

1975

# 3BK

TRIBECA

*Fast is good*

## STARTERS

**Tribeca Nachos** with corn chips, chilli con carne, guacamole, melted cheese, "pico de gallo" salad, sour cream and jalapeños 7 **9,50**

**Hummus trio** (chickpeas, carrots with garlic and aubergine with honey and pinenuts) 1\* · 8 · 12 **8**

**3BK Guacamole** avocado, "pico de gallo" salad, feta cheese and nachos 7 **5,50**

**"Bravas 3BK"** potatoes with spicy tomatoe and pepper sauce 3 · 12 **6**

**Chicken wings** with barbecue sauce 12 **8**

**Assorted Sausages** with cheese, confit onion, choucroute and bread 1\* · 7 **14**

**Roasted Potatoes 'a la brasa' with slow roasted lamb** and vegetables 'escalibada' 12 **7,50**

**Corn on the cob** with curd cheese and butter 7 **7**

**French fries** (home made) **3,50**

**Fried Sweet Potatoes** **5**

**Roasted Sweet Potato** 7 **4,50**

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## BUDDHA BOWLS & SALADS

**Vegan Buddha bowl** (balanced meal) whole grain rice, avocado, cherry tomatoes, kale, carrots with mint, cashew nuts, almonds and fried lentils 1\* · 7 · 10 · 12 **7,5**

**Chicken Buddha bowl** (balanced meal) whole grain rice, lettuce, cherry tomatoes, red onion, courgettes, mushrooms, chicken thigh and almonds 1\* · 4\* · 8 · 10 · 12 **9**

**Black quinoa** with roasted vegetables, kale, cherry tomatoes, corn, avocado, feta cheese with yellow pepper and orange dressing 7 · 12 **9,50**

**Salad 'del huerto'** lettuce, tomatoes, red onion, corn, courgette and broccoli with honey and mustard dressing 1\* · 7 · 10 · 12 **7**

**Tomatoes with burrata** and rocket 7 **12**

**Carrot salad** with mint and hummus 12 **6**

**Potatoes with 'ají amarillo' mayonnaise**, 'pico de gallo' salad, olive tapenade and rocoto alioli 3 · 7 · 12 **6**

## HAMBURGERS

**with potato chips!**

### BEEF

**'De la casa'** with cheddar cheese, lettuce, tomato, raw onion and mayonnaise on a light bun 1\* · 3 · 7 · 12 **11,50**

**'Americana'** with fried egg, bacon, cheddar cheese, lettuce, tomato, roasted onion, gherkin and mayonnaise on a light bun 1\* · 3 · 7 · 12 **13,50**

**'Mexicana'** with guacamole, Monterrey cheese, corn, lettuce, roasted cherry tomatoes, jalapeños and rocoto alioli on a light bun 1\* · 3 · 7 · 12 **15**

**'Italiana'** with burrata, roasted cherry tomatoes, roasted onion, rocket and parmesan cheese on 'pan de cristal' 1\* · 7 **16**

**Royal** with foie, black truffle, brie and moscatel onion marmalade on brioche bread 1\* · 7 · 12 **19,50**

### OTHER...

**Japanese** fresh tuna, wakame, grilled onions, kimchi mayonnaise and wasabi foam on a light bun 1\* · 4 · 6 · 11 · 12 **19**

**Marinated chicken thigh 3BK**, 'pico de gallo' salad, spinach, corn, roasted cherry tomatoes and ají amarillo alioli on 'pan de cristal' 1\* · 3 · 7 · 12 **11,50**

**Organic ibérico pork** with red pepper, aubergine, onion, bacon and manchego cheese on a light bun 1\* · 7 **11,50**

**Slow roasted lamb** with lettuce, tomatoe, pickles y Tzatziki sauce on 'pan de cristal' 1\* · 7 **12**

**Vegan burger** with yellow lentil cake, pumpkin, peppers, carrot and ginger; with tomato, onion, spinach and aubergine on a protein bun 1\* · 8 · 11 **9,50**

**OPTION · Protein bun** (low carbohydrates bread)

**· Gluten-free bread**

### SAUCES

Alioli of rocoto 3 · 12 **1,50** Mayonnaise 3 · 12 **1**

Tzatziki sauce 7 **2** Soured cream 7 **1,50**

Ají amarillo sauce (hot) 3 · 7 · 12 **1,50**

**TRI  
PLE  
SABOR**



## BUNS

**3BK Bikini** brioche bun with ham and cheese 1\* · 7 **6,50**

**Robert de Niro** with boned pork spare rib, roasted onion, lettuce, tomato and mayonnaise 1\* · 3 · 12 **9,50**

**Steak tartare** on a brioche bun 1\* · 3 · 7 · 10 · 12 · 14 **15**

**Chistorra** (chorizo sausage), roasted pepper and rocket 1\* · 12 **8**

**OPTION · Protein bun** (low carbohydrates bread)

**· Gluten-free bread**

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## SAUSAGES

**Frankfurt classic** 1\* **5**

**Frankfurt VIP's** with bacon, emmental cheese, roasted onion and mayonnaise 1\* · 3 · 7 · 12 **7,50**

**Pikantwurst** sausage (hot) with roasted onion, cheese and rocoto alioli 1\* · 3 · 7 · 12 **8**

**Bratwurst Munich**, white sausage with roasted onion, emmental cheese and gherkins 1\* · 7 · 12 **8,50**

**OPTION · Gluten-free bread**

## DESSERTS

**Chocolate cake** 7 **5**

**Cheese cake** 1 · 7 · 8 **5**

**Homemade "Mantecado" or Chocolate ice cream** 7 **4**

## DRINKS

Home made **lemonade** 2,80 **Soft drinks** 3

**Orange juice** 3,50 **Water** 1,20 (Freshly squeezed)

### SMOOTHIES 5,50€

**1 BERRY PASSION** (Wellness) Raspberry, Blueberry & Banana

**3 STRAWBERRY SPLIT** (Energy) Strawberry, Banana, Papaya & Cherry

**4 JUMP TO THE BEET** (Antioxidante) Beet, Carrot & Mango

**5 CARIBBEAN KISS** (Lite) Melon, Strawberry, Mango & Lemon

**6 MANGO PARADISE** (Fresh) Mango, Passion Fruit, Pineapple & Lemon

**7 KIWI COOLER** (Cool) Melon, Mango, Pineapple & Kiwi

**8 GREEN MACHINE** (Detox) Spinach, Celery, Broccoli, Banana & Pineapple

**12 TROPI-COLADA** (Exotic) Banana, Coconut & Pineapple

### DRAFT BEERS

**Mahou classic** 1 (45cl) 3,20 (60cl) 4,50

**König ludwig** 1 (45cl) 4,80 (60cl) 6,80

### BOTTLED 33 CL. BEERS

**Mahou 5 estrellas** 1 3 **Coronita** 1 4

**Mahou Maestra** 1 4 **Mahou** gluten-free 3

**Alhambra** 1 3,50 **Warsteiner 0°0** 1 3

**Heineken** 1 3,50 **Sidra Magners** 12 (56,80 cl) 6

**Tinto de verano** 12 3

**Sidra Magners** 12 (56,80 cl) 6

**WINES** 12

**Red:** Tarima Hill 3,60 18 Luis Cañas 3,60 18

**White:** Vega Cuyar 3,20 16 Acontia 3,00 15

*Ask for the wine list*

## CHOCOLATE, TE & CAFFEE

**Pacari Chocolate** origin Ecuador (hot or cold) with water, milk or vegetable milk **3**

**Swiss Chocolate "Pacari"** origin Ecuador (hot or cold) with whipped cream **3,80**

### PALAIS DES THÉS 2€

**Earl Grey** **Jazmin Green Tea** **Pu Erh**

**Black Tea** **Sencha Green Tea** **Infusions**

### COFFEE NESPRESSO

**Espresso** 1,80 **Coffee with milk** 2

**Long Coffee "Americano"** 2 **Capuccino** 2,50

**Macchiato** 1,90

**We only use \*EVOO:** Extra Virgin Olive Oil

Prices in euros · 10% VAT included

### ALÉRGENOS

- 1 Gluten
- 2 Crustaceans
- 3 Eggs
- 4 Fish
- 5 Peanuts
- 6 Soybean
- 7 Dairy
- 8 Nuts
- 9 Celery
- 10 Mustard
- 11 Sesame
- 12 Sulphur dioxide and sulphites
- 13 Molluscs
- 14 Lupins
- 1\* Gluten-free Possible

This numbering corresponds to the annex 1169 / 2011