

Week from 1 - 5	Starters			Main Courses			Desserts			
	SALAD 	SOUP / CREAMY SOUP 	VEGETABLES 	LEGUMES 	RICE / CEREALS 	SIMPLE PASTA 	STUFFED PASTA 	CAKE 	FRUIT 	KEFIR / YOGURT
	Roasted pumpkin and beetroot, quinoa, pomegranate, goat cheese, walnuts	Green peas, carrots and coriander creamy soup	Roasted vegetables with soya <i>allioli</i>	Soy & veggies 'meatballs' with green sauce and artichokes	Whole grain risotto, fine herbs marinated carrots sauce and chanterelles 	Whole grain <i>pappardelle</i> , dried tomatoes pesto, wok vegetables	Whole grain <i>lasagna</i> , spinach, raisins, pine nuts, vegan <i>mató</i> and pumpkin bechamel sauce	Walnut vegan brownie with white chocolate and soya yogurt soup 	Pears and apples compote with curry chocolate puffs	Kefir with dry fruits Soya Yogurt: plain, peach & mango, or blueberries

12 oct. - holiday we offer the menu

Week from 8 - 12	Starters			Main Courses			Desserts			
	SALAD 	SOUP / CREAMY SOUP 	VEGETABLES 	LEGUMES 	RICE / CEREALS	SIMPLE PASTA 	STUFFED PASTA	CAKE 	FRUIT 	KEFIR / YOGURT
	Lettuce, spinach, tomato, walnuts, gruyere cheese, mint vinaigrette	Seasonal veggies <i>Escudella</i> soup with leek, pumpkin, green cabbage, carrot, potato, chickpeas and noodles 	Eggplants with <i>peperonata</i> and feta cheese	Moroccan burger, sumac, sour sauce	Spelt flour pizza, housemade tomato sauce, wild mushrooms and a truffled poached egg	Whole grain <i>penne</i> , housemade mushrooms ragù and vegan cheese	3 Cheese <i>raviolos</i> , eggplant and pepper mousse	Two Textures Chocolate Cake	Apple and cashews cream, strawberry marmalade, grapes	Mango Kefir Shake Soya Yogurt: plain, peach & mango, or blueberries

Week from 15 - 19	Starters			Main Courses			Desserts			
	SALAD 	SOUP / CREAMY SOUP 	VEGETABLES 	LEGUMES 	RICE / CEREALS 	SIMPLE PASTA 	STUFFED PASTA 	CAKE 	FRUIT 	KEFIR / YOGURT
	Teresa's Healthy Kimchi, glass noodles, asazuke cucumber 	Cauliflower, hazelnuts and cumin creamy soup 	Tofu, eggplant and shitake teriyaki over a bed of spinach and sesame 	Hotpot with chickpeas, black trumpet mushrooms, potatoes and artichokes	Polenta cake with pickled mushrooms and eggplant dices	Whole grain <i>spaghettini</i> with black garlic, peppers, rocket and cashews 	Pear and gorgonzola <i>ravioli</i> , walnuts sauce	Vegan Strawberry Vanilla Chocolate Cake	<i>Crème brûlée</i> with banana and walnuts	Kefir with dry fruits Soya Yogurt: plain, peach & mango, or blueberries

Week from 22 - 26	Starters			Main Courses			Desserts			
	SALAD 	SOUP / CREAMY SOUP 	VEGETABLES 	LEGUMES 	RICE / CEREALS 	SIMPLE PASTA 	STUFFED PASTA	CAKE 	FRUIT 	KEFIR / YOGURT
	Vegan Caesar Salad (romaine lettuce, carrot, corn, croutons, crunchy tofu and <i>tofunesa</i>) 	Leek and pumpkin creamy soup with walnuts	Steamed potatoes and green peas, grilled green asparagus and oyster mushrooms, kale pesto	Pardina lentils, eggplant, pomegranate, coriander and sesame yogurt	Yellow foot mushrooms risotto with spinach and coconut cream	<i>Fideuá a la marinera</i> with <i>funghi</i> , seaweed and soya <i>allioli</i>	<i>Cuore di zucca alla crema di broccoli e salvia</i>	Two Textures Chocolate Cake	Apple <i>membrillo</i> with vegan <i>mató</i> and caramelized sesame	Papaya Kefir Shake Soya Yogurt: plain, peach & mango, or blueberries



We love you veggie much!

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

Instagram & Facebook: @teresacarles

