconut milk

Dragon fruit, papaya, chia
and almond milk

Marie biscuit and cocoa
with oats milk

SIMPLE BOOSTERS JUICE

ORANGE
CARROTS
ESPINACH
GRAPEFRUIT

CHOOSE YOUR HEALTH BOOSTER

SPIRULINA
CHLORELLA
GINGER
MATCHA

EGGS

[ROYAL] Poached egg, salmon, salmon roe, hollandaise sauce on black majorcan carrot.

[FLORENTINE] Ecrasée potato and poached egg with sauteed spinach, raisins, pinenuts.

[SCRAMBLED] Scrambled eggs with wild asparagus.

[BENEDICT] Poached egg on brioche, iberian ham, hollandaise sauce and chives.

[EGGS TO YOUT LIKING]

HEALTHY TOASTS

With tomato tartar, farmer's cheese of sheep from Ilucmajor and pesto, spelt and honey bread.

Sauteed mushrooms, fresh spinach and goat's cheese on xeixa bread.

Grilled sweet potato with spinach, poached egg and hollandaise sauce .

Ramallet tomato, extra virgin olive oil on farmer's bread.

Smoked salmon with cream cheese and spirulina with rocket salad on spelt and honey bread.

Avocado and burrata with sprouts and black sesame on xeixa bread.

SWEET MOMENTS

[HONEY LIFE] Common wheat crepes with cottage cheese, walnuts and honey.

[SWEET ISLAND] Stevia waffles with sour chocolate and almonds.

[FRENCH RADISH] Avocado and baby radish croissant.

SUPER BOWLS

BLUE NUTS

Porridge with chia, blueberries, walnuts and organic majorcan honey.

ASSIAN WHEAT

Bulgur wheat porridge with mango and matcha tea.

HEALTHY WAKE UP

Oats with soya yogurt, kiwi and sesame.

CHIA PASSION

Granola with organic yogurt, chia and raspberries.

AÇAI MORNING

Brown puffed rice with açai and pineapple yogurt .