



ENGLISH

BRUNCH

AVAILABLE UNTIL 1PM

AVOCADO TOAST

Smashed avocado, feta cheese, cherry tomatoes
basil and edamame. 8,30€
Add poached egg. +2€

SALMON TOAST

Smoked salmon, cream cheese, lime marinated
cucumber and dill sauce. 8,90€.
Add poached egg. +2€

CHICKENS

Herbes de Provence marinated chicken, with sun-dried
tomatoes, hard boiled egg, parmesan cheese and
arrugula on Catalan bread. 9,5€

VERY GREEN

Mozzarella di Búfala and avocado fresh veggie sandwich with cucumber,
green asparagus, apple and alfalfa sprouts with mild green curry sauce.
A side of avocado tempura 9,5€

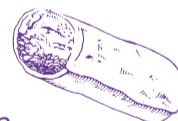
SHB EGGS BENEDICT

Organic poached eggs on bao bread with bacon, chipotle
mayo and parmesan cheese. With home made french fries with
parmesan and truffle oil touch and spinach with cherry tomatoes . 13€

ADD JACKFRUIT INSTEAD OF BACON! + 1€

BREAKFAST BURRITO

Scrambled organic eggs with bacon,
cheddar cheese, hand cut fries, guacamole and
mexican sauce 8,5€



DAILY CROISSANTS

Butter Croissants baked every morning.

- PLAIN 3€
- NUTELLA 4,60€
- CHEESE 4,80€
- TURKEY & CHEESE 5,50€
- IBERIC HAM 6,80€

PALETILLA TOAST

Rustic sourdough bread with spread tomato, extra virgin olive oil
Fruit&Branca and Maldon salt.. 7,90€

 = Extra Healthy

 = Vegan/Veggie

 = Bit Spicy



ENGLISH

COFFEE&JUICE

TEA&COFFEE

LATTES

Matcha 3,95€
Organic matcha tea with cinnamon, organic coconut sugar and oat milk.

Turmeric 3,95€
Organic turmeric and ginger with cinnamon, organic coconut sugar, black pepper and oat milk.

Beetroot 3,95€
Organic beetroot powder and ginger, cinnamon, organic coconut sugar, blackpepper and oat milk.

Chai Latte 2,60€

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

COFFEE

Espresso 1,55€
Carajillo (with licuor) 2,60€
Cortado 1,75€
coffee with milk 2,20€
Three layered coffee 2,80€
Capuccino 2,35€
Capuccino XL 3,65€
American coffee 1,80€
Iced Latte SHB 3,60€
(Vanilla ice cream scoop)
Classic Iced Latte 2,90€

TEAS

China Mai Feng 2,50€
(GREEN TEA)
Earl Grey Luxus 2,50€
(BLACK TEA)
Equilibrio Infusion 2,50€
Mint Splash 2,50€
Red tea 2,50€
Tropical Infusion 2,80€
(Ginger, lemon, honey
and clove)

FRESH JUICES

ÑOKI
Strawberry, banana and orange. 5,30€

OAHU
Melón, watermelon, lime and ginger. 5,90€

LIME JUICE
Fresh lime juice with mint and a bit of honey. 4,50€

POPEYE & BRUTUS
Spinach, broccoli, mint, orange, banana, lime and spirulina. 5,90 €

FIJI
Strawberry, mango, pineapple and orange. 6,20€

LILA
Beetroot, orange, apple, ginger, lemon juice and a bit of almond milk. 5,90 €

SHB DETOX 5,50€
Strawberry, melón and lemon.

CURAGREEN
Kale, lime, celery, cucumber, lychee and fennel with a touch of honey. 5,80€

POWER SHOTS 3,50€

MACHADO Turmeric, honey, lemon and ginger.
FANNING Cucumber, apple, kale, lime and mint.

MILKSHAKES

BANANA POWER
Banana, wall nuts, blueberries, cinamon and almond milk. healthy and powerfull. 6 €

SHBUENO
It tastes just like Kinder Bueno.
No need to tell you more! 6€

OREO
Probably SHB's best milkshake;
Oreo cookies, vanila and banana
5,80€.

SÚPER FOODS +1€

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

ALMOND, SOY, COCONUT, LACTOSE-FREE OR OAT MILK + 0,50



ENGLISH

LUNCH & DINNER

FROM 1PM TO 5.30PM & 8PM TILL CLOSING

¿SHALL WE SHARE?

BEACH NACHITOS

With two cheese types, frijoles, jalapeños, sour cream, pico de gallo
mexican hot sauce and guacamole 12€

Add meat or Jackfruit + 2,80€

1/2 PORTION 6,50€

MAS DE FLANDI

Sourdough flat bread with organic tomato, Fruit&Branca ecologic EVOO
and Maldon Salt . 4,90€

BBQ RIBS

Pork ribs marinated in BBQ sauce and Bourbon.
Hand cut fries with parmesan and a truffle touch. 15,50€

Ask for tortillas and make your tacos! +3€

PUMPKIN DIP

Grilled pumpkin and chipotle hummus with pita bread,
carrot and cucumber sticks. 8€

RICE PAPER ROLLS

Rice paper rolls with mango, avocado, cucumbe, red pepper, carrot, red cabbage
and spinnach with a lime, passion fruit, peanut, mint and sesame sauce. 9,90€

MALDIVIAN

Yellow Fin Maldivian tataki tuna with guacamole, red onion, sour cream
and chipotle on top of plantain tostones. 13€

SALADS

ULUWATU

Quinoa and espelt with avocado, carrot, sun-dried tomatos, edamame,
cashews, sesame seeds and cilantro with a special soy dressing 8,90€

SUMMER GOAT

Baked goat cheese with premium cherry tomatoes, watermelon
pine nuts and basil dressing. 9€

ALICE MANGO

Lentils with mango, onion and cilantro with a mandarin
and ginger dressing. 8,30€

CHICKEN JOE

Oak lettuce salade with crunchy chicken, half-boiled egg, crunchy bacon,
parmesan, avocado, cherry tomatoes, croutons with jalapeños,
cilantro, lime dressing. 9,30€

 = Extra Healthy

 = Veggie/Vegan

 = Bit Spicy



ENGLISH

LUNCH & DINNER

FROM 1PM TO 5.30PM & 8PM TILL CLOSING

SHB YUMMY BURGERS

BEACH MAC

150gr veal, edam cheese, bacon, letuce ,spring onion with a home made secret sauce.

9,50€

INFARTO

150gr veal, cheese,bacon, a sunny-side up egg and crispy straw potatos (in it!) with truffle mayo.

10.50€

YANKEE

150gr veal, smoked mozzarella, crispy bacon, pickles, crsipoy onion, english mustard,bbq sauce, and a sweet touch that will freak you out..

10,20€

VEGGIE BURGER

Our home made quinoa, white bean, lentils, ginger and curry patty. Stuffed with pickled onion, lettuce, chippotle mayo, tomato and cheese. Ask for the vegan option. 9,20€

Make your burger with Beyond Meat +2€

EXTRAS: CHEESE,ONION,TOMATO,BACON, LETTUCE AND FRIED EGG. 1,5€

SHB FRIES 3,70€

Classic hand-cut french fries with a perfect touch of salt.

¡Choose one of our dipping sauces!



SWEET POTATO FRIES 4,50€

With Cajun and sweet chilli sauce.

SHB SAUCES 1€

- 1. **JAPO-NESA** Mayo & wasabi. Perfect mix.
- 2. **KERAMAS** Mayo & green curry.
- 3. **THAI**  Mayo & Sriracha Our spicy mayo!

SHRIMP TACOS 2.0

Two flour tacos filled with grilled shrimps, melted cheese, guacamole, pickled celeriac and mexican sauce. 8,90€

SHRIMP ROLL

Choped shrimp,with spring onions, celery, dill, lime mayo and straw potatoes on a Brioche bread with sriracha and soy sauce. 11,90€

SURFER'S BURRITO

Meat, rice, cheese, sour cream, black beans, guacamole, and pico de gallo. 8,90€ Vegetarian option!

PORK BELLY BUN

Two baos filled with glazed pork belly, crispy onion, pickled red cabbage, arugula and hoisin sauce. 11,90 €

SHB POKE BOWLS

With black rice, grilled pineapple, snow peas, avocado, cucumber, red cabbage and edammame. Choose between 3 option:

1. POKE TUNA

Yellow fin tuna with ponzu sauce, sesame & sriracha little touch 15,5€

2. NORWEIGAN

Salmon and a soy, wasabi and lime sauce . 14,90 €

3. VEGAN

Marinated seitan and watermelon with spicy lime and passion fruit sauce. 13,40 €

 = Extra Healthy

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 = Bit spicy



ENGLISH DRINKS

SODAS

- GINGER BEER** 2,95€
- SHB ICE TEA** 2,60€
- PINK LEMONADE** 3€
- + VODKA/GIN** 7€
- RED BULL ENERGY DRINK** 3,80€
Sugarfree & Açai

WATER

Reverse Osmosis filtered water.
Better than any other bottled
water out there!
1/2 Liter: 2 € - Sparkling: 2,30€
1 Liter: 3,80€ - Sparkling: 4,20€

VERMOUTH 3,70€

BEERS

Moritz

- Small 2,30€
- Mug (500ml) 4,70 €
- Bottle 2,70 € / Radler 2,90€
- 1 Liter Pitcher 9,70€
- Botella 0,0 2,80€
- Epidor 2,95€

- Coronita** 2,60€
- Modelo Especial** 3,30€
- Michelada** 5,30€

MOJITOS SHB

TROPICAL
Mango & pineapple. 9€

CLASSIC MOJITO 8€

SHB SPECIAL MOJITO
Maracuyá & kiwi. 8,70€

STRAWBERRY
8,50€

RED
With berries . 8,90€

SANGRÍA

Glass 4,90 € - Pitcher 1,3L.18,50€

SANGRÍA CAVA

Copa 6,90 € - Pitcher 1,3L. 20,50€



SHB BUCKET
bucket
5 beers
10€

EPIDOR BUCKET
bucket
5 beers
13€

CORONITA BUCKET
bucket
5 beers
12,90€

WINES

WHITE WINES

- SHB WINE** - 16€
D.O. Penedés. Glass 3,50€
- ALBA MARTIN** - 19,90€
Albariño. D.O Rias Baixas. Glass 3,85€
- TE HAS PASADO 3 PUEBLOS** - 19,5€
Verdejo. D.O Rueda. Glass 3,75€

ROSE WINE

- MAS DEL NEN** - 16€
Bodegas Bellod. 3,5€

RED WINE

- SHB RED WINE** - 15,50€
Massis del Garraf. Garnatxa. Glass 3,50€
- EGÍA** - 16€
Tempranillo. D.O Rioja Glass 3,60€
- MES QUE PARAULES** - 19€
Sauvignon. D.O Catalunya
- JASPÍ** - 21€
Garnatxa. D.O Montsant. Glass 3,85€

COCKTAILS

TAVARUA 9,50€
(Fiji Islands)
Made with chai tea infused in añejo rum,
pineapple,passion fruit and a touch of
cinnamon. On our TOP 3!

MEXICAN BOMB 9,50€
(Puerto Escondido, México)
Tequila base cocktail with watermelon,
lime, pineapple and a spicy touch.

FERNANDO DE NORONHA 9,50€
(Brasil)
Cachaça, lime and mango.
Fresh and powerful!

GALÁCTICO SHB 2.0 9,20€
(La Barceloneta)
Watermelon base, **gin** and
dry **vermouth**.

.....
**CLASSIC
COCKTAILS**
9€
.....



ENGLISH

SWEET SPOT

ALL DAY LONG

TIRAMISU SHB 5,60€

Sponge cake soaked in coffee and Baileys with Mascarpone mousse and cocoa.

SURFER'S APPLE CRUMBLE 5,60€

Homemade apple crumble with cream, berries and a touch of cinnamon. Add ice cream + 2€

CENNINGAN'S YOGHURT 5,30€

Three words: Greek yoghurt, Oreo and Nutella. S.E.R.I.O.U.S D.E.L.I.C.I.O.U.S.N.E.S.S!

CAKES 5,90€

- **CARROT CAKE**
- **OREO CAKE**
- **CHEESECAKE** With Gorgonzola and Idiazabal cheese!

Add vanilla ice cream scoup +2€

SHB ICE CREAM CORNER

TARRINAS 120ml 4€

- **Chocolate Sacher**
- **Mexican vanilla**
- **Cheesecake & caramel.**
- **logurt and lime**
- **Lime and basil.**

POLOS FRESQUITOS

Home made in SHB with our fresh just made juices. 3,50€

- **Oreo**
- **Açai** +1,50€
- **Ñoki** strawberry, orange, banana.
- **Lime** lime and mint.

WAFFLES 3,80€

- + Nutella 2€
- + Whipped cream 1,70€
- + Fruit 2,20€
- + Ice cream 2,20€

PANCAKES 8,20€

With strawberry, banana, choco chips, whipped cream and mapple syrup. Add Nutella instead! + 1€

EXOTIC FRUIT BOWL

Mango, kiwi, piña, fresas, sandía, plátano y frutas del bosque. 7,20€
Añade supernutrientes por 1€

AÇAÍ BOWL

Açai, banana, strawberries, granola, chocolate chips and coconut. 8,90€



ENGLISH

IN BETWEEN

FROM 17.30 TILL 20h

BEACH NACHITOS

With two cheeses, frijoles, jalapeños, sour cream, pico de gallo and guacamole. 12€

Add meat or Jackfruit + 2,80€

1/2 PORTION 6,50€

AVOCADO TOAST

Smashed avocado, feta cheese, cherry tomatoes, basil and edamame 8,30€
Add poached egg +2€

PUMPKIN DIP

Grilled pumpkin and chipotle hummus with pita bread, carrots and cucumber 8€

ALICE MANGO

Lentils with mango, onion and cilantro with a mandarin and ginger dressing 8,30€

ULUWATU

Quinoa and spelt with avocado, carrot, sun-dried tomato, edamame, cashews, sesame seeds and cilantro with a special soy dressing. 8,90€

SURFER'S BURRITO

Meat, rice, cheese, sour cream, black beans, guacamole, pico de gallo and a spicy mexican sauce. 8,90€ vegetarian option!

POKE TUNA

Yellow Fin tuna bowl with ponzu sauce, sesame and a touch of sriracha. black rice base with braised pineapple, snow peas, avocado, cucumber, red cabbage and edamame. 15,50€

BEACH MAC

150gr veal meat, lettuce, edam cheese, bacon, spring onion with a secret home made sauce 9,50€



3,70 €

VEGGIE BURGER

Our home made quinoa, white bean, lentils, ginger and curry patty. Stuffed with pickled onion, lettuce, chipotle mayo, tomato and cheese. Ask for the vegan option. 9,20€

SHB FRIES

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ENGLISH

ACTIVITIES



SUNSET SUP & MOJITO

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

20H
TUESDAYS, THURSDAYS
& FRIDAYS

22€



PADLE SURF & BRUNCH

SUP session with an instructor and have a brunch afterwards.

9:30H
SATURDAYS
& SUNDAYS

28€



BEACH YOGA

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

10.45H
SATURDAYS
& SUNDAYS

28 €/18€



TACO TUESDAY

Tacos and Moritz evel!
Order your tacos and get a free Moritz.

17H a 20H
TUESDAYS



SHB BEACH CLEANING

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

¡WHENEVER YOU WANT!



FREE PADDLE SURF

After having brunch or lunch with us (15€ ticket or more), you can borrow our paddle boards for 45 minutes for free

13-20H
EVERY DAY



VOLLEYBALL

Take our net and plan a match with friends.!

¡WHENEVER YOU WANT!



SUNSET SUP & DINNER

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

¡WHENEVER YOU WANT!

49 €

TO BOOK ANY ACTIVITIES CALL 93 250 70 23

OR SEND AN EMAIL to ACTIVIDADES@SURFHOURSEBARCELONA.COM