

# YOG GOOD

Natural Frozen Yogurt



**HELADO  
+ TOPPINGS**  
**AUTOSERVICIO AL PESO**  
**ICE CREAM  
+ TOPPINGS**  
**SELF-SERVICE  
PRICE BY WEIGHT**  
**1,75€ / 100g.**

**YOG GOOD Bahía de San Antonio**  
Calle des Caló 55, Bahía San Antonio

## SMOOTHIES VERDES GREEN SMOOTHIES

5,50

### The Green LIGHT

Plátano, melón, pepino y manzana  
Banana, melon, cucumber & apple

### Hangover DETOX

Piña, plátano y espinacas  
Pineapple, banana & spinach

### All Green CLEANSE

Kiwi, pepino, espinacas y manzana  
Kiwi, cucumber, spinach & apple

### Green POWER | Plátano, piña y pepino

Banana, pineapple & cucumber

### Green SWEET

Piña, pepino, apio y jengibre  
Pineapple, cucumber, celery & ginger

### Green FRESH | Sandía, pepino,

manzana, apio y jengibre  
Watermelon, cucumber, apple,  
celery and ginger



## BEBIDAS | DRINKS

Latas refrescos | Soft drink cans 2,00

**Latas grandes 0,5 l. | Cans 0,5 l.**

Desperados 3,50

Monsters 2,50

Agua | Water 1,50

Agua con gas | Sparkle water 1,60

### Cafés | Coffee

Espresso 1,50

Cortado | With a dash of milk 1,50

Americano 1,80

Café con leche | Coffee with milk 1,80

Café con leche vegetal | Coffee with vegetal milk 2,00

Bombón | With condensed milk 1,80

**Café Frappe | Frappe coffee** 4,90

Sirope de caramelo, vainilla, café o chocolate | Caramel syrop, vanilla, coffee or chocolate

Té/Infusiones | Tea/Infusions 1,50

Bubble Tea 4,50

Slush Bubble 4,90

Extra leche vegetal | Xtra vegetal milk 0,50

**Granizado | Slush** 3,90

**Batidos | Milkshakes** 5,50

**Batidos de proteína** 6,50

Protein Milkshakes

Extra nata | Extra Whipped cream 0,50

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**Açai o Pitaya** Con muesli, fresa, plátano y arándanos 7,50

With muesli, strawberries, banana & blueberries

**Açai o Pitaya** Con nutella o mantequilla de cacahuete 8,50

With nutella or peanuts butter

**Zumo natural de naranja** 4,00

Fresh orange juice

## SMOOTHIES FRUTA FRUIT SMOOTHIES

5,50

### Remineralizante

Naranja, melocotón y manzana

Orange, peach and apple

### Regulador | Fresa, piña y manzana

Strawberry, pineapple & apple

### Vitaminado | Naranja, mango y plátano

Orange, mango & banana

### Adelgazante | Fresa, piña y mango

Strawberry, pineapple & mango

### Revitalizante

Naranja, frambuesa y mango

Orange, raspberry & mango

### Rico | Fresa, melocotón y plátano

Strawberry, peach & banana

### Energético | Fresa y plátano

Strawberry & banana

### Protector | Fresa, mora y frambuesa

Strawberry, blackberry & raspberry

### Regenerador | Mango, piña, melón y naranja

Mango, pineapple, melon & orange

### Sano | Fresa y plátano y manzana

Strawberry, banana & apple

### Antioxidante | Mango, piña, papaya y naranja

Mango, pineapple, papaya & orange

### Detox | Frambuesa, mango y manzana

Raspberry, mango & apple

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## CREPES

<b>Azúcar y limón</b> Sugar and lemon	3,50
<b>Azúcar y mantequilla</b> Sugar and butter	3,50
<b>Mermelada</b> (fresa, frutos del bosque...) Jam (strawberry, wild berries...)	3,80
<b>Dulce de leche o caramelo</b> Caramel or toffee	3,80
<b>Sirope de arce o miel</b> Syrup maple or honey	3,80
<b>Nutella</b>	3,95
<b>Nutella y coco</b>   Nutella and coconut	3,95
<b>Nutella y platano</b> Nutella and banana	4,50
<b>Salsa de chocolate blanco</b> White chocolate sauce	3,80
<b>Fresa con nutella</b> Strawberry and nutella	4,50
<b>Salsa kinder bueno</b> Kinder bueno sauce	3,80
<b>Salsa chocolate con leche</b> Milky chocolate sauce	3,50
<b>Extra toppings</b>	0,50 cts
<b>Nata montada</b>   Whipped cream	0,50 cts

## SPECIALS CREPES ROLLS

<b>Roll Kinder-Bueno</b> Kinder-Bueno, Salsa Kinder & crocanti	5,00€
<b>Roll Kit-Kat</b> Kit-Kat, nutella & crocanti	5,00€

## CREPES SALADOS

<b>Queso de cabra y tomate</b> Goat cheese and tomato	5,50€
<b>Jamón y queso</b> Ham and cheese	4,90€
<b>Jamón, queso y huevo</b> Ham, cheese and egg	5,50€
<b>Salmón, tomate y queso</b> Salmon, tomato and cheese	5,90€

**\* Sólo en YOG GOOD San Antonio**

Calle Balanzat 36, San Antonio - Ibiza

## PANINIS SALADOS | PANINIS

<b>Jamón y queso</b> Ham and cheese	4,90
<b>Queso de cabra y tomate</b> Goat cheese and tomato	5,50
<b>3 Quesos</b> (cabra, mozzarella y emmental) 3 Cheeses (goat, mozzarella & emmental)	5,50
<b>Salmón, tomate y queso</b> Salmon, tomato and cheese	5,90
<b>Atún, tomate y queso</b> Tuna, tomato and cheese	5,90

## PANINIS DULCES | SWEET PANINIS

<b>Nutella</b> Nutella	4,90
<b>Nutella, platano o fresa</b> Nutella, banana or strawberries	5,50

## TOSTADAS | TOASTS

<b>Tomate</b>   Tomato	1,60
<b>Tomate y jamón</b> Tomato & ham	2,00
<b>Tomate y queso</b> Tomato & cheese	2,00
<b>Tomate, jamón y queso</b> Tomato, ham & cheese	2,50
<b>Tomate y aguacate</b> Tomato & avocado	3,20
<b>Tomate y atún</b> Tomato & tuna	2,50
<b>Tomate, jamón y aguacate</b> Tomato, ham & avocado	4,20
<b>Tomate, jamón, queso y aguacate</b> Tomato, ham, cheese and avocado	4,50
<b>Tomate, salmón y aguacate</b> Tomato, salmon and avocado	4,50
<b>Tomate, atún y aguacate</b> Tomato, salmon and avocado	4,50

# YOG GOOD

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### SMOOTHIES SUPER FOOD

6,90

#### CREAMY GOLDEN LATTE

Curcuma, Chai latte, plátano, mango y leche de almendras  
Turmeric, Chai latte, mango and almond milk

#### RED CHIA

Chia, frutas del bosque, manzana y jengibre  
Chia, berries, apple and ginger

#### MATCHA ENERGY

Matcha, Plátano, pepino y jengibre  
Matcha, banana, cucumber & Ginger

#### SUPER GREENS MIX

"Green's Mix Super food", plátano, espinacas y manzana  
"Green's Mix Super food", banana, spinachs & apple

### PROTEIN SHAKE SPECIAL

6,90

#### CLEAR WHEY

Proteína refrescante sabor melocotón  
Peach Ice Tea  
Refreshing protein

#### COFFEE BOOST WHEY

Whey sabor macciato caramelo con café y guaraná  
Whey macciato caramel, with coffee & guarana

#### VEGAN PROTEIN

KETO SHAKE ENERGY  
Vainilla y Chocolate  
Vanilla & Chocolate

Extra de proteína 1,50

### EXTRA SUPER FOOD

1,50

#### CÚRCUMA CHAI LATTE

Cúrcuma, Jengibre, pimienta, leche de coco  
Turmeric, Ginger, pepper, Coconut milk

#### TÉ MATCHA JAPONÉS JAPANESE MATCHA TEA

#### SUPER FOOD MIX

Guaraná, maca, chlorella, spirulina, moringa, hierba cebada  
Guarana, maca, chlorella, spirulina, moringa, barley grass

#### SEMILLAS DE CHIA | CHIA SEEDS

#### CACAHUETES | PEANUTS POWDER

Support your everyday nutrition  
**WITH SUPER GREENS**

- Alkalise** re-balance your pH
- Detox** with vital nutrients
- Awaken** with key vitamins and minerals
- Protect** stress boosting adaptogens
- Gut Health** with prebiotic inulin + fibre
- Antioxidants** to ward off toxins

**Energía, pero con calma**  
El matcha, con su combinación de cafeína y L-teanina, tiene una liberación más lenta de energía estimulante, así como la calma de la L-teanina.

**Una piel en su mejor versión**  
Las catequinas ayudan a mejorar visiblemente la piel.

**Memoria y salud del cerebro**  
Las catequinas actúan en la memoria y la concentración durante el aprendizaje.

**Mejor concentración**  
La combinación de cafeína y L-teanina produce un estado de calma-activa que favorece la concentración.

**Quema de grasas**  
Ayuda a quemar más calorías al acelerar la quema de calorías. También baja considerablemente la grasa abdominal.

**WHAT IS COLLAGEN?**  
This important protein is the glue of the body and is found in muscles, blood vessels, the digestive system, bones, & skin.

**BENEFITS**

- SKIN**  
Supports skin elasticity and reduces wrinkles.
- HAIR & NAILS**  
Strengthens and promotes healthy hair & nails.
- JOINT & MUSCLE**  
Promotes joint health by increasing mobility. Supports an increase in protein synthesis.
- GUT HEALTH**  
A key component of our digestive systems, it can boost your metabolism, performance and support good digestion.

**SHAKE**

- 1 Promotes Muscle Growth
- 2 Reduce Inflammation
- 3 Promotes Weight Loss
- 4 Help in treating Type 2 Diabetes

**BENEFITS OF TURMERIC**  
INDIAN SUPERFOOD

- Blood Purifier
- Improves Digestion
- Treats Diabetes
- Prevents Inflammation
- Controls Blood Pressure
- Curcumin
- Lowers Cholesterol
- Improves Aches
- Speeds Up Wound Healing

**BENEFITS OF CAFFEINE**

- INCREASE YOUR PERFORMANCE IN CARDIOVASCULAR WORK
- IMPROVE POWER PRODUCTION AND OUTPUT
- IMPROVES YOUR MOOD DURING TRAINING
- IMPROVES FOCUS
- REDUCE MUSCLE PAIN AND SORENESS
- INCREASE COGNITIVE FUNCTIONING

**10 HEALTH BENEFITS OF PEANUTS**

1. Stabilize Good/Bad Cholesterol
2. Protects from Heart Disease
3. Contain Many Amino Acids
4. Good Source of Protein
5. Healthy for the Brain
6. Fights Free-Radicals
7. Contain Good Fats
8. Rich in Vitamin E
9. Protects Skin
10. Rich in Fiber

**Health Benefits of Chia Seeds**

- Digestion
- Weight loss
- Assists in arthritis
- Cleanses the colon
- high in antioxidants
- Superfood for the brain and heart
- Strengthens immune system
- Healthy skin, hair and nails
- Normalises blood sugar levels
- Increase energy and stamina
- Maintain healthy bones and teeth

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