



ENGLISH

BRUNCH

AVAILABLE UNTIL 5.30PM

TOASTS

AVOCADO TOAST

Smashed avocado, feta cheese, cherry tomatoes, basil and edamame. 9,60€
Add poached egg. +2,5€

SALMON TOAST

Smoked salmon, cream cheese, lime marinated cucumber and dill sauce. 11€.
Add poached egg. +2,5€

SANDWICHES

CHICKENS

Herbes de Provence marinated chicken with sun-dried tomatoes, hard boiled egg, parmesan cheese and arrugula on Catalan bread. 10,5€

VERY GREEN

Avocado, mozzarella di Búfala, cucumber, green asparagus, apple and alfafa sprouts with a mild green curry sauce.
With a side of avocado tempura 9,90€

JAPANESE

Panko bread and ponzu marinated pork loin with red cabbage, Japanese-style sauce and our special mayo in a corn and chia bread. 9,20€

SHB SIGNATURE EGGS

SHB EGGS BENEDICT

Organic poached eggs on English muffins with bacon, chipotle mayo and parmesan cheese.
With sweet potato fries. 13,50€

BENEDICT PANCAKES

Poached eggs on a pancake tower with bacon and chipotle mayo. With tortilla chips and guacamole. 13€

ADD JACKFRUIT INSTEAD OF BACON! + 2,5€

BREAKFAST BURRITO

Scrambled organic eggs with bacon, cheddar cheese, hand cut fries, guacamole and mexican sauce 9€



IBERIC HAM TOAST

Rustic sourdough bread with spread tomato, Fruit&Branca extra virgin olive oil and Maldon salt.. 9,50€

AÇAÍ BOWL

Açaí, banana, strawberries, granola, chocolate chips and coconut. 9,40€

CLASSIC PANCAKES 8,90€

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

EXOTIC FRUIT BOWL

Mango, kiwi, pineapple, strawberries, banana and seasonal fruits 7,20€

**Add Superfoods (JUIE menu) for 1€
add Yogurt + 2,5€**

CHICKEN & WAFFLES

Super crispy chicken coated with panko, Kelloggs's and some spices, waffle with butter and mapple syrup.
Incredibly delicious! 8,50€

 = 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 3,95€
Made with oat milk.

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

COFFEE

Espresso 1,60€
Carajillo (with licuor) 2,70€
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 3,80€
(Vanilla ice cream scoop)
Classic Iced Latte 2,90€

TEAS

China Mai Feng 2,60€
(GREEN TEA)
Earl Grey Luxus 2,60€
Equilibrio Infusion 2,60€
Chai 2,60€
Mint Splash 2,60€
Red tea 2,60€
Tropical Infusion 2,90€
(Ginger, lemon, honey
and clove)

FRESH JUICES

ÑOKI
Strawberry, banana and orange. 5,30€

SEASON 
Ask us! Made with seasonal fruit!

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

ROGER RABBIT
Carrot, apple, ginger and flax seeds. 5,90€

KANDUI
Berries, coconut and pineapple. 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
Strawberry, melón and lemon. 5,50€

CURAGREEN
Kale, lime, celery, spirulina, 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, walnuts, peanut butter, vanilla, blueberries, cinnamon and almond milk. 6€

SHBUENO
It tastes just like Kinder Bueno.
No need to tell you more! 6,5€

OREO
Probably SHB's best milkshake;
Oreo cookies, vanilla and banana. 6€

SÚPER FOODS +1€

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

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

ENGLISH



LUNCH & DINNER

UNTIL 5.30PM & 8PM TILL CLOSING

¿SHALL WE SHARE?

BEACH NACHITOS

Two types of cheese ,guacamole, frijoles, jalapeños, sour cream, pico de gallo and Mexican hot sauce. 13,90€

Add meat or jackfruit + 2,90€

1/2 PORTION 7,50€

PUMPKIN DIP

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

8,90€

GUÉTHARY CROQUETTES

Gorgonzola cheese and chistorra (a type of pork sausage)

10€

Unit: 2,5€

RICE PAPER ROLLS

Rice paper rolls with mango, avocado, cucumber, red pepper, carrot, red cabbage and spinach, with a lime, passion fruit, peanut, mint and sesame sauce.

9,90€

CALIFLOWER

Panko and Kellogg's coated oven-baked cauliflower with a delicious dipping sauce.

7,50€

BBQ RIBS

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

Ask for tortillas and make your tacos! +3€

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.

8€

TUNA TATAKI

Sesame sealed blue fin tuna tataki with chilly peppers and a mandarin dressing.

16€

BRAVAS

Our french fries with allioli and brava sauce.

Typical Spanish!

7€

SALADS

ULUWATU

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

ALICE MANGO

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

8,50€

CHICKEN JOE

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

9,80€



TIJUANA

Kale, avocado, ricotta, tortilla chips, frijoles, toasted corn, cherry tomatoes, pickled onion and jalapeños with a citrusy home-made vinagrette.

8,90€

Add meat or jackfruit! +2,90€

 = Extra Healthy

 = Veggie/Vegan

 = Bit Spicy



ENGLISH

LUNCH & DINNER

UNTIL 5.30PM & 8PM TILL CLOSING

SHB YUMMY BURGERS

BEACH MAC

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

10,90€

INFARTO

150gr Rib Eye, cheese, bacon, a sunny-side up egg, crispy straw potatoes and truffle mayo.

11,20€

YANKEE

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

10,90€

VEGGIE BURGER

Our home-made quinoa, white bean, lentil, ginger and curry patty. Stuffed with pickled onion, lettuce, chipotle mayo, tomato and cheese. Ask for the vegan option. 9,30€

CRUNCHY CHICK

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

9,60 €

BLUE FIN

Truffle and ponzu marinated Yellow Fin tuna steak with crispy onion, a fried egg, red cabbage and arugula salad with a sour cream, jalapeño, lime and chipotle dressing. 15,50€

CHEESE BACON

150gr Rib Eye patty, cheese and bacon with our special sauce. Simple but perfect.

9,90€

Order your burger with Beyond Meat +2,5€



FRENCH FRIES

■ CLASSIC

Hand-cut french fries. 3,90€

MAKE THEM BRAVAS + 1,50€

■ TRUFFLE & PARMESAN

With parmesan and truffle. 5,50€

■ SWEET POTATO

With cajun and sweet chilli sauce. 5€

SHB SAUCES 1€

¡Choose one of our dipping sauces!

1. JAPAN-AISE

Mayo & wasabi.

2. KERAMAS

Mayo & green curry.

3. THAI

Mayo & Sriracha
Our spicy mayo!

4. TEXMEX

Cashew and chipotle.

SHRIMP TACOS 2.0

Two flour tacos filled with grilled shrimp, melted cheese, guacamole, pickled celeriac and Mexican sauce.

9,60€

TUNA TACOS

Three corn tacos with tuna, guacamole, radish, mango and peanuts with a citrusy dressing. 12,50€

JACK TACOS

Three corn tortillas with Hoisin marinated jackfruit, pineapple, pickled onion and homemade guacamole.

9€

CALIFLOWER TACOS

Three corn tacos with roasted cauliflower, sweet potato, frijoles, pickled red cabbage, avo mayo and chipotle cream. 8,80€

CHARGERS BOWL

Surf House style chicken curry with vegetables, peanuts and citronella.

With basmati rice. 11€

SURFER'S BURRITO

Chicken, cheese, sour cream, black beans, guacamole, and pico de gallo. 9,50€ Vegetarian option!

SHB POKE BOWLS

With rice, grilled pineapple, snow peas, avocado, cucumber, red cabbage and edamame. Choose between 3 options:

1. POKE TUNA

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

15,90€

2. NORWEGIAN

Salmon with a soy, wasabi and lime sauce.

15,50 €

3. VEGAN

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

13,40 €

= Extra Healthy

= Veggie/Vegan

= Bit spicy



ENGLISH DRINKS

SODAS

- GINGER BEER** 2,95€
- SHB ICE TEA** 2,80€
- PINK OR GINGER LEMONADE** 3€
- + VODKA/GIN** 7,5€

WATER

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

1/2 Liter: 1,80€- Sparkling: 2,30€

VERMOUTH 3,80€

BEERS

Moritz

- Small 2,50€
- Mug (500ml) 4,95 €
- Bottle 2,80 € / Radler 2,95€
- 1 Liter Pitcher 9,80€
- 0,0 Bottle 2,95€
- Epidor 2,95€
- Coronita** 3,20€
- Modelo Especial** 3,30€
- Michelada** 5,30€
- OCEAN BEER** IPA 4,30€
- NO ALCOHOL 3,95€

MOJITOS SHB

TROPICAL

Mango & pineapple. 9€

CLASSIC MOJITO 8,50€

SHB SPECIAL MOJITO

Passion Fruit & kiwi. 8,90€

STRAWBERRY 8,90€

RED

With berries. 9,20€

SANGRÍA

Glass 4,95 € - Pitcher 1,3L. 19,50€

SANGRÍA CAVA

Copa 6,90 € - Pitcher 1,3L. 22€



SHB BUCKET
bucket
5 beers
12€

EPIDOR BUCKET
bucket
5 beers
13€

CORONITA BUCKET
bucket
5 beers
13,50€

WHITE WINES

- SHB WINE** - 17€
Garnacha. D.O. Penedés. Glass 3,65€
- CALA MARQUESA** - 19,50 €
Garnacha blanca. D.O Emporda. Glass 3,80€
- EL VIGIA** - 18,50€
Verdejo. D.O Rueda. Glass 3,90€
- LA SONRISA DE TARES 2019** - 19€
Godello. D.O Bierzo

ROSE WINE

- ULLONES** - 18,90€
100% Garnacha. D.O Emporda. Glass 3,80€

RED WINE

- SHB RED WINE** - 17,50€
Garnacha. Massis del Garraf. Glass 3,65€
- TORRE DE OÑA** - 23€
Tempranillo y mazuelo. D.O Rioja Glass 4,30€
- DANSADA** - 19€
Garnacha. D.O Terra Alta
- BANCAL DEL BOSC** - 21€
Garnacha y Syrah. D.O Montsant. Glass 3,95€

COCKTAILS

TAVARUA 9,90€

(Fiji Islands)

Made with chai tea infused in **añejo rum**,
pineapple, passion fruit and a touch of
cinnamon. On our TOP 3!

MEXICAN BOMB 9,80€

(Puerto Escondido, México)

Tequila 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 9,50€

(La Barceloneta)

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

.....
**CLASSIC
COCKTAILS**
9€
.....



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Matcha 3,95€
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(Vanilla ice cream scoop)
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(GREEN TEA)
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Chai 2,60€
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Red tea 2,60€
Tropical Infusion 2,90€
(Ginger, lemon, honey
and clove)

FRESH JUICES

ÑOKI
Strawberry, banana and orange. 5,30€

SEASON 
Ask us! Made with seasonal fruit!

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

ROGER RABBIT
Carrot, apple, ginger and flax seeds. 5,90€

KANDUI
Berries, coconut and pineapple. 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
Strawberry, melón and lemon. 5,50€

CURAGREEN
Kale, lime, celery, spirulina, 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, walnuts, peanut butter, vanilla, blueberries, cinnamon and almond milk. 6€

SHBUENO
It tastes just like Kinder Bueno.
No need to tell you more! 6,5€

OREO
Probably SHB's best milkshake;
Oreo cookies, vanilla and banana. 6€

SÚPER FOODS +1€
· MACA · CHIA · SPIRULINA · BEE POLEN
· BLUE SPIRULINA · FLAX · TURMERIC

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



ENGLISH

IN BETWEEN

FROM 17.30 TILL 20h

BEACH NACHITOS

With two cheeses, frijoles, jalapeños, sour cream, pico de gallo and guacamole. 13,90€

Add meat or jackfruit + 2,90€

1/2 PORTION 7,5€

AVOCADO TOAST

Smashed avocado, feta cheese, cherry tomatoes, basil and edamame 9,60€

Add poached egg +2,5€

BRAVAS

Our french fries with allioli and brava sauce.

Typical Spanish!

7€

PUMPKIN DIP

Grilled pumpkin and chipotle hummus with pita bread carrots and cucumber 8,90€

ALICE MANGO

Lentils with mango, onion and cilantranro with a mandarin and ginger dressing

8,50€

ULUWATU

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

SURFER'S BURRITO

Chicken, cheese, sour cream, black beans, guacamole , pico de gallo and a spicy Mexican sauce. 9,50€ vegetarian option!

POKE TUNA

Blue Fin tuna marinated in ponzu sauce, sesame and a touch of sriracha with rice, avocado, braised pineapple, snow peas, cucumber, red cabbage and edamame. 15,90€

INFARTO BURGER

150gr Rib Eye, cheese,bacon, a sunny-side up egg, crispy straw potatos and truffle mayo.

11,20€

YANKEE BURGER

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

10,90€

CHEESE BACON

9,90€

BEACH MAC

150gr Rib Eye, lcheese, ettuce, bacon, spring onion with a secret home made sauce

10,90€



SHB FRIES

Classic 3,90 €

Truffle Parmesan 5,50€

Sweet Potato 5€

VEGGIE BURGER

Our home-made quinoa, white bean, lentil, ginger and curry patty with pickled onion, lettuce, tomato, chipotle mayo and cheese.

Ask for the vegan option. 9,30€

 = Extra Healthy

 = Vegan/Veggie

 = Bit Spicy



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

30€



BEACH YOGA

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

9.45H
SATURDAYS
& SUNDAYS

30€/19€



SHB BEACH CLEANING

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

¡WHENEVER YOU WANT!



E-FOIL & BRUNCH

Learn to fly over the mediterranean sea with this amazing experience. Dont need to know how to surf! Just come and try it!
Stop at Surf House to have a Brunch and back to the water!

10H
MONDAYS TO
THURSDAYS
DURATION 1,5H

100€



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!

49 €

TO BOOK ANY ACTIVITIES SEND AN E-MAIL TO

ACTIVIDADES@SURFHOURSEBARCELONA.COM