



Menu
tibidabo

Fresh Beginnings

EGGS AS YOU LIKE IT

scrambled or **fried eggs** (3 eggs)
cherry tomatoes, babyleaf salad,
sorghum bread

2 200 HUF
(3,10)

Extra toppings?

- bacon +500 HUF
- spring onions +300 HUF
- cherry tomatoes +300 HUF
- ham with pumpkin seeds +500 HUF
- mangalica salami +500 HUF

OMELETTE WITH CHEESE

3 egg **omelette** with vegan cheese and cream,
babyleaf salad, cherry tomatoes, beetroot-yuzu
aioli, garlic sorghum toast

2 950 HUF
(3,10)

Extra toppings?

- bacon +500 HUF
- spring onions +300 HUF
- cherry tomatoes +300 HUF
- ham with pumpkin seeds +500 HUF

HOME-MADE GRANOLA

rolled oats, walnuts, cashews, chia seed,
dried sour cherry, cinnamon

1 800 HUF
(8)

Choose your base and 2 toppings!

- lactose free Greek yoghurt (7)
- milk (7)
- lactose free milk (7)
- coconut milk
- almond milk (8)
- banana
- blueberry
- strawberry
- coconut chips
- almond (8)
- honey

More toppings?

- banana +300 HUF
- blueberry +500 HUF
- strawberry +500 HUF
- coconut chips +300 HUF
- almond (8) +300 HUF
- honey +300 HUF
- pistachio cream (8) +800 HUF

SMOKED QUAIL EGGS

smoked-marinated quail eggs, aubergine spread
with toasted garlic, bresaola ham, cherry
tomatoes, cucumber, capsicum peppers, babyleaf
salad, toasted sorghum bread

4 900 HUF
(3,10)



PISTACHIO BREAD PUDDING

vegan crescent roll, banana, coconut milk, maple
syrup, pistachio cream, raspberry sauce, pistachio

3 450 HUF
(8)

AVO BAGEL

bagel, guacamole, babyleaf salad,
beetroot-yuzu aioli

3 450 HUF
(3,10,11)

Choose one extra topping!

- salmon gravlax (citrus, herbs) (4,6)
- poached eggs (2 eggs) (3)
- bresaola ham
- bacon

More extra toppings?

- salmon gravlax (citrus, herbs) (4,6) +800 HUF
- poached eggs (2 eggs) (3) +500 HUF
- bresaola ham +800 HUF
- bacon +500 HUF

TIBIDABO EX-BENEDICT

milk-loaf, poached eggs, cheddar sauce, greens

3 450 HUF
(3,7,10)

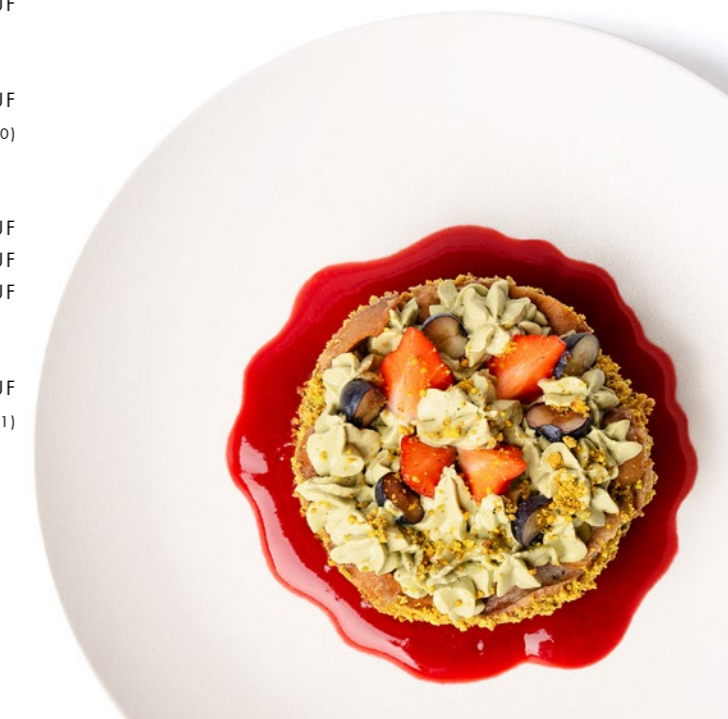
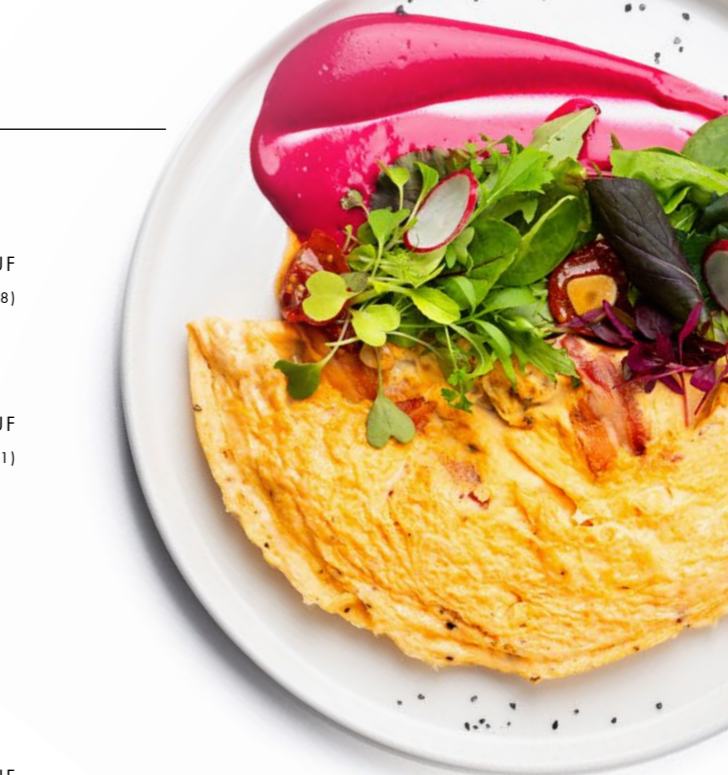
Choose one extra topping!

- salmon gravlax (citrus, herbs) (4,6) +800 HUF
- truffle chutney +800 HUF
- guacamole (avocado, red onions, peppers) +800 HUF

SPREAD TRIO

aubergine spread with toasted garlic, **beetroot-
feta hummus**, herb seasoned **egg salad** with
pumpkin seeds, veggie sticks, garlic sorghum toast

3 450 HUF
(3,7,10,11)



Soup On!

TIBIDABO MISO DELUXE

rich miso soup, wakame, glass noodles, sesame seeds, mushrooms, marinated tofu, mung beans

2 950 HUF
(6,9,11)

GREEN PEA SOUP WITH RASPBERRY

creamy green pea soup, mint, freeze-dried raspberries, toasted almonds

2 950 HUF
(8)

Extra toppings?

- sous vide chicken breast +950 HUF
- grilled shrimp (2) +950 HUF
- marinated egg (3) +800 HUF



Light Bites...

SPREAD TRIO

aubergine spread with toasted garlic, **beetroot-feta hummus**, herb seasoned **egg salad** with pumpkin seeds, veggie sticks, garlic sorghum toast

3 450 HUF
(3,7,10,11)

GARLIC-CHILI SHRIMPS

grilled shrimps in butter sauce (5 pcs), cherry tomatoes, herbs and toasted chia bread

3 450 HUF
(2,7)

TIBIDABO „CAESAR” SALAD

romaine lettuce, cucumber, cherry tomatoes, anchovy paste, garlic sorghum toast

Choose your topping!

- roasted chicken breast (3,4,10)
- grilled shrimp (2,3,4,10)

3 900 HUF
4 500 HUF

Extra topping?

- parmesan (7)

+500 HUF

QUINOA SALAD

blueberry and pomegranate marinated olives, cucumber, cherry tomatoes, pickled red onions, feta cheese, quinoa

4 500 HUF
(7,9,10)



Tibidabowl

TIBIDABOWL

seasoned shrimps, marinated salmon, marinated egg, wakame, watermelon radish, fresh micro greens, sushi rice, lemon teriyaki, toasted sesame seeds

5 500 HUF
(2,3,4,6,10,11)

SALMONBOWL

marinated salmon, marinated egg, wakame, watermelon radish, fresh micro greens, sushi rice, lemon teriyaki, toasted sesame seeds

5 500 HUF
(3,4,6,10,11)

TOFUBOWL

grilled tofu, avocado, watermelon radish, mung beans, fresh micro greens, sushi rice, lemon teriyaki, toasted sesame seeds

5 500 HUF
(3,6,11)

CHICKENBOWL

grilled chicken breast, marinated egg, watermelon radish, mango chutney, roasted peanut, sushi rice, wasabi mayo, toasted sesame seeds

5 500 HUF
(3,5,6,9,10,11)

Instead of sushi rice, you can order our bowls with quinoa (9) on the side!



Flatbread

SERRANO & PEAR

home-made tomato sauce, mozzarella, serrano ham, arugula, pear slices, parmesan

6 900 HUF
(7)

BURRATA & PESTO

home-made tomato sauce, mozzarella, burrata, cherry tomatoes, pesto, arugula and babyleaf salad, toasted pumpkin seeds

6 900 HUF
(7,8)

CHICKEN & TRUFFLE

home-made tomato sauce, vegan mozzarella, grilled chicken breast, truffle chutney, baby spinach

6 900 HUF



Mains ...

SMASHED BURGER

juicy beef burger, salad, caramelized onion, beetroot remoulade sauce, cheddar, baked potato wedges, hamburger bun

5 500 Ft
(3,7,10,11)

GRILLED CHICKEN WITH CAULIFLOWER

grilled chicken breast, smooth cauliflower purée, roasted shiitake mushroom, herb

6 500 Ft

TOFU BURGER

marinated tofu, beetroot hummus, salad, pickles, tomato, caramelized onion, baked potato wedges, hamburger bun

5 500 Ft
(6,11)

RUMP-STEAK WITH SWEET POTATO PUREE

aged sirloin steak, roasted sweet potato puree, green beans, king oyster mushroom

8 500 Ft

Do you want something more with your burger?

- sweet potato side dish +950 Ft
- bacon +500 Ft
- home-made mayo (3,10) +300 Ft
- yuppie sauce (mayo, tomato, honey, oregano) (3,10) +300 Ft
- sweet chili sauce +300 Ft
- wasabi mayo (3,10) +300 Ft
- naked burger (without bun)
- no cheese

FALAFEL WITH LENTIL PURÉE

falafel, red lentil purée, babyleaf salad, lactose free Greek yoghurt, flatbread

4 500 Ft
(7,10)

TERIYAKI CELERY STEAK

roasted teriyaki celery, roasted sesame seeds, green herb quinoa, fresh micro

5 500 Ft
(6,9,10,11)

PISTACHIO CRUSTED GRILLED SALMON

salmon fillet, pistachio, quinoa tabbouleh, green pea purée, fresh sugar-pea, mint leaves

7 950 Ft
(4,8,9)

SUPERB DUCK

slowly roasted duck breast, roasted potatoes, caramelized walnuts and pear

7 250 Ft
(7,8)



GRILLED PISTACHIO GOAT CHEESE

grilled goat cheese, mango salsa, mint leaves, blueberry, pomegranate, babyleaf salad, lemon vinaigrette, roasted pistachio

6 950 Ft
(7,8,10)

PORK TENDERLOIN WITH POTATO SALAD

breaded pork tenderloin, roasted potato salad

6 950 Ft
(3,10)

Kids

CHICKEN NUGGETS

sous vide fried chicken breast, baked potato wedges, ketchup

3 950 Ft
(3)



Happy Ending

CHOCOLATE- CARDAMOM CAKE

2 950 Ft
(3,6,7,8)

chocolate cake with cardamom, vanilla mascarpone cream, sour cherry compote

LEMON MERINGUE TARTE

2 950 Ft
(3,7,8)

lemon meringue tarte, mint leaves, raspberry sauce

COCONUT-RASPBERRY TAPIOCA PUDDING

2 950 Ft

green tapioca pudding, coconut cream, raspberry sauce, crispy coconut chips

PISTACHIO BREAD PUDDING

3 450 Ft
(8)

vegan crescent roll, banana, coconut milk, maple syrup, pistachio cream, raspberry sauce, pistachio

PINEAPPLE PANNA COTTA

1 950 Ft

coconut cream, Bourbon vanilla, orange, lime, pineapple



tibidabo

**YOU CAN BUY TIBIDABO GLUTEN FREE PRODUCTS IN
OUR BAKERY OR ORDER THEM FROM OUR WEBSHOP
TIBIDABO.HU**

The secret to Tibidabo gluten free bakery products lies in the carefully selected premium flours such as millet-, tapioca-, coconut-, sesame-, bamboo fiber- and sorghum flour. These ingredients guarantee not only excellent quality and texture, but also the perfect taste that makes every bite special. Many of our products are also low-carb, making them ideal for those following a diet.

LIST OF ALLERGENS:

1. Cereals containing gluten: namely wheat (including specific varieties like spelt and Khorasan), rye, barley, oats and their hybridised strains) and products thereof
2. Crustaceans and products thereof (for example prawns, lobster, crabs and crayfish)
 3. Egg and products thereof
 4. Fish and products thereof
 5. Peanut and products thereof
 6. Soybeans and products thereof
 7. Milk and products thereof (including lactose)
8. Nuts: namely almond, hazelnut, walnut, cashew, pecan nut, Brazil nut, pistachio nut and Macadamia nut (Queensland nut) and products thereof
 9. Celery and products thereof
 10. Mustard and products thereof
 11. Sesame seeds and products thereof
12. Sulphur dioxide and sulphites (at concentrations of more than 10mg/kg or 10mg/L in terms of the total SO₂ which are to be calculated for products as proposed ready for consumption or as reconstituted according to the instructions of the manufacturers)
13. Lupin and products thereof

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Operator: Il Localino Kft.

Dear Customer, please note that we have an additional 10% service charge.

Prices are in HUF and include VAT.

