



to nibble

- (V-GF) ras el hanout olives _3,75
- (V-GF-N) mediterranean kale chips _3,95 **NEW**
- (V-N) *pa amb tomàquet*, extra virgin olive oil from Algerri _3,00
- (GF) funghi croquette _1,95
- (V-GF) spinach and millet croquette _1,95
- (GF) coco 'bacon' and pecorino romano croquette _1,95 **NEW**
- (GF) housemade croquettes assortment (2 of each) _11,70
- (V-GF) plant-based *bomba de la Barceloneta* _3,50
- (V-GF) *las bravas de Teresa* _4,95
- (GF-N) grilled watermelon, goat cheese, mizuna, sweet mint sauce, almonds _4,95 **NEW**

starters

- (V-GF) baby leafy greens, red quinoa, black quinoa, seasonal fruit, miso vinaigrette _10,50
- (V-GF) kale, tomato, avocado, nori seaweed, sprouts, teresa's lime dressing _10,50
- (GF-N) rocket, avocado, dried tomato, palm hearts, parmesan cheese, basil pesto _10,50
- (V-GF-N) escarole, baby spinach, caviar lentils, roasted pumpkin, crunchy tempeh, tahin _10,50 **NEW**
- (GF) lamb's lettuce, red cabbage, beetroot, apple, goat cheese, tangerince sauce _10,50 **NEW**
- (V-GF-N) plant-based poke bowl _10,50 **NEW**

- (V-N) housemade corn and spelt nachos, adzuki beans, guacamole, plant-based sour cream _10,70
- (V-GF) mango and avocado tartare, semi-dried tomato, seaweed caviar, tartare sauce _9,95 **NEW**
- (V-GF-N) veggie *escudella*, plant-based 'meatball', plant-based black 'sausage' _5,95 **NEW**
- (V-GF) sweet potato creamy soup, purple potato chips, pumpkin seeds _5,95
- (GF) artichoke hearts, boletus edulis, caramelized onion, quail eggs _12,50 **NEW**
- (V-GF-N) Jerusalem hummus, plant-based black 'sausage', housemade gluten-free pita, crunchy chickpeas _6,95 **NEW**
- (V-GF-N) eggplant rolls, button mushrooms, plant-based cottage 'cheese', soya mayonnaise, dried tomato _9,95

main courses

- (V-GF) tofu, eggplant, spinach, teriyaki sauce _13,00
- (N) oats risotto, wild asparagus, blue cheese, caramelized walnuts, lemon _12,50
- (V-GF-N) green curry, jackfruit, portobello, zucchini, broccoli, whole grain basmati rice _13,50 **NEW**
- (V-GF-N) jackfruit tacos, avocado, roasted pineapple, *picos de gallo*, chipotle sauce _12,50
- seitan burger, plant-based cheddar 'cheese', housemade fries, organic ketchup _12,95
- (V-GF) japanese mini burgers (rice, shitake, seaweed), spiced sweet potato, japo mayo _12,50 **NEW**
- (V-GF-N) *arroz del senyoret*, plant-based 'calamari', plant-based 'scalops', rosemary _13,50 **NEW**
- (V-N) spaghetti all'aglio nero _13,00
- (N) catalan cannellone, oyster mushrooms, boletus edulis, truffled bechamel _12,50
- (V-N) 5 layers lasanyuki, spinach and pinions, mushrooms, masala pumpkin, cashews plant-based 'cheese', fresh and dried tomatoes sauce _13,95
- (V-GF) portobello dumplings, ginger-miso-black garlic broth, bok choy _12,50 **NEW**
- (GF-N) quinoa pilaf, seasonal veggies, peanuts sauce, micoprotein plant-based 'meatballs', okra _13,00 **NEW**

desserts

- (V-N) oats crumble, apple from Lleida, *vainilla marcona* ice cream _5,⁹⁵
- (V-GF-N) brownie, chocolate mousse, strawberry ice cream, *miss avena avellana merengada* plant-based 'milk' _6,⁹⁵
- (N) catalan cheesecake, caramelized walnuts, honey, cinnamon _5,⁹⁵
- (GF-N) chocolate coulant, hazelnuts ice cream _5,⁹⁵
- (V-N) spelt and pinions millefeuille, *crema catalana*, wild fruits _5,⁹⁵
- (V-GF-N) almond milk, chia, strawberries, blueberries, walnuts _4,⁹⁵ **NEW**
- (V-GF) miso-ginger cheesecake, date caramel _5,⁹⁵ **NEW**
- (V-GF-N) matcha ice cream, banana, blueberries, pumpkin seeds, mosquito _6,²⁵
- (V-GF-N) chocolate ice cream, coconut shavings, strawberries, pink lady _6,²⁵
- (V-GF-N) coco masala chai ice cream, blueberries, pineapple, coconut, goji berries, cookie _6,²⁵



When I opened my first restaurant Paradís, 40 years ago, I wanted to create a menu based on seasonal food, as I am more than sure that nature provides each one of its fruits at the precise moment we need them the most. Now, 40 years later, I want to get back to that offer. In this new menu, there will be some dishes that will change weekly and the rest will change with the seasons.