

Week from 3 - 7	Starters			Main Courses			Desserts			
	SALAD 	SOUP / CREAMY SOUP 	VEGETABLES 	LEGUMES 	RICE / CEREALS 	SIMPLE PASTA 	STUFFED PASTA 	CAKE 	FRUIT 	KEFIR / YOGURT
	Teresa's Gado-Gado (lettuce hearts, green beans, cucumber, pepper, nectarine, grilled tempeh, coriander and peanut sauce)	Cauliflower vichyssoise with papaya dices, black sesame and sesame oil	Potatoes wrap filled with grilled red pepper & eggplant with cheese and mild soya mayonnaise	Quesadillas with adzuki beans purée, tomato, avocado, red onion, coriander and vegan sour cream 	Oat and beet burger, grilled onion, tomato, gherkins, mustard mayonnaise 	Creste di gallo tricolor (white, spinach & beets) with raw tomato dice, Cadí cheese, mushrooms, zucchini, Kalamata olives and basil pesto	Lasagna bolognese, spinach, vegan bechamel	Vegan choco-chia coconut mousseline	Apricot compote, tapioca cream	Kefir berries shake Soya yogurt: plain, peach & mango, or blueberry

10 jun. - holiday we offer the menu

Week from 10 - 14	Starters			Main Courses			Desserts			
	SALAD 	SOUP / CREAMY SOUP 	VEGETABLES 	LEGUMES 	RICE / CEREALS 	SIMPLE PASTA 	STUFFED PASTA	CAKE 	FRUIT 	KEFIR / YOGURT
	Potatoes, lettuce, green peas, parmesan cheese, pine nuts, a boiled egg with a touch of mint	Green asparagus vichyssoise with radishes	Green beans with tomato sauce, mushrooms, tofu sausages and potato dices	Caviar lentils with dried tomatoes, red onion and vegan blue cheese 	Stir-fried bulgur with veggies, shitake and okra 	Seaweed, mushrooms and seasonal veggie fideuá with soya allioli 	Ricotta and spinach ravioli, gorgonzola & kale cream, roasted masala-pumpkin	Gluten-free apricots mousseline	Cocoa crêpe with chocolate and banana	Kefir with nuts and honey Soya yogurt: plain, peach & mango, or blueberry

Week from 17 - 21	Starters			Main Courses			Desserts			
	SALAD 	SOUP / CREAMY SOUP 	VEGETABLES 	LEGUMES 	RICE / CEREALS 	SIMPLE PASTA	STUFFED PASTA 	CAKE 	FRUIT 	KEFIR / YOGURT
	Vegan Caesar Salad (lettuce, carrot, sweet corn, croutons, crunchy tofu and Teresa's Caesar Dressing) 	Beetroot and apple gazpacho	Potatoes, spinach & mushrooms gratined cake with soya allioli	Chickpeas 'meatballs' with artichoke, green peas and green sauce	Brown rice paella with seasonal veggies and hiziki seaweed	Penne with spinach, coconut cream and a hard-boiled egg	Vegan cannelloni patè di funghi	Hot vegan brownie with white chocolate and soya yogurt soup 	Spiced cherries with caramelized soya yogurt cream and gluten-free crumble	Kefir nectarine shake Soya yogurt: plain, peach & mango, or blueberry

24 jun. - holiday we offer the menu

Week from 24 - 28	Starters			Main Courses			Desserts			
	SALAD 	SOUP / CREAMY SOUP 	VEGETABLES 	LEGUMES 	RICE / CEREALS 	SIMPLE PASTA 	STUFFED PASTA	CAKE 	FRUIT 	KEFIR / YOGURT
	Greek with lettuce, tomato, cucumber, black olives, feta cheese and oregano	El Increible Gazpacho de Cerezas (cherry gazpacho)	Seasonal roasted veggies with soya allioli	Legumes and funghi sautéed with tahini sauce 	Arborio rice risotto with white miso, seaweed, shitake and artichoke	Pappardelle with mushrooms, leeks and rocket pesto	Cuores stuffed with seitan, caramelized onion, blue cheese and Stroganoff sauce	Vegan Selva Negra with cherry marmalade	Lemon verbena and mint infusion with apricots filled with vanilla ice cream and nuts	Kefir with nuts and honey Soya Yogurt: plain, peach & mango, or blueberry



We love you veggie much!

Health, love and above it all... Healthy foods!

Instagram & Facebook: @teresacarles

