



**SPECIAL COCKTAIL
MONTH #3**

**TEQUILA
GRAPEFRUIT
ORGEAT
BASIL
ICE**

BRUNCH

AVAILABLE UNTIL 5.30PM

AVOCADO TOAST

Smashed avocado, feta cheese, cherry tomatoes, cashew pesto and edamame.
Add poached egg. +2,5
12

SALMON TOAST

Smoked salmon, cream cheese, lime, marinated cucumber and dill sauce.
Add poached egg. +2,5
14,5

SANDWICHES

CHICKENS

Herbes de Provence marinated chicken with sun-dried tomatoes, hard boiled egg, Parmesan cheese and arrugula on Catalan bread.
13

BIKINI

Grilled cheese sandwich with "sobrasada", cheese, honey and a touch of truffle.
11

SHB SIGNATURE EGGS

SHB EGGS BENEDICT

Organic poached eggs on brioche bread, a topping to choose, guacamole, chipotle mayo and Parmesan cheese.
With sweet potato fries.

BENEDICT PANCAKES

Poached eggs on a pancake tower with a topping to choose, guacamole, chipotle mayo and parmesan cheese.
With sweet potato fries.

With Bacon 15
With Salmon 17,5
With Jackfruit 16,5
With Cochinita Pibill 17,5

BREAKFAST BURRITO

Scrambled organic eggs with bacon, cheddar cheese, hand cut fries, guacamole and mexican sauce 10

SWEET BURGER

Nutella, mascarpone and pistachios in a burger bun. 7,5
Add vanilla ice cream instead of mascarpone! + 1,5

AÇAI BOWL

Açai, banana, strawberries, granola, chocolate chips and coconut. 9,90

CLASSIC PANCAKES 9

With strawberry, banana, choco chips, whipped **vegan** cream and maple syrup.
Add Nutella instead! + 2

EXOTIC FRUIT BOWL

Mango, kiwi, pineapple, strawberries, banana and seasonal fruits 7,5
Add Yogurt + 2,5

CHICKEN & WAFFLES

Super crispy chicken coated with panko, Kelloggs's and some spices on a waffle with butter and mapple syrup.
Incredibly delicious! 9,5

 = Available all day long

 = Vegan/Veggie

 = Bit Spicy

COFFEE & JUICE

LATTES (organic)

Matcha 4,5
Matcha tea with cinnamon,
coconut sugar and oat milk.

Turmeric 4,5
Turmeric and ginger with
cinnamon, coconut sugar,
black pepper and oat milk.

Chai Latte 4,5
Made with oat milk.

**¡MAKE IT SHAKED,
IT'S HOT OUT THERE!**

COFFEE

Espresso	1,90
Carajillo (with licuor)	2,95
Cortado	2
Coffee with milk	3
Three layered coffee	3
Capuccino	3
Capuccino XL	4,5
Iced Latte SHB (Vanilla ice cream scoop)	5
Classic Iced Latte	3,5
Dirty Latte	5

TEAS 3

China Mai Feng
(GREEN TEA)
Earl Grey Luxus
Equilibrio Infusion
Chai
Mint Splash
Red tea
Tropical Infusion 4
(Ginger, lemon, honey
and clove)

FRESH JUICES

ÑOKI
Strawberry, banana and orange. 6,5

OAHU
Watermelon, melon, lime and ginger. 6,5

LIME JUICE
Fresh lime juice with mint and
a bit of honey. 5

ROGER RABBIT
Carrot, apple, ginger and flax seeds. 6,5

KANDUI
Berries, coconut and pineapple. 7

FIJI
Strawberry, mango, pineapple and
orange. 7

LILA
Beetroot, orange, apple, ginger,
lemon juice and a bit of almond milk. 6,5

SHB DETOX
Strawberry, melón and lemon. 6,5

CURAGREEN
Kale, lime, celery, spirulina, cucumber, lychee
and fennel with a touch of honey. 6,5

POWER SHOTS 3,5

MACHADO
Turmeric, honey,
lemon and ginger.

FANNING
Cucumber, apple,
kale, lime and mint.

MILKSHAKES

BANANA POWER
Banana, walnuts, peanut butter, vanilla,
blueberries, cinnamon and almond milk. 7

SHBUENO
It tastes just like Kinder Bueno.
No need to tell you more! 7

OREO
Probably SHB's best milkshake;
Oreo cookies, vanilla and banana. 7

SÚPER FOODS +1,50€

· MACA · CHIA · SPIRULINA · BEE POLEN
· BLUE SPIRULINA · FLAX · TURMERIC

LUNCH & DINNER

UNTIL 5.30PM & 8PM TILL CLOSING

BEACH NACHITOS

Two types of cheese, guacamole, frijoles, jalapeños, sour cream, pico de gallo and Mexican hot sauce. 16

Add meat or jackfruit + 3

SMALL 11

PUMPKIN DIP

Grilled pumpkin and chipotle hummus with pita bread, carrot and cucumber sticks.

10

CRISPY CHICKEN FINGERS

Extra crispy chicken fingers coated with crunchy panko, Kellogg's flakes and some spices.

With two dipping sauces: sweet mustard and Thai mayo.

9

GUÉTHARY CROQUETTES

Home made Gorgonzola cheese and chistorra (a type of pork sausage) croquettes

11

Unit: 2,5

THE RIBS

500gr veal ribs marinated and cooked for 72h with parmentier and chickpeas with tortillas to make your tacos.

Perfect to share. 29

BRAVAS

Our french fries with allioli and brava sauce. Typical Spanish, but made our way!

8

SALADS

ULUWATU

Quinoa and spelt with avocado, carrot, sun-dried tomatoes, edamame, cashews, sesame seeds and cilantro with a special soy dressing. 10

ALICE MANGO

Lentils with mango, onion and cilantro with a mandarin and a ginger dressing.

9

CHICKEN JOE

Oak lettuce, crispy chicken, half-boiled egg, crunchy bacon, Parmesan, avocado, cherry tomatoes, croutons and a jalapeño-cilantro lime dressing.

13

SURFER'S ZUCCHINI

Thin of slices of zucchini, Parmesan cheese, sun-dried tomatoes, almonds and mild truffle and pepper dressing.

10

 = Available all day long

 = Veggie/Vegan

 = Bit Spicy

LUNCH & DINNER

UNTIL 5.30PM & 8PM TILL CLOSING

SHB BURGERS

All our burgers come with fries

BEACH MAC

150gr Rib Eye patty, cheese, bacon, lettuce tomato and spring onion with a home made secret sauce.

17

SMASHED CHEESE BACON

Double smashed Rib Eye, cheese and bacon with our special sauce. Simple but perfect.

16

YANKEE

150gr Rib Eye patty, smoked mozzarella, crispy bacon, pickles, crispy onion, English mustard, BBQ sauce and a sweet touch.

18

VEGAN CHEESE BURGER

Plant based patty by Beyond, cheddar, bacon, rocket salad and Chipotle mayo. Everithing VEGAN! 16

MAKE IT XXL

+3,50

CRUNCHY CHICK

Crispy chicken, two cheeses, spinach, chipotle sauce, guacamole and crispy onion

16,5

EXTRAS +2

Bacon, tomato, onion, fried egg, lettuce, etc.

Order your burger with Beyond Meat +2,5

SIDES

CLASSIC FRIES

Hand-cut french fries.

4,90

SWEET POTATO

Hand-Cut sweet potato fries.

5,5

TRUFFLE & PARMESAN

With parmesan and truffle. 6

SHB SAUCES 1

¡Choose one of our dipping sauces!

JAPAN-AISE

Mayo & wasabi.

KERAMAS

Mayo & green curry.

THAI

Mayo & Sriracha
Our spicy mayo!

TEXMEX

Cashew & chipotle.

SHRIMP TACOS 3.0

Flour tacos filled with grilled shrimp, grilled cheese, guacamole, pickled celeriac and Mexican sauce. 12

BIRRIA TACOS

Veal tacos with grated cheese, green sauce and jalapeños. 13

CALIFLOWER TACOS

Tacos with roasted cauliflower, sweet potato, frijoles, pickled red cabbage, avo mayo and chipotle cream. 10

COCHINITA PIBILL

Tacos with cochinita pibill (pork), pickled onion, habanero and "salsita". Spectacular. 13

SURFER'S BURRITO

Chicken, cheese, sour cream, black beans, guacamole and pico de gallo. 11
Vegetarian option!

SHB POKE BOWLS

With rice, grilled pineapple, avocado, cucumber, red cabbage and edamame. Choose between 2 options:

POKE TUNA

Blue fin tuna with ponzu sauce, sesame & a little touch of sriracha.

17

VEGAN

Marinated seitan and watermelon with a spicy lime and passion fruit sauce.

14

 = Available all day long

 = Veggie/Vegan

 = Bit Spicy

DRINKS

SODAS

- GINGER BEER** 3,30
- SHB ICE TEA** 3,5
- PINK OR GINGER LEMONADE** 4,5
- + VODKA/GIN** 8
- VERMOUTH** 4

BEERS

MORITZ

- Small Fresh Moritz 7. Unpasteurized 3,30
- Mug Fresh Moritz 7. Unpasteurized (500ml) 5,80
- Bottle 3,30/ Radler 3,5
- 1 Liter Fresh Moritz 7. Unpasteurized. 11
- 0,0 Bottle 3
- Epidor 3,5
- Coronita** 4
- Modelo Esp**
- Michelada** €
- IPA** 3,5



SANGRÍA

Glass 6,5 - Pitcher 1,3L. 22

SANGRÍA CAVA

Copa 8,5 - Pitcher 1,3L. 25

SURF HOUSE MOJITOS

- TROPICAL** Mango & pineapple. 9,5
- CLASSIC MOJITO** 9
- RED** With berries. 10
- SHB SPECIAL MOJITO** Passion Fruit & kiwi 10
- STRAWBERRY** 9,5

SPECIAL COCKTAILS

TAVARUA 12,5 (Fiji Islands)

Chai tea infused in **añejo rum**, pineapple, passion fruit and a touch of cinnamon.

MEXICAN BOMB 12,5 (Puerto Escondido, México)

Tequila cocktail with watermelon, lime, pineapple and a spicy touch.

BONDI (Australia) 12,5 Maraschino, lime, beetroot, and gineger.

WHITE WINES

- SHB WINE (eco)** - 19,5
Xarel-lo. D.O. Penedés. Glass 3,95
- CALA MARQUESA** -21
Garnacha blanca. D.O Emporda. Glass 4
- EL VIGIA (eco)**- 19,5
Verdejo. D.O Rueda. Glass 3,95
- LA SONRISA DE TARES 2019** - 24
Godello. D.O Bierzo Glass 4,5

ROSE WINE

- AIRE DE PROTOS** -22
100% Garnacha. D.O Emporda. Glass 4

RED WINE

- SHB RED WINE (eco)** - 19,5
Garnacha. Massis del Garraf. Glass 3,95
- PALOMO VOLADOR** - 24
Tinta fina y Merlot. D.O Ribera del Duero Glass 4,5
- DANSADA** - 21
Garnacha. D.O Terra Alta
- BANCAL DEL BOSC** - 24
Garnacha y Syrah. D.O Montsant. Glass 4,5

CLASSIC
COCKTAILS
11

FERNANDO DE NORONHA 11,5 (Brasil)

Cachaça, lime and mango.

GALÁCTICO SHB 2.0 11,5 (La Barceloneta)

Watermelon base, **gin** and dry **vermouth**.

PIPELINE (Hawaii) 12,5 Grapefruit, **Tequila**, limoncello and basil. Our freshest one!

SWEET SPOT

ALL DAY LONG



TORRIJA

Fried brioche soaked in "crema de orujo", chocolate, almonds and yoghurt with vanilla ice cream.

8

SURFER'S APPLE CRUMBLE ♡

Home-made apple crumble with vegan cream, berries and a touch of cinnamon. Add ice cream + 2

6,5

FRESHHH

Kéfir and Lime sorbet with fruit and cucumber, extra virgin olive oil and a light spicy touch.

7

PISTACCHIO DELIGHT

Mascarpone cream over pistachio ice cream with wild strawberries and pistachio on top

7,5

SWEET BURGER

Nutella, mascarpone and pistacchios in a burger bun. 7,5
Add vanilla ice cream instead of mascarpone.

CAKES

- **CHEESECAKE** 6,5
- **VEGAN BROWNIE** With banana and vegan cream 7
Add vanilla ice cream 2,5

WAFFLES 4

+ Nutella	2,5
+ Whipped cream	2
+ Fruit	2,50
+ Ice cream	2,50

PANCAKES 9

With strawberry, banana, choco chips, whipped cream and maple syrup.
Add Nutella instead! + 2

EXOTIC FRUIT BOWL ♡

Mango, kiwi, pineapple, banana and other seasonal fruits. 7,5

AÇAÍ BOWL ♡ ♡ ♡

Açaí, banana, strawberries, granola, chocolate chips and coconut. 9,90

ACTIVITIES



SUNSET SUP & MOJITO

Let's go for a sunset paddle session and have a mojito right after.

20H
TUESDAYS,
THURSDAYS
& FRIDAYS

25



PADLE SURF & BRUNCH

SUP session with an instructor and have a brunch afterwards.

9:30H
SATURDAYS
& SUNDAYS

34



BEACH YOGA

Yoga lesson at the beach with a certified teacher. Includes Brunch afterwards or a juice.

9.45H
SATURDAYS
& SUNDAYS

32€/19



SHB BEACH CLEANING

Help us keep our beaches clean and get a Oceans52 or a juice free.

¡WHENEVER YOU
WANT!

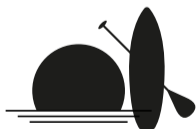


FUNCTIONAL TRAINING BY GO!

Stay fit and move your body with this fun and powerful activity of 45" on the beach! Juice or Brunch at the end!

¡ONCE A MONTH!
ASK US

16 / 25



SUNSET SUP & DINNER

Sunset Paddle Surf session enjoying Barcelona's views from the sea and a delicious dinner after

¡WHENEVER YOU
WANT!

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TO BOOK ANY ACTIVITIES SEND AN E-MAIL TO

ACTIVIDADES@SURFHOURSEBARCELONA.COM