

Week from 2 - 6	Starters			Main Courses				Desserts		
	SALAD 	SOUP / CREAMY SOUP 	VEGETABLES 	LEGUMES 	RICE / CEREALS 	SIMPLE PASTA	STUFFED PASTA	CAKE 	FRUIT 	KEFIR / YOGURT
	Lettuce, carrot, tomato, goat cheese, grapes, caramelized sesame	Beetroot <i>gazpacho</i> , germinate sprouts	Spanish potato omelette roll filled with roasted red pepper and eggplant, Cadi cheese, soft soya mayonnaise	Caviar lentils hot pot, kombu seaweed, cherry tomatoes, oyster mushrooms	Red rice risotto, green asparagus, spinach, thyme spiced carrots sauce	Whole grain <i>penne alla parmiggiana di zucchini</i> , Kalamata olives	<i>Cuore ravioli</i> stuffed with artichokes, brie, turmeric sauce	Walnuts cake, fig ice cream, hot chocolate	Green rice, almond plant-based milk, mango, passion fruit	Kefir with nuts Soya yogurt: plain, peach & mango, or blueberry

Wed. 11th | bank holiday à la carte service

Week from 9 - 13	Starters			Main Courses				Desserts		
	SALAD 	SOUP / CREAMY SOUP 	VEGETABLES 	LEGUMES 	RICE / CEREALS 	SIMPLE PASTA 	STUFFED PASTA 	CAKE 	FRUIT 	KEFIR / YOGURT
	Escarole, celery, tomato, grapes, hazelnuts, spiruline vegan roquefort cheese dressing	Carrot and orange cold creamy soup with a touch of ginger	Seasonal vegetables nituké, quinoa	White beans <i>empedrat</i> , smoked tofu, tomato, cucumber, <i>pimientos del piquillo</i> , <i>romesco</i> sauce 	Polenta, mushrooms and curry pizza base, baked cherry tomatoes, fried egg 	Whole grain turmeric <i>tagliatelle</i> , pumpkin, watercress pesto	<i>Cuore ravioli</i> stuffed with pear and gorgonzola, coconut and walnuts sauce	Vegan chocolate sponge cake, soya yogurt, pistachios	Apple compote, Danish style spiced crumble	Blackberry kefir shake Soya yogurt: plain, peach & mango, or blueberry

Week from 16 - 20	Starters			Main Courses				Desserts		
	SALAD 	SOUP / CREAMY SOUP 	VEGETABLES 	LEGUMES 	RICE / CEREALS 	SIMPLE PASTA 	STUFFED PASTA 	CAKE 	FRUIT 	KEFIR / YOGURT
	Rocket, caramelized figs, orange, feta cheese, walnuts	Watermelon <i>gazpacho</i> with a touch of basil	Green beans, coconut plant-based milk carbonara, diced potatoes	Sautéed legumes, funghi, tahini sauce 	Whole grain <i>paella</i> , seasonal vegetables, hiziki seaweed	<i>Pappardelle</i> , eggplant, goat cheese, dried tomatoes pesto	<i>Cannelloni</i> stuffed with mushrooms, tofu, roasted pepper and eggplant mousse	Seasonal wild blackberries mousse cake, soya yogurt	Apple cream, cashews, strawberry jam, grapes	Kefir with nuts Soya yogurt: plain, peach & mango, or blueberry

Tue. 24th | bank holiday à la carte service

Week from 23 - 27	Starters			Main Courses				Desserts		
	SALAD 	SOUP / CREAMY SOUP 	VEGETABLES 	LEGUMES 	RICE / CEREALS 	SIMPLE PASTA 	STUFFED PASTA 	CAKE 	FRUIT 	KEFIR / YOGURT
	Escarole, carrot, cottage cheese, walnuts, roasted grapes	Zucchini cold creamy soup, goat cheese, pumpkin seeds	<i>Samfaina</i> , artichoke-brie and quorn-curry croquettes	Buckwheat burger, Papaya Poppy sauce (papaya sauce with poppy seeds), caramelized onion, soft vegetables and chlorella broth	Seitan, <i>fricandó</i> sauce, sliced baked potatoes	Whole grain <i>spaghettini</i> , kale, funghi bolognese sauce	<i>Tortelloni</i> stuffed with tomato, eggplant, goat cheese, basil pesto	Apple and raisins pie, carrot and ginger sauce	Pears with orange juice, red wine, almond and cinnamon ice cream	Peach kefir shake Soya yogurt: plain, peach & mango, or blueberry



We love you veggie much!

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

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