



week from 2 - 6



starters		main courses					desserts		
SALAD	SOUP / CREAMY SOUP	VEGETABLES	LEGUMES	RICE / CEREALS	SIMPLE PASTA	STUFFED PASTA	CAKE	FRUIT	KEFIR / YOGURT
(GF)	(V-SG)	(GF) 	(V-GF-N)	(V)	(V-N)	(V-N)	(V-GF-N)	(N)	(GF-N) / (V-GF)
marinated green cabbage, carrot, apple, gruyère cheese, raisins, curry yogurt dressing	quinoa soup with veggies, celery and avocado	potato, <i>piquillo</i> pepper, soya sausage and a fried egg <i>montadito</i>	<i>Trinxat</i> with back turnip, cabbage, chickpeas, black vegan <i>botifarra</i> and vegan pilota catalana	stir-fried bulgur, mixed seasonal veggies, artichoke, okra, shitake and spices	spaghettini WGVC (Whole Grain Vegan Turmeric Carbonara)	<i>Tasagna</i> with oven roasted veggies, young garlic and soya bechamel	cocoa, banana and coffee vegan cake with mascarpone cream	yogurt cream, oats and nuts with banana and strawberries	kefir with nuts <hr/> soya yogurt: plain - peach & mango - blueberries

week from 9 - 13


starters		main courses					desserts		
SALAD	SOUP / CREAMY SOUP	VEGETABLES	LEGUMES	RICE / CEREALS	SIMPLE PASTA	STUFFED PASTA	CAKE	FRUIT	KEFIR / YOGURT
(V-GF)	(V-GF)	(V-GF-N) 	(V-GF-N)	(V)	(V-N)		(V-GF)	(V)	(GF) / (V-GF)
romaine lettuce, endives, cherry tomatoes, celery, avocado with tomato, garlic & flax seeds powder dressing	mixed veggies soup with hiziki seaweed and tofu	eggplant rolls filled with mushrooms & vegan ricotta with tomato-basil sauce and soya mayonnaise	<i>Padrina Maria's</i> hotpot with fava beans, artichoke, young garlic, mushrooms and Teresa's vegan black sausage	oat & mushroom burger, roasted black turnip, barbecue sauce	beet spaghettini with leek & celery sauce, hazelnuts, dried tomatoes	artichoke-stuffed <i>ravioli</i> , housemade tomato & wild herbs sauce, grana padano	vegan raspberry & yogurt mousseline	cocoa crêpe with banana & hot chocolate	mango kefir shake <hr/> soya yogurt: plain - peach & mango - blueberries

Teresa Carles anniversary

week from 16 - 20

starters		main courses					desserts		
SALAD	SOUP / CREAMY SOUP	VEGETABLES	LEGUMES	RICE / CEREALS	SIMPLE PASTA	STUFFED PASTA	CAKE	FRUIT	KEFIR / YOGURT
(GF)	(V-GF)	(V-GF)	(V-GF-N)		(V)		(V-GF-N)	(V-GF-N)	(GF-N) / (V-GF)
mixed green leaves, grated carrot, apple, farmer's cheese, soft soya mayonnaise, black sesame	Teresa's meeting with the Cardinal non-dairy creamy soup (red cabbage with apple compote)	potato bombs stuffed with artichoke, funghi, tomato and olives	<i>Pedrosillano</i> chickpeas, black turnip, carrot, artichoke, green sauce	spelt <i>quesadillas</i> filled with onion, pepper, mushrooms and emmental cheese with guacamole and <i>pico de gallo</i>	whole grain <i>tagliatelle</i> with eggplant dice, tomato, pepper, <i>babaganoush</i>	<i>cannelloni</i> filled with mycoprotein with boletus & parmesan cheese <i>béchamel</i>	9th Teresa Carles anniversary cake Barcelona 	banana ice cream with its chocolate pole	kefir with nuts <hr/> soya yogurt: plain - peach & mango - blueberries

week from 23 - 27

starters		main courses					desserts		
SALAD	SOUP / CREAMY SOUP	VEGETABLES	LEGUMES	RICE / CEREALS	SIMPLE PASTA	STUFFED PASTA	CAKE	FRUIT	KEFIR / YOGURT
(V-GF-N)	(V-GF)	(GF) 	(V-N)	(V-GF-N)	(N)		(V-GF-N)	(V-GF-N)	(GF) / (V-GF)
<i>Xató</i> : escarole, tomato, eggplant anchovy, pickled mushrooms, Kalamata olives, romesco sauce	black turnip and vegetables creamy soup with GF croutons	potatoes omelette wrap filled with grilled red peppers & eggplant with cheese and soft soya mayonnaise	white beans, red onion and vegan black sausage sauté and green peas <i>alliooli</i>	quinoa and pumpkin <i>risotto</i> with spinach, funghi and vegan parmesan cheese	<i>creste di gallo</i> tricolor, mushrooms, tomato, rocket, basil pesto and macadamia nuts	<i>cuore di zucca</i> with blue cheese sauce and apple dice	walnuts and figs cake with vegan cottage cheese and agave syrup	banana & apple creamy soup with chocolate cookies and pomegranate	banana & date kefir shake <hr/> soya yogurt: plain - peach & mango - blueberries



 we love you veggie much! 

health, love and above it all... healthy food!

instagram & facebook: @teresacarles