

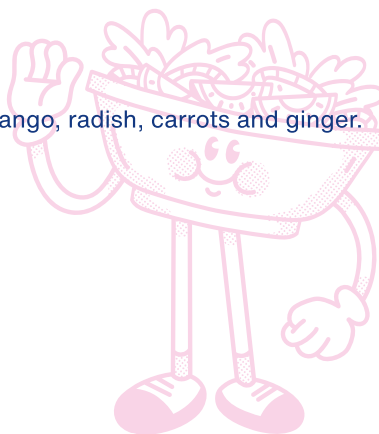
LUNCH & DINNER

STARTERS

SWEET POTATO, LIME & PARMIGIANO (7)	9,5
Crispy sweet potato fries with fresh lime and Parmigiano Reggiano.	
MAMA CARMEN'S BRAVAS (7)	8,5
Crispy potatoes with spicy sobrassada sauce and roasted lemon aioli.	
CORN RIBS (7)	8,5
Like you've never had before. Crispy, juicy, with spicy cream and feta cheese.	
KOREAN-STYLE WINGS (6,11)	12
Sweet and spicy Korean glaze, toasted sesame, lime and chives.	
NACHOS PULLED PORK (1,7)	12
A mountain of nachos topped with BBQ pulled pork, melted cheddar, guacamole, pico de gallo, jalapeños and sour cream.	
FRIED BURRATA (1,7)	11
Crispy and creamy burrata with spiced tomato and basil pesto.	
TEQUEÑOS (3 PCS) (1,7)	9,5
Cheese-filled tequeños served with guasacaca sauce.	
MAMA'S CROQUETTES (1,3,7)	9,5
Creamy croquettes. Choose your favorite: TRUFFLE(5PCS) / GOAT CHEESE & SPINACH (5PCS) / JAMÓN IBÉRICO (5PCS) / MIXED (6PCS)	

FRESH & LIGHT

SMOKED AVOCADO FETA & PICO DE GALLO SALAD (7)	16
Lightly smoked avocado with fresh pico de gallo and feta cheese.	
POKE BOWL (4,6)	17
CHOOSE YOUR PROTEIN: SALMON / TUNA / TOFU Tri-colour quinoa, avocado, cherry tomatoes, seaweed, edamame, mango, radish, carrots and ginger.	
CEVICHE (4)	21
White fish ceviche with coconut milk, beetroot and cucumber.	
MARINATED SALMON, FENNEL & CABBAGE SALAD (4)	17
Fresh fennel and red cabbage salad with citrus and aromatic herbs.	
BURRATA, GRILLED PEACH & HONEY (7)	17
Creamy burrata with a sweet, spicy touch and fresh basil.	
CHICKEN CAESAR (3,4,7)	15,9
The classic, but better. Creamy and full of flavour with chicken and Parmesan.	



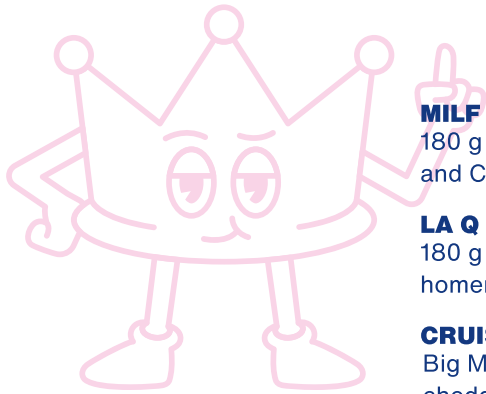
Ándale **CARMEN**

TACOS POLLO CHINGÓN (5)	15,9
Juicy chicken, pickled onion, coriander, guacamole and crunchy peanuts.	
TACOS BIRRIA & CHEESE (7)	16,9
Slow-cooked pulled pork ribs with melted cheese, pico de gallo, coriander and rich broth.	
SHRIMP TACOS BAJA CALIFORNIA STYLE (1,2,3)	17,9
Tempura shrimp with guacamole, cabbage, chipotle mayo, lime and coriander.	
CACHAPA VENEZOLANA (7)	16,9
Cachapa with cochinita pibil and cheese, served with guasacaca sauce.	

BURGERS

with brioche bun or gluten-free bun (+1€)

TINDER (1,7)	16,9
Double smash beef (200 g), cheddar cheese, caramelised onion, bacon, lettuce, tomato and house sauce.	
SUGAR DADDY (1,7)	15,9
Double smash beef (200 g), double cheddar, pickles, diced onions and American sauce.	
FORMENTETA (1,7,10)	17,5
Double smash beef (200 g), goat cheese, figs, arugula and honey mustard mayo.	
VEGGIE BURGER (1,7)	16,9
Broccoli veggie burger stuffed with cheese, avocado mayo and tempura red onion.	
ONLY FANS (1,7)	16,9
Double smash beef (200 g), double cheddar, pulled pork and roasted pepper sauce.	
EL POLLÓN (1,5)	15,9
Asian-style marinated chicken, coleslaw, peanut mayo and a spicy touch.	
TE PARTO AL MEDIO (1,7)	16,9
Cheeseburger cut in half with double smash beef (200 g) and white cheddar.	



THE CHAMPIONS

MILF CHAMPION 2024 (1,7)	18
180 g dry-aged beef, bacon mayo, gouda and cheddar cheese, bacon jam and Carmen's special sauce.	
LA Q LONA CHAMPION 2025 (1,7)	18
180 g dry-aged beef, cheddar and Monterey Jack cheese, bacon jam, homemade pickles and Carmen's special sauce.	
CRUISING CHAMPION 2026 (1,7,10)	16,9
Big Mac-style sauce, homemade pickles, 180 g dry-aged beef, smoked white cheddar and marinated pork belly.	

LOADED FRIES

TRUFFLE FRIES (7)	7,5
Crispy fries with Parmesan and truffle mayo.	
CLASSIC FRIES	6,5
CHEDDAR & BACON (7)	7
Loaded fries with melted cheddar and crispy bacon.	

SWEET CARMENCITA

PISTACHIO CHEESECAKE (1,3,7,8)	8
Creamy pistachio cheesecake.	
NUTELLA CHEESECAKE (1,3,7,8)	8
Creamy Nutella cheesecake with white chocolate centre.	
COOKIE SKILLET (1,3,7)	8
Warm chocolate cookie served with ice cream.	
BANOFFEE (1,7)	8
Banana, toffee and whipped cream.	
ICE CREAM (7)	7
Three flavours: chocolate, strawberry and caramel.	

Allergen Guide

1 GLUTEN	8 NUTS
2 CRUSTACEANS	9 CELERY
3 EGG	10 MUSTARD
4 FISH	11 SESAME
5 PEANUTS	12 SULPHITES
6 SOY	13 LUPINS
7 DAIRY	14 MOLLUSCS

APERITIVOS

VERMOUTH BLANCO 6

VERMOUTH ROJO 6

SANGRÍAS

MAMA'S RED 6,5/25
Clásica como le gusta a Mama

CITRUS WHITE 7/26
Vino blanco, cítricos y un toque de menta

FIZZY CARMEN 7,5/29
Afrutada, tropical y burbujeante

CERVEZAS

Cañita Mahou 2,5

Caña Mahou 3

Jarra Mahou 6,5

Mahou sin filtrar 4,5

Alhambra 4,5

Cerveza sin Alcohol 4

Cerveza sin Gluten 4

Cerveza Pacífico 5,5

CAFÉS

Espresso 1,8

Espresso Doble 2,5

Cortado 2

Americano reg | XL 2 | 3,5

Latte regular | XL 2,5 | 3,5

Cappuccino reg | XL 3,5 | 4

Flat White 4

Latte Macchiato 3,5

Espresso Macchiato 2,5

Extras:

Leche vegetal de avena 0,50 / Leche sin lactosa 0,50

VINOS

TINTOS

Tierra de aranda 5 / 25
(Tempranillo) Ribera del Duero

Marqués del Atrio 5 / 25
(Crianza) Rioja

BLANCOS

Valderivero 5 / 24
(Verdejo) Rueda

Casar de Burbia 27
(Godello) Bierzo

Nasica 5 / 25
(Sauvignon blanc) Rueda

Diamine 32
Pecorino Italiano

ROSADOS

Larrosa 5 / 23
(Garnacha) Rioja

ESPUMOSOS

Emosió Brut Nature 5 / 27
(Macabeo, Xarel·lo, Parellada) Cava

LATTES ESPECIALES

Chai Latte 5

Matcha Latte 5

TÉS E INFUSIONES

Green Tea 3

English Breakfast 3

Manzanilla / Poleo 3

Rooibos / Frutos bosque 3

Menta fresca 3

BEBIDAS FRÍAS

Ice Coffee	4,5	Limonada Casera	5,5
		Limón, agave, Soda	
Iced Latte	5	Naranjada	5,5
		Naranja, agave, soda	
Iced Capuccino	5	Limonada a la Menta	5,5
		Limón, Agave, Menta, Soda	
Café Shakerato	6	Ginger soda	6
Iced Tea	5,5	Limón, agave, jengibre y soda	
Ice Matcha Latte	5,5	Maracuyada	6
Ice Chai Latte	5,5	Limón, agave, sirope de maracuyá y soda	
Espresso Tónica	8	Limonada Misterio by Javi	8
		Pepinada	6
		Sin gin Basil	7

ZUMOS Y BATIDOS

recién exprimidos (sólo desayunos/only breakfast)

Extra Jengibre 0,50€

NARANJA	4,5	CUERPO DORADO	8
		Más curvas que excusas : zanahoria, mango, manzana	
NARANJA Y JENGIBRE	5	DESPIERTA PAPI	7
		Sin compromiso, mucho placer: banana, naranja, zanahoria, jengibre	
EL PAREO	7	EL SATISFACTOR	8
Naranja, zanahoria, manzana		No deja nadie con hambre: aguacate, banana, almendras tostadas, leche de avena y un toque de miel	
DESEO VERDE	8	MORNING WOOD	8
Más fresco que tu ex : hinojo, pepino, manzana y kiwi		Sube el animo.y algo más!: banana, dátiles, leche de avena y crema de cacahuets.	
LABIOS ROJOS	8		
Ácido, dulce y muy tentador: pomelo, fresa, piña, lima			