

# Daily specials

working middays ~ june 2022 ~ vegetarian cuisine since 1979



ENG



the season → JAN FEB MAR APR ✓MAY ✓JUN ✓JUL AUG SEP OCT NOV DEC

## cherries

### our seasonal product

This small and evocative fruit captivates with its beautiful color and incredible taste. Its season is very short, so we must take the opportunity to recharge our batteries with this juicy red pearl.

Its beneficial properties for the organism are inversely proportional to its size. Cherries are low in calories and high in water, so they're perfect for the first hot summer days. They provide us with essential minerals such as potassium and, to a lesser extent, calcium. Also considered a good source of vitamin C and bioflavonoids, which make them an excellent antioxidant.

And, as if that were not enough, the red color of this fruit indicates that it has a high content of anthocyanins and phenolic compounds, which are another great beneficial antioxidants to combat free radicals, and anti-inflammatory compounds.

Cherries are an ingredient that brings joy and color our dishes. They are a great snack between meals or a very healthy dessert. They are great for jams, tarts, cakes, salads, sauces, appetizers, and original *gazpachos*. Anyway, we have enough cherries for a few weeks, and with a little imagination we can make the most of them in the kitchen. ♦

## delicious & healthy creams!

The month of May has been very hot, and everything indicates that June will be even hotter.

For this reason, our **summer creams** are designed so that you can drink them cold and hydrate in the healthiest way. Additionally, they are an ideal option as a starter or as a light dinner.

Enjoy the selection of **the 5 best soups and creams from our restaurants**; delicious, nutritious. You can take them wherever you want!

Shake, open and enjoy!  
[www.flaxandkale.com](http://www.flaxandkale.com) ♦



## teresa's top featured recipe

### vegan Black Forest with cherry marmalade

The Black Forest cake is a typical Baden cake and one of the most characteristic sweets of German cuisine.

It is made up of several layers of sponge cake interspersed with cream and cherries. This month, taking advantage of the cherry season, I invite you to taste my vegan and gluten-free version of this spectacular cake. ♦



→ dessert of the 4th week of the month.

## did you know...

If you have trouble falling asleep, cherry juice increases melatonin and tryptophan levels, thereby reducing insomnia. ♦

## Biosphere Sustainable Lifestyle

Teresa Carles Barcelona has received the **Biosphere Sustainable Lifestyle** certification.

This certification highlights the **team's work and commitment in terms of sustainability and environment**, such as offering our customers seasonal and local products. This is possible thanks to people like you, who are aware of the importance of a healthy diet that is also respectful with the environment.

**Biosphere** is a **global sustainability certification system** aligned with the 2030 agenda, its 169 goals and the 17 Sustainable Development Goals (SDG). ♦



week from 30/5 - 1/6

starters		main courses					desserts		
SALAD	SOUP / CREAMY SOUP	VEGETABLES	LEGUMES	RICE / CEREALS	SIMPLE PASTA	STUFFED PASTA	CAKE	FRUIT	KEFIR / YOGURT
(V-GF) 	(V-GF)	(GF) 	(V-GF)	(V-GF)	(V-N) 	(V-N)	(GF-N)	(V-GF-N)	(GF) / (V-GF)
Teresa's Gado-Gado: lettuce hearts, green beans, cucumber, pepper, nectarine, grilled tempeh, cilantro and a peanut sauce	cauliflower vichyssoise with papaya dice and black sesame	potatoes wrap filled with grilled red peppers & aubergines, with cheese and a soft soya mayonnaise	caviar lentils with dried tomatoes, red onion and vegan 'blue cheese'	quinoa & vegetables burger, baked potatoes, cherry sauce	creste di gallo tricolor, tomato dice, vegan cheese, mushrooms, zucchini, Kalamata olives and basil pesto	lasagna with vegan bolognese, soy bechamel, basil and vegan 'gouda cheese'	ginger and turmeric doughnut with strawberries	mango passion yogurt	cherry kefir shake
									soya yogurt: plain peach & mango blueberries

6 HOLIDAY - à la carte service

week from 6 - 10

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)	(GF)	(V) 	(V)	(V-GF)	(V-N)	(GF-N) / (V-GF)
potatoes, lettuce, green peas, parmesan, pine nuts and a boiled egg with a touch of mint	green asparagus vichyssoise with radishes	green beans with tomato sauce, mushrooms, smoked tofu and potato dice	buckwheat burger, peas, chlorella and papaya sauce	corn quesadillas filled with onion, pepper, mushrooms and emmental with guacamole and pico de gallo	seaweed, mushrooms and seasonal veggie fideuá with a soya alliooli	tofu, spinach and mushroom ravioli with roasted peppers and eggplant mousse	gluten-free mango mousseline	cocoa crêpe with cherry and vanilla ice cream	kefir with nuts
									soya yogurt: plain peach & mango blueberries

week from 13 - 17

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)	(GF)	(V-GF) 	(V-N)	(V-N)	(V-GF-N)	(V-GF-N)	(GF) / (V-GF)
vegan Caesar salad: lettuce, carrot, sweet corn, croutons, crunchy tofu and Teresa's Caesar Dressing	beetroot & apple gazpacho	potatoes, spinach & mushrooms gratined cake with soya alliooli	black rice & red quinoa Thai meatballs, broccoli, curry sauce and cilantro	brown rice paella with green beans and hiziki seaweed	turmeric spaghetti with soy protein ragú and roasted cherry tomatoes	cannelloni stuffed with vegan roasted chicken with soy bechamel and vegan 'gouda'	two textures chocolate cake	spiced cherries with caramelized coconut yogurt cream and crumble	nectarine kefir shake
									soya yogurt: plain peach & mango blueberries

24 HOLIDAY - à la carte service

week from 20 - 24

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-N) 	(V-GF)	(V-GF-N)	(N)	(V-N)	(V-GF)	(V-GF-N)	(GF-N) / (V-GF)
Greek with lettuce, tomato, cucumber, black olives, feta cheese and oregano	nectarine & cucumber gazpacho with basil	seasonal veggies panache with black garlic and almonds	legumes and funghi sautéed with tahini sauce	whole grain rice risotto with white miso, seaweed, shiitake and artichokes	pappardelle with mushrooms, leek and rocket pesto	spinach, pumpkin and mushrooms lasagna with Neapolitan sauce	vegan Black Forest with cherry marmalade	lemon verbena and mint infusion with apricots filled with vanilla ice cream and nuts	kefir with nuts
									soya yogurt: plain peach & mango blueberries

week from 7/6 - 1/7

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-N)	(V-N)	(N)	(V-GF-N)	(V-GF-N)	(GF) / (V-GF)
quinoa salad, strawberries, cherries, tomatoes, cucumbers and miso vinaigrette	salmorejo with basil slushie	potato & onion Spanish omelette, filled with smoked tofu with a soft piquillo peppers alliooli	soy and pea protein meatballs with green sauce and artichokes	Lady in Red risotto with oat, beets and vegan 'parmesan'	whole grain penne with eggplant, housemade tomato sauce, rocket and cashew cream	cuores stuffed with pear and roquefort with coconut and walnut sauce	vegan cheesecake, oatmeal and almond crumble, cherry sauce	watermelon, vegan 'ricotta' and mint ice cream	strawberry kefir shake
									soya yogurt: plain peach & mango blueberries

how does it work?

1: choose you menu

- OPTION 1  
starter + main course \_11,50
- OPTION 2  
main course + dessert \_12,50
- OPTION 3  
starter + main course + dessert \_14,95

2: choose your drink

- purified water (0,5L.) \_1,95
- house wine glass \_3,50
- cold-pressed juice \_4,95
- kombucha \_4,95

3: want some bread?

- whole grain bread \_1,00



we love you veggie much!

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

instagram & facebook: @teresacarles