

COFFEE BREAK

Coffee

Milk: normal, soya, lactose-free

Herbal teas, cocoa

Fresh orange and pineapple juice

Mineral water

€7

CLASSIC COFFEE BREAK

Coffee

Milk: normal, soya, lactose-free

Herbal teas, cocoa

Fresh orange, pineapple and fruit detox juices

Home-made pastries and bread

Toast with strawberry jam mousse

Red fruits and berries

€9.90

DELUXE COFFEE BREAK

Coffee

Milk: normal, soya, lactose-free

Herbal teas, cocoa

Fresh orange, pineapple and fruit detox juices

Home-made pastries and bread

Mini-sandwich with Iberico cured ham

Mini-sandwich with salmon and fresh cheese

Red fruits and berries

€13.50

ELAIWA COFFEE BREAK

Coffee

Milk: normal, soya, lactose-free

Herbal teas, cocoa

Fresh orange, pineapple and fruit detox juices

Rustic bread with a selection of olive oil from La Mancha

Home-made fruit yoghurt

Seasonal fruit

Red fruits and berries

Muesli cereal bar

5 min. "Energy Boost" massage session

€25

LA MANCHA COFFEE BREAK

Coffee

Milk: normal, soya, lactose-free

Herbal teas, cocoa

Fresh orange, pineapple and fruit detox juices

Rustic bread with a selection of olive oil from La Mancha

Manchego cheese board with their garnish

“Migas” (breadcrumbs) from La Mancha with quail’s egg

Pastries from La Mancha: flor frita from Ciudad Real, Miguelitos from La Roda and marzipan from Toledo

€16.50

LA CAMINERA COFFEE BREAK

Coffee

Milk: normal, soya, lactose-free

Herbal teas, cocoa

Fresh orange, pineapple and fruit detox juices

Home-made fruit yoghurt

Home-made pastries and bread

Micro tomato and Iberico cured ham sponge

Carrot and smoked cheese plum cake

Mini-sandwich with cheese and walnuts

Eggs Benedictine

€19.50

AFTERNOON COFFEE BREAK

Coffee

Milk: normal, soya, lactose-free

Herbal teas, cocoa

Fresh orange, pineapple and fruit detox juices

Home-made cakes and sweets

€9.50

THE LA MANCHA AFTERNOON NAP

Coffee

Milk: normal, soya, lactose-free

Herbal teas, cocoa

Fresh orange, pineapple and fruit detox juices

Flor frita from Ciudad Real

Miguelitos from La Roda

Marzipan from Toledo

Alajú from Cuenca

€12.5

Prices per person