

SALADS	Small	Medium
BLEND. SALAD Tropical surprise of our chef with mixed greens, chicken, bell pepper, corn, tropical fruits and honey mustard dressing (with prawns extra €3)	€8,5	€15,5
GOAT CHEESE SALAD Mixed greens, grilled goat cheese, apple, tomato cherries, crushed walnuts & honey balsamic cream	€9,5	€18
SMOKED SALMON SALAD Mixed greens, smoked salmon, cucumber, avocado, tomato cherries & homemade vinaigrette	€8,5	€15,5
CEASAR SALAD Grilled chicken, lettuce, rocket, avocado, tomato cherries, parmesan shaves, croutons & Caesar dressing	€8,5	€15,5
SUPER SALAD Spinach, quinoa, avocado, tomato cherries, cucumber, feta cheese, bell pepper, sunflower seeds, dry blueberry, nori & thai dressing with mint	€9,5	€17
THAI SALAD beef or prawns Mixed greens, beef or prawns, bell pepper, lime, cilantro, cherry tomatoes, cucumber, garlic, red onion, mint, crushed peanuts & thai dressing	€9,5	€18
BEEF CARPACCIO Thinly sliced beef, rocket, pine nuts, parmesan & mustard dressing	€12	

EXTRAS FOR SANDWICHES, WRAPS & SALADS

Tuna	€2,5	Boiled egg	€2
Smoked salmon	€3,5	Spinach	€2
Jalapeños	€2,5	Tomato	€2
Cheese	€1,5	Avocado	€3
Halal ham	€1,5	Bell pepper	€2

Order A GLASS OF HOUSEWINE together with your food for JUST €2 EXTRA

Please let us know if you have any allergies and feel free to ask our staff if you have any other requests.
Check our Instagram for yummy food pictures and feel free to tag us in yours @blendpuertobanus.

Share your BLEND. experience with us! Rate us on Facebook or TripAdvisor.


All our prices are VAT included. If you like our food & service, a tip is highly appreciated by our hardworking staff.

BOWLS



SATAY BOWL	€14,5
3 brochettes of chicken satay with peanut sauce, spicy fried rice & fried egg	
DRAGON BOWL	€15,5
Our famous sticky spicy chicken with spicy fried rice & fried egg	
POKE BOWL	€18
Marinated salmon, avocado, mango, cucumber, carrot, sesame seeds white rice, & sriracha mayonnaise	
BUDDHA BOWL	€17
Sweet potatoes, avocado, quinoa, carrot, chickpeas, cherry tomatoes, cilantro, lime, white rice & satay sauce	
CURRY BOWL	€15,5
Green curry, bell pepper, broccoli and green beans with white rice and chicken (with prawns or beef extra €3)	
CHILI BOWL	€15,5
Chili con carne with white rice	
TERIYAKI BOWL	€15,5
Teriyaki chicken with green and red bell pepper and noodles (salmon extra €3)	
CREAMY BOWL	€11
Tagliatelle Alfredo with mushrooms, garlic, parmesan and cream (chicken extra €3)	
MAMA MIA BOWL	€14,5
Spaghetti Bolognese with minced beef, tomato sauce and parmesan	

KIDS



LOVE ME TENDERS	€8,5
Chicken tenders with fries	
SPAGHETTI BOLOGNESE	€7,5
With minced beef and tomato sauce	
MAC 'N' CHEESE	€7
Macaroni with cheese sauce	
BANANA SUSHI	€7
Sliced banana with whipped cream, strawberries & yummy sauce	

DARE TO SHARE

SALMON TOAST

Brown toast with smoked salmon, cream cheese & cucumber

€6

MINI SATAY

3 mini chicken skewers with satay sauce

€8,5

CARPACCIO ROLLS

Tortilla, thinly sliced beef, cream cheese, parmesan, rocket, pine nuts

€12

MINI BURGERS

3 mini hamburgers in different colours with cheese, caramelized onion, tomato, lettuce, pickles and 1000 island sauce

€12

CUCUMBER PRAWN BITES

4 slices of cucumber with guacamole and prawn on top

€8,5

CRISPY CHICKEN WINGS

6 pieces of crispy homemade chicken wings with Roquefort or spicy sauce

€9,5

GOAT CHEESE TOAST

Toast with goat cheese and onion chutney

€5

PIL PIL PRAWNS

Prawns, olive oil, garlic, chili, tomato & bread

€11

AVOCADO WITH PRAWNS

Half avocado filled with prawns and homemade cocktail chili sauce

€9,5

NACHOS CHILI CON CARNE

Nachos with chili con carne, guacamole, melted cheese & chili sauce

€9

TOMATO BASIL BRUSCHETTA

2 bruschettas with tomato, basil, garlic, red onion, olive oil & balsamic cream

€5

SKINNY DIP

Carrot, cucumber and bell pepper with hummus

€7

PITA DIPS

Pita bread with hummus and garlic yoghurt dip

€7

CHEESE PLATTER

Brie, Roquefort and feta cheese with fruit, nuts & cranberry sauce

€10

FRESH FRUIT

€6

DESSERT

Ask our staff for the selection of the day