

FLAX & KALE

— CUINA FLEXITERIANA —

NEW YEAR'S
EVE MENU

2018

Welcome Cocktail

The Vegan Vampire loves Cava
Kale chips PB / GF / RF

STARTERS | to choose one

Essential Omega3 Flatbread
Spelt flatbread with smoked eggplant, sardine
and dried tomatoes OF

Salmon Sashimi Toast
Green peas cream with marinated wild
salmon from Alaska, mint and lemon zest OF

When Goat Is God
Sprouts salad with roasted beetroot,
strawberries, mango, goat cheese, pistachio
and maple syrup vinaigrette GF

BTT: Beet Tuna Tartar
Yellowfin tuna tartar with beetroot paste
and avocado GF / RF / OF

Antiaging Papaya Salad
Spinach leaves, papaya, grapes, tempeh,
cherry tomatoes and peanuts with fermented
papaya vinaigrette PB / GF

Kale Dream Cream
Kale, potato and leek vichyssoise PB / GF

Roasted Carrots and Avocado Salad
Sprouts salad, roasted carrots, avocado, vegan
tofu cheese, pumpkin seeds and orange-lemon
vinaigrette PB / GF

PB · Plant-based | GF · Gluten-free | RF · Raw Food | OF · Oily Fish

MAIN COURSES | to choose one

Spaghettoni Nero alle Vongole Plant-based
Activated charcoal and black garlic spaghetti,
tomato cherry, oyster mushroom, cochayuyo
alga PB

Low carbs Risotto & Yellowfin Tuna
Konjac and huitlacoche risotto, yellowfin tuna,
teriyaki sauce, black and white sesame, kale,
yellow pepper emulsion GF / OF

Raw Vegan Lasagna
With fresh and dried tomato sauce, cashew
and macadamia cheese and basil pesto
PB / GF / RF

La Pesca del Salmón de Alaska
Low temperature cooked salmon with
sautéed greens and quinoa with citrus
sauce GF / OF

Double Black Cod
Marinated black cod in miso with dashi
sauce with black garlic, bok choy and
shiitake GF / OF

Theresia Cocosepia's Black Rice
Thai black rice with edamame, nuts, young
coconut, black garlic and green peas and
chlorella *allioi* PB / GF

Tuna loves Wasabi Burger
Tuna burger with ginger, wasabi mayonnaise
and roasted carrots with spices OF

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DESSERTS | to choose one

White miso-ginger cheesecake
Cashews, white miso, ginger, dates and activated
charcoal jam PB / GF

Mango passion yoghurt
Mango, coconut cream PB / GF

Two textures choco cake
Brownie, chocolate mousse, teresa's juicery miss avena
avellana merengada cream, strawberry housemade
ice cream PB

Toasted Hazelnut ice-cream
Hazelnut ice cream with banana, blueberries, ginger
turmeric doughnut, cocoa nibs and hazelnuts

Includes

Mineral water & bread · Teresa Carles wine 1 bottle /2 pax
Cava & party bag
Christmas dates and nuts candies PB / GF

To choose: 1 starter + 1 main course + 1 dessert | per person

60€ | per person

RESERVATIONS

1. Go to our [online reservation platform](#).
2. Select the number of guests.
3. Choose an available day and hour: from 19h to 22:30h
4. Make the online payment in advance or if you prefer, you can also come to our restaurants and make the reservation and payment in person.

If you have any doubt, please, contact us via email or phone:
reservas@teresacarles.com / 933 17 56 64
