

mamachia

Las Salinas

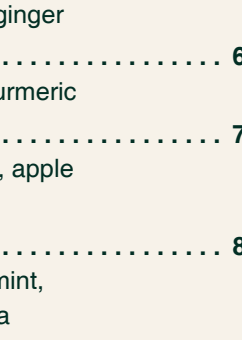
HOT DRINKS

1	Espresso	1,50€
2	Coffee with a dash of milk	1,70€
3	Coffee with milk	2,50€
4	American coffee	2,50€
5	Flat White	3,50€
6	Cappuccino	3,50€
7	Iced Coffee	3,50€
8	Iced Coffee Milk	4,00€
9	Decaffeinated coffee only	1,50€
10	Decaffeinated coffee with milk	2,50€
11	Matcha with vegetable milk	5,00€
12	Infusion with lemon, honey, ginger and mint	2,50€
13	English tea	2,00€

EXTRAS

Vegetable milk (Oats, soy or coconut) . . . +0,25€

NATURAL JUICES



14	Orange	5,00€
15	Carrot	6,00€
16	Carrot Smash	7,00€
Orange, carrot, lemon and ginger		
17	Citrus Shake	6,00€
Lemon, ginger, apple and turmeric		
18	Pink Power	7,00€
Ginger, pineapple, beetroot, apple and protein		
19	Green Detox	8,00€
Ginger, lemon, cucumber, mint, celery, spinach and spirulina		

SUPERFOOD EXTRAS

Turmeric, spirulina, ginger or protein . . . +1,00€



BOWL

20	Açaí Bowl	11,00€
Cereal, banana, strawberry, and chia seeds		
Topping included: Peanut butter or honey		
21	Yogurt Bowl	9,00€
Cereals, fresh fruit and honey		

PIADINAS (you can choose white or gluten-free)

22	Piadina with goat cheese, tomatoes, avocado and spinach	12,00€
23	Piadina with Philadelphia cream cheese, turkey, tomato and olive pâté	11,00€
24	Piadina with mozzarella, Serrano ham and rocket	10,00€
25	Turkey and mozzarella piadina	8,00€
26	Piadina Nutella	7,00€



EGGS

27	Scrambled free-range eggs (3 units)	6,00€
28	Scrambled free-range eggs with cherry tomatoes and spinach	7,50€
29	Scrambled free-range eggs with goat cheese and avocado	10,50€
30	Scrambled free-range eggs with marinated chicken breast, cherry tomatoes, avocado and spinach	11,50€

Extra gluten-free bread 1,50€

Extra pita bread 1,50€

Extra sourdough bread 2,00€

1 TO SHARE

Moroccan-style beetroot hummus 9,50€
Chickpea and beetroot cream with pumpkin seeds, glazed baby carrots, and a mix of cherry tomatoes candied with harissa oil. Served with baked pita bread

Babaganoush 9,50€
Roasted eggplant cream with tahini on a base of citrusy mascarpone cream with pomegranate, hazelnuts, mint, and sesame seeds. Served with baked pita bread

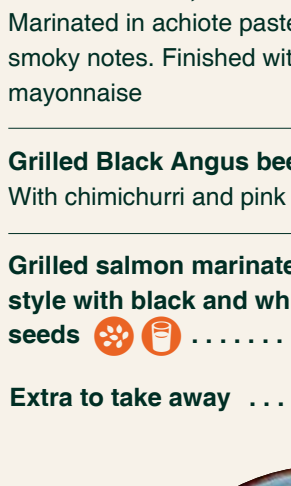
Crispy candied artichoke 10,50€
Confit artichoke hearts in olive oil, served on an emulsion of roasted cauliflower, truffle paste, and Kalamata olive tapenade



Warm Halloumi cheese 12,50€
Caramelized with chili and muhammara sauce, Kalamata olives, flaked almonds, cranberries, and pomegranate. On a citrus mascarpone base

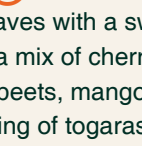
Sourdough bread 1,50€
Artisan sourdough village bread

Gluten-free bread 2,00€



2 THE DISHES OF mamachia

They include our garden salad, cherry tomatoes with basil oil, dressed with a citrusy Ibizan honey vinaigrette, accompanied by mixed quinoa, refreshing edamame and toasted sourdough bread



Homemade falafel with tzatziki sauce and chia seeds 14,50€
Chickpea falafel with aromatic herbs and celery

Boneless free-range chicken thigh, grilled 14,50€
With fresh herbs and citrus. Finished with peanut and lime satay sauce

Chicken breast, free-range style, pibil 14,50€
Marinated in achiote paste, bitter orange, and smoky notes. Finished with chipotle mayonnaise

Grilled Black Angus beef rump tail 16,50€
With chimichurri and pink peppercorns

Grilled salmon marinated in an Asian style with black and white sesame seeds 15,50€



Extra to take away 1,50€



3 GARDEN BOWLS

Make your bowl more complete by adding 1 PROTEIN OR 1 SIDE

Ibiza Greens 13,90€
A selection of garden leaves with a sweet vinaigrette, served with brown rice, a mix of cherry tomatoes, sweet potato, radishes, beets, mango, and pomegranate, tahini sauce, and a topping of togarashi, hazelnuts, and sunflower seeds

Mama Chia 13,90€
Mixed garden leaves with sweet vinaigrette served with red cabbage, black beans, corn, jalapenos, avocado, chia seed topping, squash, peanuts, pico de gallo, chili sauce, spicy yellow chili, and crispy kale

CREATE YOUR OWN DISH

1 PROTEIN + 1 SIDE DISH

1 PROTEIN + 2 SIDE DISHES

4 PROTEIN

Homemade falafel with Tzatziki sauce and chia seeds 8,90€

Boneless free-range chicken thigh, grilled with peanut and lime satay sauce 9,50€

Chicken breast, free-range style, pibil with chipotle mayonnaise. 9,50€

Beef rump roast Black Angus grilled with chimichurri and pink peppercorns 10,90€

Grilled salmon marinated in an Asian style with black and white sesame seeds 9,50€



3 Cooked free-range egg 6,00€

5 SIDE DISHES

Baked sweet potato 4,50€
Marinated with olive oil and fresh herbs

Truffled smashed potatoes 4,50€
Crispy baby potatoes with truffle aioli and black garlic

Crispy broccoli 4,50€
Sautéed with sesame oil, togarashi, and a seed mix

Extra sourdough bread 1,50€
Artisan sourdough village bread

Extra gluten-free bread 2,00€

6 DRINKS

Water 500 ml. 3,50

Sparkling water 500 ml. 4,00

Kombucha VEDRÀ lemon and mint 4,90

Kombucha VEDRÀ hibiscus and ginger 4,90

100% natural coconut water 6,90

7 WINES

WHITES

Loxarel 2025 6,00€ 29,00€

Albariño Andrés Sisters (agricultura sostenible) 6,00€ 29,00€

Ibizkus de la tierra de Ibiza 2025, malvasia 36,00€

ROSE

Mali Rosé Orgánico 2025, garnacha, garnacha blanca 6,00€ 29,00€

Ibizkus de la tierra de Ibiza 2025, monastrell 38,00€

RED

Rioja Lanciego (agricultura orgánica) 6,00€ 29,00€

8 BEERS

Lagunitas ipa 4,00€ 6,00€

Aguila unfiltered 4,00€ 6,00€

