

# The Circle Food, tasty food for staying trim

When I lived in London it was soooo easy not to have to cook (if you didn't have the time, energy or inclination). First of all you had Mark's and Spencer's, purveyors of all things tasty and all available on the go – I take down all of their chicken and bacon sandwiches on brown upon my return to Blighty.

In addition to this, clean eating had really taken off and it required minimal effort to get something delivered (or picked up) that wasn't a heart attack on a plate.

I've always struggled with the concept of convenient food in Spain, mainly because it seems to culturally evade them. Food isn't meant to be 'grabbed' – and if you want to eat quickly and healthily it's nigh on impossible.



This is why locales like [The Circle Food](#) are to be welcomed with a fanfare by people like me. Combining ease with eating well, it's showing the clean eating movement is slowly gathering pace in the city.



Now I love tortilla and the like as much as the next person, but from time to time (usually post gym when even the thought of showering feels insurmountable) I want to grab and go. Look no further.



Embracing the trend of organic bowls, [The Circle Food](#) is the ideal place to pick up something nutritious (and delicious) or indeed, a place to eat in with a friend. As I veer towards fussiness in the food stakes, I built my own bowl – you pick your base, I opted for quinoa and wild red rice.



Next up you select your toppings and salsa as you please. It's always a nice feeling for me to chase up a spin class with something containing the colour green. But it isn't all virtuous – it's actually really tasty, with the added bonus that you're doing your bod some good.



They have a fixed menu should you wish to streamline the decision making process and just trust in their food pairings. Aside from savory stuff, there's also breakfast on offer and Illy coffee which is always enough to get me through the door.



The space is light, bright and airy. A place to eat and co-work. Having thrown an opening bash last weekend and setting their stall out as being something that little bit different, The Circle Food is garnering attention for all the right reasons.

I'll see you there, I'll be the one in the post gym leggings ordering extra falafel.

## The Circle Food

- [Website](#), [Facebook](#)
- **Address:** Calle de Santa Engracia, 76
- **Metro:** Iglesia or Alonso Cano
- **Phone:** 910 01 04 12

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