

A vibrant, artistic illustration of tropical leaves in shades of teal, blue, and orange, filling the background. A large black circle is centered in the middle of the image, containing the brand's logo and tagline.

Be happy
amoreperilgusto

At **Be happy** there are chairs for everyone:
classics, vegans, vegetarians, celiacs.

Coffees and Drinks

Cafés



Espresso	1,30€
Cortado corto	1,50€
Cortado largo	1,70€
Leche y leche	1,80€
Cappuccino (extra 0,20 € leche vegetal)	2,20€

Teas



Green tea, Earl Grey	1,70€
Red fruits, Pure Rooibos	1,70€
LemonGinger, Chamomile	1,70€
Matcha Tea with plant milk and cinnamon	2,90€

Specialty coffees



Besame mucho 3,70€
Café, Baileys, cream

Barraquito 3,70€
Café, Gran Marnier, cream

Goloso 3,70€
Café, Nutella, cream

Pistacho 3,70€
Café, Pistachio cream, cream

Still water	1,50€
Sparkling water	1,50 €
Fanta orange, lemon	2,50 €
Coca cola light, zero	2,50 €
Nestea Lemon, Maracuyá	2,50 €
Tonic water	2,20 €

WINES

Cava Codorniu	20cl	5,90 €
Red wine Grand Sud		4,90 €
Merlot	25cl	4,90 €
White wine JP Chenet		4,90 €
Sauvignon	25cl	4,90 €
Rosé wine JP Chenet		4,90 €
	25cl	



Juice and Milk Shakes



HEALTHY JUICES AND MILK SHAKES

4,70€

A

Mango, pineapple, passion fruit, orange juice

B

Strawberry, cranberry, banana, yoghurt, vegan option

C

Cranberry, mint, coconut, milk or plant milk

D

Strawberry, banana, papaya, orange

E

Pineapple, coconut, banana, milk or plant milk

F

Beetroot, mango, carrot, apple juice

G

Kiwi, pear, pineapple, mint, apple juice

SWEET MILK SHAKE

4,90€

H

NUTELLA, milk and whipped cream

I

PEANUTS butter, banana, milk or plant milk

L

Chocolate ice-cream, dates, milk or plant milk

M

MARSHMALLOWS, strawberry, amarena ice-cream, milk, whipped cream

N

OREO, milk and whipped cream

O

Meringues, **caramel** ice-cream, banana, milk



The fruit shakes we offer are always made from seasonal, local, high quality and fully ripe fruit, giving out their best nutrients.

We propose healthy combinations to enjoy fruit in a good, healthy, refreshing and fun way.

DETOX JUICES AND MILK SHAKES

4,90€

P

Carrot, celery, cucumber, apple, ginger, spirulina

Q

Kiwi, apple, cucumber, lemon, mint

R

Avocado, pear, parsley, spinach, lemon, yoghurt, vegan option

S

Beetroot, avocado, cocoa, honey, milk or plant milk

T

Apple, lime, carrot, rice milk, chia

U

Celery, broccoli, apple, pineapple, ginger, orange juice

V

Mango, pineapple, parsley, spinach, almond milk

Z

Cranberry, strawberry, dried fruit, yoghurt, water, vegan option, chia



SEASONAL FRUIT SALAD

5,50€

Extra cream 1,00€

Extra ice cream ball 1,50€



Aperitif Moment

It is the opportunity to relax with our friends, drink in hand and a light bite.

TAPAS

POLENTA CHIPS

Polenta chips flavored with herbs, accompanied by one sauce do you want

6,00€

CRACKERS with AVOCADO and PEAR SAUCE

Avocado and pear sauce with pistachios accompanied by gluten-free oatmeal crackers and nuts

6,00€

COCKTAIL



Aperol Spritz

Very Italian and loved by everyone

6,00€



Piña Colada

Ghiotto and seductive

6,00€



Mojito

Exotic and refreshing

6,00€

BEERS

JAIRA, Canarian Beer. The locally - brewed beer boasts of fruity flavours and strong aromas with an alcoholic content.

JAIRA VAGAMUNDO

JAIRA GOAT	6,7%		4,0€
JAIRA BUCHITO	5%		4,50€
Germán HELLES	5,5 %		4,0€
IRISH RED	5,4%		4,5€

ALCOHOL-FREE WITH LEMON

1906	33cl 6,5% vol	3,50€
Estrella galicia 0,0	25cl	2,00€
Shandy Cruzcampo	25cl	2,20€

Our Salads

A light meal without foregoing flavour,

who said that those who choose salads have no imagination?

*Both **modern** and **traditional**, our salads succeed in satisfying the most fanciful wishes.*

Enriched with different ingredients that can even gratify the most voracious of our patrons.

CLASSICS

Tenerife 11,90€

Rocket, red kraut, apple, bacon, nuts, mozzarella, yoghurt sauce



Fuerteventura 12,90€

Smoked salmon, rocket, lettuce, cherry tomatoes, cucumber, celery, avocado and lime hummus



La Gomera 12,90€

Lettuce, chicken, nuts, onion, carrot, grana cheese flakes, mustard honey and truffle sauce



El Hierro 12,90€

Smoked tuna, lettuce, black olives, carrots, capers, dried tomato, celery, onion, mustard honey and truffle sauce



VEGANAS

La Palma 11,90€

Lettuce, edamame, avocado, cherry tomatoes, celery, basil cream with tofu



Lanzarote 11,90€

Lettuce, pineapple, yellow pepper, lime, coriander chives, avocado, nuts, dried tomatoes, paprika



Gran Canaria 10,50€

Chickpeas, potatoes, peppers, rocket, dill, sesame seeds, basil cream with tofu



VEGETABLE SPAGHETTI Zucchini or Carrot??

7,50€

This is a new version of the classical PASTA dish, which actually looks more like a salad.

Now you just have to choose the dressing that suits you best.



Pistachio and basil pesto



Beetroot pesto



Sicilian pesto





Our Salty Crepes

Crepe Veggie Parmigiana

10.50€

Eggplants, soy bolognese sauce, vegan mozzarella, vegan bechamel



Crepe Veggie Siciliana

11.50€

Sicilian pesto, avocado, rocket, cherry tomato, broccoli, vegan ricotta, black olive pesto



Crepe Veggie Cannelloni

11.50€

Spinach, Tofu, vegan ricotta, vegan bechamel



Crepe Veggie Bretona

9.50€

Potatoes, red onion, parsley, broccoli, beet hummus, vegan cheese



Crepe Veggie Hortelana

11.90€

Caramelized seitan with carrot, zucchini, pepper, red onion, sesame seeds



Crepe Allegre

10.50€

Serrano ham, zucchini, red onion, dried tomato, avocado, mozzarella cream, basil oil.



Crepe Cariño

11.90€

Chicken, Brie cheese cream and curry, pepper, mushrooms, chopped walnuts and pistachios



Crepe Radiante

10.50€

Roasted pork, broccoli, spinach, mozzarella stracciatella, mustard sauce, honey and truffle



Crepe Felicidad

13.90€

Smoked salmon in Teriyaki sauce, zucchini, avocado and lime hummus, grana cheese flakes, basil oil



Crepe Éxtasis

14.50€

Prawns sautéed with white wine, mascarpone and curry sauce, paprika, chives, spinach



Crepe Buen Humor

9.50€

Cooked ham, provola cheese, mushrooms, potatoes



Crepe Ventura

10.90€

Egg, bacon, provola cheese, broccoli, cherry tomato, mustard sauce, honey, truffle.



The recipes fuse tasty combinations and the varied fillings allow you to enjoy a new, tasteful experience.

Choose the dough you prefer among the following: *Gluten-free, Classic and Vegan.*





Savoury Waffles

Gofre Veggie Borracho

Seitan with beer, mushrooms, parsley



12,90€

Gofre Veggie Sandwich

Vegan Hamburger, pistachio pesto, vegan cheddar cheese, rocket, tomato, red onion



11,90€

Gofre Veggie Japanese

Tofu marinated in Teriyaki sauce, zucchini, red onion, green pepper, red pepper, carrot, sesame seeds, avocado and lime hummus



11,90€

Gofre Veggie Primavera

Original Heura bites, rocket, avocado and lime Hummus, cherry tomato, red onion, vegan yoghurt sauce



12,90€

Gofre Veggie Lebanese

Smoked tofu, beet hummus, vegan ricotta, lettuce, cherry tomato, eggplant, vegan yoghurt sauce



11,90€

Gofre Cowboy

Roasted pork, cheddar cheese, tomato, red onion, rocket, pistachio pesto



10,90€

Gofre Americano

Chicken strips, zucchini, provola cheese, walnuts, red onion, potatoes, barbecue sauce



10,90€

Gofre Spain

Smoked tuna, lettuce, cherry tomato, peppers, mozzarella stracciatella, sesame seeds



13,90€

Gofre Sandwich Italiano

Mortadella, mozzarella, pistachio pesto, chopped pistachios, rocket, balsamic vinegar cream



11,90€

Gofre Nordico

Smoked salmon, avocado, rocket, dried tomato, celery, chives, mozzarella sauce, basil oil



13,90€

Gofre Pizza

Tomato sauce, mozzarella, oregano, black olives



9,90€

Gofre Al Mar

Prawns, pineapple yellow pepper, lime, chives, avocado, arugula, mozzarella stracciatella, basil oil



14,50€



You' ve never eaten them like this!!!

New and innovative savoury waffles are a complete meal that combines well with wines and beers, so tasty that few can resist their goodness.

An original recipe using a classical, gluten-free or vegan dough, fragrant and light.

Choose the dough: Gluten-free, Classic and Vegan.



Our American Pancakes



TRADICIONAL

Sugar, cinnamon, Maple syrup
Extra dried fruit 1,00 €
Extra cream 1,50 €

6,80€

GOLOSO

Nutella, vegan option
Extra cream 1.00 €
Extra ice-cream scoop 1.50€

5,00€

CREMOSO

Dulce de leche, ginger bread biscuits
Extra cream 1.00 €
Extra ice-cream scoop 1.50€

5,50€

GLOTÓN

Melted chocolate 52%, one ice-cream scoop

6,50€

DESEOSO

Salty caramel, banana, pop rice
Extra cream 1.00 €
Extra ice-cream scoop 1.50 €

6,90€

DELICIOSO

Pistachio cream, pistachios, white chocolate
Extra cream 1.00

7,50€

DELICADO

Yogurt, vegan option, seasonal fruit.
Extra ice-cream scoop 1.50

6,50€

RIQUÍSIMO

White chocolate, Nutella, pop rice
Extra cream 1.00

7,50€

INCREÍBLE

Salted caramel + bacon + walnuts

7,20€

LOCO LOCO

Peanut butter with lemon and ginger, banana and coconut

6,90€



They are perfect for breakfast or special snacks.

*You can choose between different doughs:
Classic, gluten-free and vegan.*





Our Sweet Crepes



C1	Sugar and cinnamon Extra cream 1,00 € Extra ice-cream scoop 1,50 € Extra topping 0,50 €	4,20€		
C2	Nutella + chopped hazelnuts vegan nutella option	5,50€	 	
C3	Vegan cocoa and hazelnut cream	5,90€		
C4	Dulce de leche Extra cream 1,00 € Extra ice-cream scoop 1,50 €	5,00€		
C5	Nutella+ fruit + ice cream scoop	7,90€	 	
C6	Melted chocolate Extra cream 1,00 € Extra ice-cream scoop 1,50 €	5,50€		
C7	White chocolate + almonds Extra seasonal fruit 1,50 € Extra cream 1,00 € Extra ice-cream scoop 1,50 €	5,90€	 	
C8	Nutella+white chocolate+puffed rice	6,50€	 	
C9	Nutella + Smarties or Kitkat or Raffaello Extra cream 1,00 € Extra ice-cream scoop 1,50 €	6,50€	 	
C10	Mixed fruit+ice cream	7,50€		
C11	Crema de pistacho+melted chocolate + almonds.	6,90€	 	
C12	Pistachio cream + melted chocolate + almonds	8,20€		
C13	Banana+Nutella+Baileys+hazelnuts	8,90€	 	
C14	Sugar+Grand Marnier+orange juice	8,20€		
C15	Cocoa crepe, white chocolate+strawberries+strawberry syrup+cream	7,90€		
C16	Pistachio cream+white chocolate+almonds+crispy cookie+dark chocolate flakes	7,50€	 	

A sweet craving should not be ignored, it should be indulged. From the dough recipes to the filling, each element of our Sweet Crepes will involve you.

A sweet symphony that is savored in every note, with every bite.

Choose the dough you prefer among the following: Gluten-free, Classic   and Vegan.



Sweet Waffles

- | | | | | |
|---|---|-------|--|-------|
| G1 | | 4,20€ | G8   | 6,90€ |
| Sugar and cinnamon
Extra cream 1,00 €
Extra ice-cream scoop 1,50 € | | | | |
| G2 |   | 5,50€ | G9  | 8,50€ |
| Nutella + hazelnuts
Extra cream 1,00 €
Extra ice-cream scoop 1,50 € | | | | |
| G3 |  | 5,00€ | G10   | 6,90€ |
| Dulce de leche + almonds
Extra cream 1,00 €
Extra ice-cream scoop 1,50 € | | | | |
| G4 |   | 5,90€ | G11   | 8,90€ |
| White chocolate + Nutella
Extra cream 1,00 €
Extra ice-cream scoop 1,50 € | | | | |
| G5 |   | 6,50€ | G12   | 6,90€ |
| Nutella + Smarties or Kitkat or Raffaello | | | | |
| G6 |  | 6,90€ | G13   | 6,90€ |
| Cocoa + white chocolate +
Marshmallow + Dulce de leche | | | | |
| G7 | | 7,50€ | | |
| Seasonal fruit + ice-cream
scoop | | | | |



Soft and crunchy at the same time, waffles are the most international of sweets.

You will feel the perfect combination of sweet flavour with every mouthful, making this waffle an irresistible choice for any occasion.

Our waffles are made following the traditional recipe, but can also be made with dough for dietary intolerances, gluten-free and vegans.

Choose the dough you prefer among the following : **Gluten-free**, **Classic**   and **Vegan**.



Ice Cream Desserts

Banana Split 6,90€
Choose 3 scoops of ice-cream + cream

Copa BIG 7,50€
Copa MEDIUM 6,00€
Copa BABY 4,50€
Extra cream 1,00 €

Affogato caffè 6,90€
Helado de avellana y de stracciatella, nata

Affogato Amarena 6,90€
Vanilla and Yogurt ice-cream, amarena fruit, amarena sauce, cream

Affogato cioccolato 6,90€
Hot chocolate, Stracciatella and Vanilla ice-cream, cream

Pistacchio goloso 7,50€
Pistachio cream, Pistachio and White chocolate ice-cream, pistachios, cream

Raffaello 6,90€
White chocolate cream, Hazelnut and Coconut ice-cream, almonds, cream

Arlecchino 5,50€
Strawberry and Chocolate Ice-cream, Smarties, cream

Mangia e bevi 7,90€
Fruit in season, Yogurt and Vanilla ice-cream, orange juice, cream

Nutellone 7,50€
Nutella, White chocolate and Hazelnut ice-cream, hazelnuts, cream

Caramello 6,90€
Caramel spread, Caramel and Vanilla ice-cream, almonds, cream



In the store's laboratory, a unique product comes to life, in which technique, skill, creativity, imagination and the careful selection of the best seasonal raw materials are the basis of everything.

Both Celiacs, Lactose Intolerant, and Vegans will be able to enjoy unimaginable flavors.



Be happy 
amoreperilgusto

THANKS FOR VISITING US

