



# JUICES & SMOOTHIES

## FRESHY FRESHY



**KANDUI**  
Red berries, coconut and pineapple. 5,50€

**MENTAWAI**  
Strawberry, mint, orange, watermelon and ginger. 5,50€



**LIME JUICE**  
Fresh lime juice with mint and a bit of sugar. 3,90€

**ÑOKI**  
Strawberry, banana and orange. 4,90€



**TROPICAL**  
Watermelon, melon and passion fruit. 5,30€



## SMOOTHIE OF THE MONTH

Ask for the fruits of the moment! 4,70€

## SUPER HEALTHY CORNER

NAME	INGREDIENTS	BENEFITS
<b>POPEYE &amp; BRUTUS</b> 5,60€	Spinach, broccoli, mint, orange, banana, lime and spirulina.	<i>Strength, vitality and antioxidant.</i>
<b>ROGER RABBIT</b> 5,60€	Carrot, apple, ginger and flax seeds.	<i>Strengthens teeth and gums!</i>
<b>PURPLE</b> 5,90€	Beet, orange, apple, ginger, lemon, honey, and a little bit of almond milk.	<i>Rejuvenating, helps you prevent colds and anti-bacterial.</i>
<b>CURAGREEN Acid!</b> 5,80€	Kale, lime, celery, cucumber, lychee and fennel with a touch of honey.	<i>Healing, slimming and strengthens the body's natural defenses.</i>
<b>NATURAL COCONUT WATER</b> 6€	Served inside its own coconut!	<i>One of the best drinks you can have. Super hydrating, anti-bacterial anti-viral and a hangover cure.</i>
<b>SHB DETOX</b> 5€	Strawberries, melon and lemon.	<i>It's Sour! Diuretic and depurative.</i>
<b>AÇAÍ POWER</b> 6€	Açaí, banana and orange.	<i>Antioxidant, helps with weight loss, energy gain and lowers cholesterol.</i>



## MAKE YOUR OWN HEALTHY CREATION 400ml

- BASE:**
- WATER 5,50€
  - COCONUT WATER 6,50€
  - ORANGE JUICE 6,50€
  - MILK 6,00€
  - ALMOND MILK 6,50€
  - SOY MILK 6,50€



### Choose up to 4 ingredients and make your own mix!

Orange, strawberry, banana, pear, passion fruit, watermelon, melon, honey, apple, ginger, lemon, lime, spinach, mango, kiwi, beet, berries, pineapple, cucumber, avocado, kale, celery, broccoli and fennel.

## SHB SIGNATURE MILKSHAKES

**PETITE SUISSE** 5,30€

If you liked it when you were a child, this milkshake will drive you crazy.

**OREO** 5,20€

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

**VAINILLA** 5€

Made with vanilla ice cream. Spectacular.

**SHBUENO** 5,90€

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

 **WITH ALMOND MILK OR SOY MILK +0,50€**

## MAKE THEM EXTRA HEALTHY

+0,80€



### BENEFITS

- **MACA** Energy booster, stimulates the immune system, is a great source of iron and an aphrodisiac!
- **SPIRULINA** Contains lots of vitamins (also B12), iron, proteins, minerals and strengthens the immune system.
- **LINO** Helps to reduce cholesterol, has anti-cancer properties, lots of fiber and is great to regulate our liver and intestinal systems.
- **CHIA** Contains very high levels of calcium, omega 3, antioxidants, iron, fiber, protein and potassium. These seeds are super hydrating, nourishing, energetic, make you feel full and are depurative. They even help with weight loss and muscle gain. Incredible!
- **BEE POLLEN** Contains vitamins A, D, E, B1, C, K and lots of minerals. It's richer in proteins than any animal source.

Take a picture of what you are having and tag it using #surfhousebarcelona to win a free brunch! We announce a winner at the end of each month.





## DRINKS

**SODAS** 2,50€

**GINGER BEER** 2,90€

**SHB ICE TEA** 2,50€

**PINK LEMON** 3€

**+ VODKA/GIN** 7€

### WATER

Reverse Osmosis filtered water.  
Better than any bottled water  
out there!

1/2 Liter: 2€ - Sparkling: 2,30€

1 Liter: 3,80€ - Sparkling: 4,20€

### BEERS

#### Moritz

Small 2,10€ Shandy 2,30€

Mug (500ml) 4,40€

Shandy Mug 4,60€

Bottle 2,60€

1 Liter Pitcher 9,00€

#### Agua de Moritz 0.0

Bottle 2,60€

#### Moritz Epidor

Bottle 2,80€

#### Coronita

2,95€

#### Modelo Especial

3,10€

#### Michelada

Made with Modelo Especial

5,20€

#### VERMOUTH

3,60€

(Bianco/Rosso)



### SHB BUCKET

5 beers  
10€



### EPIDOR BUCKET

5 beers  
13€



### CORONITA BUCKET

5 beers  
12,50€

## WINE

### WHITE WINE

• **SHB WINE** - 13,50€  
Xarel-lo y Parellada  
D.O Penedés  
Glass 3,20€

• **XINO XANO** - 14€  
Xarel-lo y Muscat  
D.O Penedés

• **LOLO** - 17,90€  
Albariño  
D.O Rias Baixas  
Glass 3,50€

### ROSÉ WINE

• **RAMÓN BILBAO** - 15€  
Garnacha  
D.O Rioja  
Glass 3,30€

### RED WINE

• **SIERRA CANTABRIA  
SELECCIÓN** - 14,50€  
Tempranillo  
D.O Rioja

• **TOC** - 15,50€  
Cabernet Sauvignon,  
Cabernet Franc y Merlot.  
D.O Pla de Bages

• **SELENITA** - 19€  
Syrah y Garnacha  
D.O Montsant  
Glass 3,50€



## MEZCAL RÍO REVUELTO

100% Agave.  
Espadín  
and Madrecuixe.

Have it with a slice of  
orange and some salt for  
an authentic and delicious  
experience.  
6,50€



## MOJITO PITCHER

1 Liter  
27€



## SHB ICE TEA

2,50€

## CAVA & SANGRÍA

### CAVA

**Parxet Cuvee** - 18€

D.O Cava

Glass 3,90€

### SANGRÍA

Glass 4,80€ - Pitcher 15,50€

### SANGRÍA CAVA

Glass 6,70€ - Pitcher 17€

## MOJITOS SHB

### CLASSIC MOJITO

7,70€

### SHB SPECIAL MOJITO

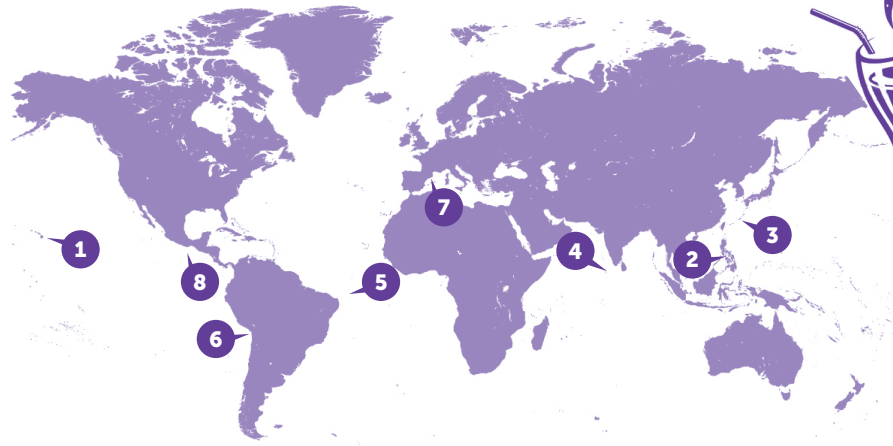
With passion fruit and kiwi.  
8,20€

### STRAWBERRY

7,90€

### RED

With berries. 8,50€



# WCT WORLD COCKTAIL TOURNAMENT

## 1 DEEP IN THE BARREL 9,50€ (Pipeline, Hawaii)

Backdoor, Pipeline, OTW, Waimea...

The Hawaiian North Shore is the cradle of surfing and, if you've gotten a flawless barrel, you deserve this little pleasure made with **rum**, pineapple and a bit of **tequila**.

## 2 CLOUD9 8€ (Philippines)

Tropical cocktail with cucumber, ginger, **Bourbon** and a bit of lime.

## 3 JAPAN MARY 8€ (Okinawa, Japan)

With **sake**, tomato juice, wasabi and ginger! Don't freak out. If you love Japanese flavors and a good Bloody Mary, this is actually one of the best cocktails you will ever try.

## 4 SULTANS 8,50€ (Maldives)

NEW!

Sour with Disaronno, **whiskey** and lemon. Its sweet and sour taste makes us think of this classic Maldives wave!

## 5 FERNANDO DE NORONHA 9,50€ (Brazil)

Refreshing cocktail made with açai, **vodka**, **mangaroca**, lemon and a touch of honey.

## 6 ARICA 8€ (Chile)

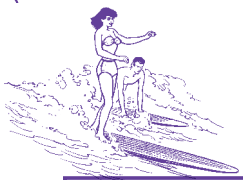
The best and, probably, only way to get ready for this monster wave is this tasty cocktail made with **whiskey**, beet and strawberry.

## 7 GALÁCTICO SHB 9€ (La Barceloneta)

Who says there are no waves in Barcelona? Crazy talk. This Mediterranean cocktail, with **rosemary infused gin**, watermelon and lychee, could easily be part of the world tour!

## 8 MEXICAN BOMB 9€ (Puerto Escondido, Mexico)

If you surf, you should experience the feeling of dropping a huge bomb at Zicatela Beach, the world's most aggressive beach break. This yummy cocktail with watermelon, pineapple, lime and **tequila**, will take your mind straight there.



## CLASSICS

If you are traditional, we also have all the classic cocktails.

8€

## SHANE'S CORNER

★★★★★

PREMIUM  
COCKTAILS

★★★★★



A

## SMOKED POPE FRANCIS DAIQUIRI

Rum, roasted pineapple, lime and a touch of cilantro. 9€

B

## PINK PINCH

A tiny bit spicy but super refreshing! Watermelon, lemon, Aperol, gin, serrano pepper and tajin. 9€