

# Daily specials

working middays ~ march 2023 ~ vegetarian cuisine since 1979



ENG



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

## seaweed

### our seasonal product

If we made a list of the most nutritious vegetables, seaweed would surely not appear at the top. But like fish and other marine products, seaweeds have some health benefits that those grown on the land can hardly provide.

Seaweeds are not the most attractive vegetables on the planet, but they are the ones that provide us with the most concentrated nutrients. Although the seaweed properties are very dependent on their individual composition, of the area where they grow or are cultivated, we can affirm that they have a high concentration and bioavailability of minerals, in particular iodine, calcium, and iron. In addition, they can be considered an appreciable dietary source

of fiber and phytochemicals with antioxidant and/or cardiovascular and cancer protective properties, such as fucosterol, phycoerythrin and fucoxanthin.

There are many ways to stock up on seaweed, and therefore to incorporate it into a dish. Thus, they can be found fresh, preserved, dehydrated, or powdered. The best-known varieties are wakame, nori, dolse, hiziki and Kombu seaweed, all of which have very similar nutritional values. Due to their versatility in the kitchen, we can taste them in dishes such as purees and soups, in salads, in stews or in vegetable pâtés, further enriching our cuisine.♦

## We are celebrating our anniversary!

12 years since we first opened in Barcelona, and I always feel the same tingling sensation as in the first day.

I remember that day with a lot of nerves, but at the same time convinced that we were presenting a restaurant based on gastronomic enjoyment and on offering tasty and high-quality vegetarian recipes.

We are 12 years old today, and I can't think of a better way to celebrate than going through the 40 years of my recipe book and choosing the most emblematic dishes as the dishes of the day.

Every day you will find one of them and the week of 13-17 March you will be able to taste the 12th anniversary cake.

Thank you for making this dream come true. ♦

## teresa's top featured recipe

### seaweed fideuà, mushrooms & seasonal vegetables with soy allioli

Fideuà is a seafood dish that reminds me of vacations or eating with the family on weekends. At the beginning of becoming a vegetarian, I missed some dishes with a taste of the sea. This recipe marks a before and after when it comes to working with innovative products such as seaweed. I discovered that if you combine the seaweed with a good sauce, the result is spectacular, and it has nothing to envy compared to the conventional seafood version. ♦



→ main course of the 3rd week of the month.

## did you know...

Seaweed is considered the food of the future. Not only because of their great supply of nutrients, but also because they grow very quickly and adapt well to different marine environments. ♦

## 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 27/03 - 03/04**


| 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)  | (V)                                | -  | (V-N)                         | (V-GF-N)  | (V-GF-N)  | (GF-N) / (V-GF)   |
| seaweed salad, mushrooms, soy sauce, rice vinegar and sesame oil | quinoa soup with veggies, celery and avocado | eggplant rolls filled with mushrooms and vegan ricotta, tomato-basil sauce and soya mayonnaise | plant-based chicken burger with mushrooms, caramelized onions and roasted sweet potato | cous-cous of vegetables and seitan | macaroni with spinach in coconut cream and hard-boiled egg | soy Protein Lasagna Bolognese | vegan Cheesecake, with oat and nut crumble and berry coulis | candied apple with custard and homemade crumble | kefir with nuts   |
|  |  |  |  |                                    |  |                               |   |   | soya yogurt:<br>plain<br>-<br>peach & mango<br>-<br>blueberries |

**week from 6 - 10**

| 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)  | (V-GF)   | (V-N)  | (N)   | (V-GF-N)   | (V)                                       | (GF) / (V-GF)   |
| romaine lettuce, endives, cherry tomatoes, celery and avocados with a tomato, garlic and flax seeds powder dressing | kale cream with croutons and pumpkin seeds | potato <i>montadito</i> with piquillo peppers, sliced cheese and fried egg | cassola de la Padrina Maria with broad beans, artichokes, spring garlic, mushrooms and vegan black <i>botifarra</i> | homemade buckwheat dough pizza with spinach, dried tomato and vegan mascarpone | whole grain spaghettini with black garlic pesto and wakame seaweed | cuores stuffed with pear and gorgonzola with walnut sauce | walnut cake with frozen fig mousse and hot chocolate | cocoa crepe with banana and hot chocolate | kefir and mango shake   |
|   |  |  |   |  |  |   |  |   | soya yogurt:<br>plain<br>-<br>peach & mango<br>-<br>blueberries |

**week from 13 - 17**

*Teresa Carles BCN 12th anniversary*

| 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)            | (GF)  | (V)   | (V-N)              | (V-GF-N)  | (V-GF)   | (GF-N) / (V-GF)   |
| mixed green leaves with grated carrot, apples, fresh cheese with mild soy mayonnaise and black sesame | galets soup with plantbased 'meatball' | potato omelette roll stuffed with grilled peppers and aubergines, with cheese and mild soy mayonnaise | curry lentil stew | corn tortillas, onion, pepper, mushrooms and emmental cheese with guacamole and pico de gallo | fideuà a la marinera, seaweed, mushrooms and seasonal vegetables with soy allioli | chilindrón Lasagna | Teresa Carles Barcelona 12th anniversary cake   | vegan crème anglaise soup, small strawberries with a touch of black pepper | kefir with nuts   |
|   |  |   |                   |   |   |                    |  |  | soya yogurt:<br>plain<br>-<br>peach & mango<br>-<br>blueberries |

**week from 20 - 24**

| 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)                                      | (V-GF-N)  | (GF)   | (V)                                  | (V-N)  | -   | (V-GF)                            | (V-GF)                            | (GF) / (V-GF)   |
| <i>xató</i> (endive, tomato, eggplant anchovy, kalamata olives, romesco) | vegetable soup with hiziki seaweed and tofu | soy protein meatballs with green sauce and artichokes | french peas with baked potatoes, fried egg and green asparagus | oatmeal risotto with vegan roquefort | fussili with mixed mushrooms, tomato, rocket, basil and hazelnut pesto | cuore di zucca with roquefort sauce and apple cubes | apple pie on vegan crème anglaise | swiss chia cup with coconut cream | kefir with banana and dates                                     |
|  |   |   |  |                                      |  |   |                                   |                                   | soya yogurt:<br>plain<br>-<br>peach & mango<br>-<br>blueberries |

**week from 27 - 31**

| starters   |                                       | main courses  |  |  |                                      |   | desserts                                      |                                 |   |
|--|---------------------------------------|---|--|--|--------------------------------------|---|---|---------------------------------|---|
| SALAD  | SOUP / CREAMY SOUP                    | VEGETABLES  | LEGUMES  | RICE / CEREALS   | SIMPLE PASTA                         | STUFFED PASTA                                   | CAKE  | FRUIT                           | KEFIR / YOGURT  |
| (V)  | (V-GF)                                | (GF)  | (V-GF-N)                                       | (V-GF)   | (V-N)                                | (V-N)   | (V-GF-N)                                      | (V-GF)                          | (GF-N) / (V-GF)   |
| vegan Caesar Salad (romaine lettuce, carrots, corn, croutons, vegan mozzarella fingers and Teresa's Special Caesar Dressing) | betacarocream soup with pumpkin pipes | aubergine cakes, mushrooms, spring garlic, leek veloute | moroccan mini burger with sumac and sour sauce | brown rice paella with seasonal vegetables and kombu seaweed | whole grain spaghetti with Thai Tofu | ricotta and spinach raviolis with pumpkin cream | brownie with chocolate and hazelnut ice cream | chia flan with strawberry sauce | kefir with nuts   |
|  |                                       |   |  |  |                                      |   |   |                                 | soya yogurt:<br>plain<br>-<br>peach & mango<br>-<br>blueberries |

**how does it work?**

**1: choose you menu**

OPTION 1  
starter + main course \_11,95

OPTION 2  
main course + dessert \_12,95

OPTION 3  
starter + main course + dessert \_15,50

**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  
teresacarles.com/tc