

ENGLISH



teresa carles

— COCINA VEGETARIANA —

• Desde
1979 •



A LA CARTE MENU FALL-WINTER 2012/13

Even if TC is not a fashion brand, give me permission to introduce the new Courses collection for the coming Fall-Winter 2012/13 season, through a complicity gesture towards the amazing world of fashion.

The main source of inspiration to elaborate this Menu - valid till the end of April 2013, has been the result of a light decline of our positioning in terms of being a Vegetarian Mediterranean restaurant reluctant to leave Catalan-Spanish-French-Italian influences. From now on, we want to go deeper towards new worlds always around Mediterranean frame, such as Marrakech, Greece and Turkey. So, we have re-made typical recipes for instance, hummus and babaganush (with home made pita bread) and the brochette with vegetables and veggie protein.

Regarding new Courses of our main influential source, we must point out escudella with veggie meatballs, an XXL cannelloni, home made tortellone di zucca with amaretti,

mini burgers assortment including the new beetroot burger, seitan with fricandó sauce, and finally, desserts. We tried out new cakes made with avocado, lime, coconut and macadamia nuts, and also, we dared elaborating our first new artisan ice-cream made of verbena herbs! This time we took into account suggestions from lots of celiac and vegan customers and we have produced special courses thinking of them, like the first vegan TC cake.

We hope you enjoy our brand new menu, have an iron health during the whole winter and be very happy. For us, we assure that your loyalty and support are currently our main source of happiness. Hey! Btw, you might now the complicity gesture towards the amazing world of fashion doesn't end here. I've seen my children Mar and Jordi very excited with a project of... come on, don't be shy and ask them directly for more information!

Teresa Carles.

SALADS

Individual (I)
to Share (S)



Portion of artisanal brown bread	1,00€
Basquet of assorted artisanal breads	3,00€
Brown flute with tomato	3,00€
Portion of bread suitable for celiacs	2,00€



GOAT CHEESE

Oak leaf lettuce, carrots, beetroot, walnuts, cherry tomatoes and a toast of warm goat cheese with a honey vinaigrette.

I	S
10,50	12,50

SPINACH AND BRIE

Spinach, croutons, pumpkin seeds, homemade quince and warm brie with a fig vinaigrette.

10,50	12,50
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FRUIT & VITAMINES

Scarole, endives, tomatoes, avocados, seasonal fresh fruit with a strawberry vinaigrette.

(X) (V)	
10,50	12,50

ITALIAN

Rocket, avocado, dried tomatoes, parmesan cheese and green pesto sauce.

(X)	
10,50	12,50

PUMPKIN AND CRISPY TEMPEH

Mix of salad leaves, purple cabbage, radish, cherry tomatoes, pumpkin, crispy tempeh, pumpkin seeds with a yogurt sauce with mustard, honey and cinnamon.

(X)	
10,50	12,50

MEDITERRANEAN NEW!

Mix of salad oak leaves, escarole, baby beans, mushrooms, garlic, artichoke with a mint vinaigrette.

I	S
(X) (V)	
10,50	12,50

ZUCCHINI CARPACCIO

Zucchini carpaccio macerated in a herbal vinaigrette, with avocado, parmesan cheese and a carrot and tomato sauce.

(X)

TOMATOES ♥ SALERNO

Our special choice of Seasonal Fresh Tomatoes with artisanal fresh Buffalo's Mozzarella from Salerno.

10,50	12,50
(X)	

TOFU & AVOCADO TARTAR

Avocado tartar with tofu, capers, cucumber, mustard and beetroot juice.

10,50	12,50
(V)	

TC's HOMEMADE PASTA NEW!

Three colour pasta, mushrooms, courgette, tomatoe dices, Cadi cheese with red pesto sauce.

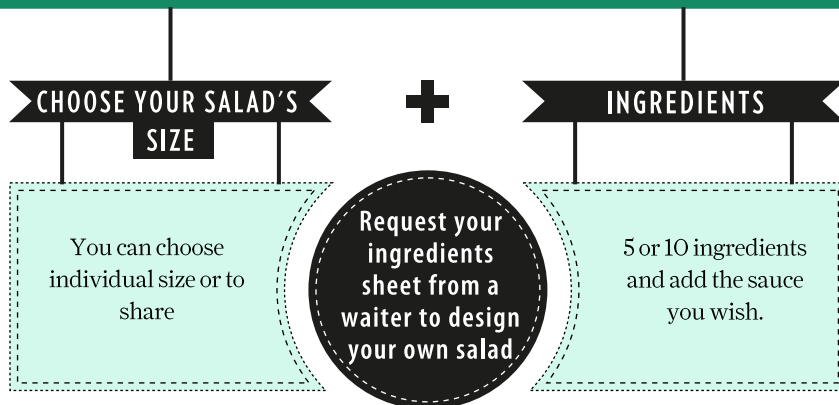
10,50	12,50
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(X) Gluten free (V) Suitable for vegans

All prices in €. 10% VAT included

DESIGN YOUR SALAD

Design your salad in two simple steps



INDIVIDUAL	
5 Ingredients + sauce	8,50
10 Ingredients + sauce	10,50
SHARE	
5 Ingredients + sauce	10,50
10 Ingredients + sauce	12,50

Tomatoes Cherry Ricotta Alfalfa onion tender Fennel spinach Canons Avocado

Leaves

FRESH FRUIT

Tempeh

Vegetables

cashews Nuts

Apple

beet

Fig dry

cheese

Gorgonzola

Tofu

Chickpeas

Manchego Cheese

Wild green asparagus

Mató

FRUITS

SHOOTS SPROUTED

ESTATE

NUTS

TO NIBBLE AND STARTERS



VEGETABLE STICKS

Carrot, apple pumpkin, radish, green asparagus and beetroot with creamy cheese with a dill touch.

(X)

5,50

ASSORTED CROQUETTES

Mushrooms, tofu-carrot-hazelnut and fine herbs cheese.

7,50

TC's ANTIPASTO **NEW!**

Hummuns, creamy aubergine sauce, quorn TC nuggets, betroot marinade with garlic, Gordal type olives with pita bread.

12,50

STUFFED MUSHROOMS

Stuffed mushrooms with Cadí cheese, walnuts, garlic and parsley.

(X)

6,50

VEGETABLE TEMPURA

Individually breaded Vegetables (leek, young garlic, green asparagus, carrot and zucchini) with romesco sauce (Typical catalan sauce containing tomatoes, red pepper, herbs and nuts).

(V)

7,50

ASSORTMENT OF VEGETABLE PATES

3 sliced of toasted bread with caramelized pears and the 3 pates: shitake, provenzal cream and olive paste.

(V)

9,50

TOWER OF VEGGIES **NEW!**

Tower of courgettes, aubergines, sweet pepper, caramel coated onion, pesto tomato dices with goat cheese.

(X)

8,50

PUMPKIN BALLS

Pumpkin and potato balls filled with roquefort cheese.

7,50

"COCA DE RECAPTE"

Typical toast from the region of Lleida with oven baked red pepper and aubergine and vegetable sausages.

7,50

BROCHETTE **NEW!**

Grilled tofu and tempeh brochette, courgette, aubergine and marinate pepper with soy and coconut sauce.

(V)

9,00

(X) Gluten free (V) Suitable for vegans

All prices in €. 10% VAT included

SOUP



"ESCUDELLA" NEW!

Vegetable soup with quorn meatball.

5,95

SOUP/CREAMY SOUP OF THE DAY NEW!

Don't be shy and please ask about the available
Soup/Creamy Soup.

5,95

ZUCCHINI CREAMY SOUP

Zucchini soup with soft cheese.

(X)

5,95



"Nothing will benefit
human health and
increase chances of
survival for life on earth
as much as the evolution
to a vegetarian diet."

ALBERT
EINSTEIN

(X) Gluten free (V) Suitable for vegans

All prices in €. 10% VAT included

ARTISANAL PASTA (OUR VERY OWN RECIPE)



CANNELLONI XXL **NEW!**

XXL Cannelloni with oyster mushrooms, mushrooms, shitake and bechamel truffle.

11,50

PAPPADELLISIMI

Red pesto pappardelle (olive oil, dried tomatoes, pine nuts and parmesan cheese) with wok cooked vegetables.

10,50

"FIDEUÁ"

Noodle, seaweeds, mushrooms and oyster mushrooms with soya "all-i-oli" (garlic and oil sauce).

10,25

PEAR AND GORGONZOLA CUORES

Homemade pasta hearts filled with pears and gorgonzola cheese with a walnut sauce.

10,50

CARBONARA SPAGHETTINI WITH BLACK TRUFFLE

Spaghettini alla carbonara with mushrooms, smoked tofu, cream, pepper and black truffle.

12,50

TORTELLONE DI ZUCCA **NEW!**

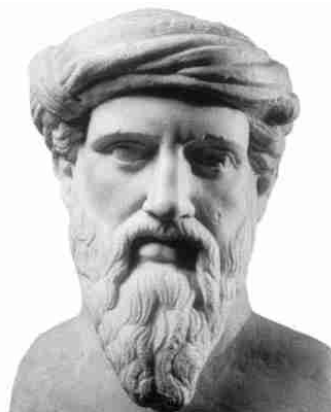
Tortelloni di zucca and home made amaretti with sage cream.

10,50

LASAGNA TC

Lasagna with tomato, quorn, bechamel and gratined emmental cheese.

11,50



"A vegetarian diet provides us with a pacific and loving energy, not only to our body but also to our soul"

PITÁGORAS

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TERESA'S SPECIALTIES



QUICHE NEW!

Mushroom quiche with garlic and parmesan cheese

11,00

RISOTTO

Risotto with boletus and creamy spinaches.

10,75

CRUNCHY CRÊPE

Artichokes crunchy crêpe with brie sauce.

11,50

AUBERGINE MILLEFEUILLE

Aubergine millefeuille with mushrooms, tomato sauce and cheese.

12,50

AUBERGINE CAKE

Aubergine cake with figs and warm goat cheese.

11,50

SEITAN BURGER

Homemade seitan burger and french fries with tomato, cucumber, cheddar and a side of bio ketchup.

11,25

MINI BURGERS NEW!

Assortment of mini burgers of seitan, soy and beetroot with home made french fries and a side of bio ketchup.

12,50

SEITÁN FRICANDÓ NEW!

Seitan with variety of mushrooms, traditional ficandera sauce and tomato.

12,50



"It was a PHILOSOPHIC decision. I feel like a better human being, more flexible, I need to sleep less and my skin is healthier."

MARTINA
NAVRATILOVA

(X) Gluten free (V) Suitable for vegans

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DESSERTS



WONTON PASTRY

Chrispy wontoon pastry with strawberry and lemon mascarpone cream.

5,50

APPLE CRUMBLE **NEW!**

Avene crumble with apple oven made from Lleida and Madagascar's vanilla ice-cream.

4,95

AVOCADO CAKE **NEW!**

Cake of macadamia nuts with avocado cream, lime and coconut mousse.

5,95

COULANT

Chocolate cake (solid outside, hot inside) with Madagascar's vanilla ice cream.

5,50

TC's VEGAN CAKE **NEW!**

Home made vegan banana cake, walnuts and chocolate.

4,95

CHOCOHOLIC **NEW!**

Chocolate top secret with bitter orange home made jam.

(X)

5,50

FRUIT SALAD

Seasonal fresh fruit salad.

(X) (V)

4,95

TEREMISÚ

Tiramisú moisted with Ratafia (typical catalonian walnut and herbs liquor).

5,50

CATALONIAN CHEESECAKE

Biscuits base with both creamy and catalonian cottage cheese, honey and caramelized walnuts.

4,95

MARIA LLUÏSA! **NEW!**

Iogurt soup and white chocolate with artisan ice cream of verbena.

(X)

4,95

(X) Gluten free (V) Suitable for vegans

All prices in €. 10% VAT included

JUICES MEDIUM (M) O large (L)



VITAMINE C

Only fresh juice of 100% natural squeezed oranges.

ACG

Apple, carrot and ginger.

HOMEMADE LEMONADE **NEW!**

Soda, lemon, mint, agave syrup.

BLOODY TERE

Tomato, lemon, celery, celery salt, black pepper and tabasco.

BLOODY MARY

Tomato, vodka, lemon, celery, celery salt, black pepper and tabasco.

THE DETOX

Beetroot, celery, apple and cucumber.

M	L
35cl	45cl
3,50	4,50
3,50	4,50
3,50	4,50
3,50	4,50
5,50	6,50
3,50	4,50

VIRUS KILLER

Lemon, pear, ginger, honey.

ANTIOX

Strawberry, kiwi, orange and lemon.

GET RECOVERED! **NEW!**

Coconut water, sweet melon, pineapple.

NATURAL REGULATOR **NEW!**

Banana, plum, grape, aloe vera.

M	L
35cl	45cl
3,50	4,50
3,50	4,50
3,50	4,50
3,50	4,50



"vegetarianism is a link to perfection and peace."

RIVER
PHOENIX

All our Fruit Juices are 100% Natural and additive free –ask us for your favorite combination and we shall make it straight away!

All prices in €. 10% VAT included

DRINKS/SPIRITS

COFFEES/TEAS



Still Water (1/2 L)	2,00
Still Water (1 L)	2,50
Sparkling Water (1/2 L)	2,50
“Canya” (Drawght Beer) (20cl)	2,00
“Canya” (Drawght Beer) (35 cl)	3,50

The secret to a perfect “caña”...

a slightly wet 20 cl glass, a 30 l. barrel of Mahou, drawn in two pulls and topped with a perfect creamy head.

San Miguel 1516 Beer (33cl)	2,50
Warsteiner Beer (33cl)	2,50
Mixed with lemon Mahou Beer (33cl)	2,50
San Miguel 0,0 Beer (33cl)	2,50
Coke / Coke Light / Coke Zero (35cl)	2,50
• Grappa	SHOT (10cl)
• Herbs Brandy	
• Limoncello	
• Ibiza Herbs Brandy	3,00
• Ratafia	
• Jagermeister	

Espresso / Ristretto	1,30
Macchiato	1,40
White coffee / Latte	1,40
Capuccino	1,50
“Carajillo” (Coffee with rum / anis / whiskey)	2,50

All our coffees are 100% additive free. We trust in Bei & Nannini for its superior quality. Choose the type of milk that suits you best (whole fat milk, soya milk*, rice milk*, oat milk*).*

*
+0,30

Chai Tea	2,50
Chai Tea Latte	3,50
Green / Red / Black Tea	2,50
Roiboos	2,50
Country herbal Tea (Algerri)	2,50
Camomile Tea	2,50
Pennyroyal Tea	2,50

All prices in €. 10% VAT included

wine, cava, champagne

A GLASS (G) OR BOTTLE (B)



HOUSE WINE

	G	B
Teresa Carles White - Chardonnay	2,50	9,95
Teresa Carles Red - Tempranillo Crianza	2,50	9,95
Teresa Carles Rosé - Merlot	2,50	9,95

WHITE

Albet i Noya Xarel·lo Clàssic	3,00	11,00
Martivilli Verdejo	4,00	13,00
Gramona Gessami	4,50	15,00
Llopart Clos dels Fossils Chardonnay	4,75	16,00
Pirineos Gewurztraminer	4,75	16,00

RED

Enate Cabernet Merlot	3,50	12,00
Castell del Remei Gotim Bru	4,00	14,00

Augustus Cabernet Sauvignon - Merlot	4,75	16,00
Habla del Silencio	4,75	16,00
Habla del Silencio Magnum (1,5L)	-	30,00

CAVA

Fontallada Brut Nature	3,00	10,50
Gramona Brut Imperial Gran Reserva	-	23,00

CHAMPAGNE

André Clouet Grande Réserve Grand Cru	-	33,00
Veuve Clicquot Rosé	-	55,00



"Me gustan las mujeres,
me gusta el vino."

JULIO IGLESIAS

All prices in €. 10% VAT included