



WEEKEND BRUNCH

ALL DISHES ARE GLUTEN FREE

Do you feel sweet?

housemade gluten-free bakery

contains egg

quinoa & blueberry muffin N	2,95 €
choco matcha muffin N	2,95 €
maple-glazed doughnut (non fried) N	2,95 €
ginger turmeric doughnut (non fried) N	2,95 €
choco ginseng don e.t, chocolate cover, peanuts, chili N	2,50 €

housemade plant-based gluten-free bakery

the impossible croissant PB	1,95 €
big cookie, chocolate nibs PB · N	2,50 €
moskito, buckwheat flour, cashew cream, chocolate cover PB · N	3,50 €
pink lady, buckwheat flour, cashew and lemon cream, beetroot cover PB · N	3,50 €
coco choco chia bar, almonds, raw chocolate PB · N	3,50 €
raspberry & rice protein ball PB · RF · N	1,95 €
matcha & pea protein ball PB · RF · N	1,95 €
orange & hemp protein ball PB · RF · N	1,95 €
energy spicy bar, raw cocoa, goji berries, cayenne PB · RF · N	2,50 €
teresa's matcha macaron, almond flour, cashew and hazelnut cream, matcha PB · N	1,50 €
teresa's beet macaron, almond flour, cashew and hazelnut cream, beetroot PB · N	1,50 €
galleta princesa de bell-lloc, almond flour, coconut sugar, chocolate and hazelnut cream PB · N	1,95 €
cinnamon maca roll, buckwheat, almonds, cinnamon, maca PB · N	3,50 €

breakfast specialties

sweet waffles, housemade plant-based almonds ice cream, chocolate sauce PB · N	8,50 €
r&b toast, housemade <i>brioche</i> , plant-based ricotta, housemade rhubarb jam PB · N	6,95 €
avocado toast 2.0, <i>açai</i> sauce, yuzu sauce, pistachios, nutritional yeast, watermelon radish PB · N	5,95 €
'bac & cheese' bagel, tomato, young coconut 'bacon', plant-based cheese PB · add poached egg +3,00 €	6,95 €
salmon sushi sandwich, rice, marinated salmon, avocado, nori seaweed, seaweed caviar, miso-ginger sauce OF	6,95 €

healthy bowls

market fruit salad PB · RF	4,95 €
coco-choco chia pot, soy milk, coconut milk, coconut sugar, raw cacao, chia, coconut cream, banana PB	5,95 €
royal coconut milk parfait, housemade granola*, berries, fresh fruit, housemade strawberry and rhubarb jam PB · N	5,95 €
mango passion yoghurt, thai mango, coconut cream PB · RF · N	7,95 €
matcha pitaya chia pot PB	5,95 €
açaitella bowl, <i>açai do brasil</i> , raw cocoa, hazelnut cream, housemade granola*, turmeric cover PB · N	8,95 €
açai na tigela, <i>açai do brasil</i> , housemade granola*, hemp seeds, goji berries PB · N	8,95 €

* CHOOSE BETWEEN: *gluten-free chocolate crumble* / *rawnola (raw granola)*

Do you feel savoury?

to nibble & starters

umami almonds, white miso, white sesame, black garlic, ginger PB · RF · N	4,95 €
plant-based 'cheddar' kale chips, turmeric, cashews, nutritional yeast, olive oil PB · RF · N	3,95 €
spicy kale chips, cayenne, goji berries, ginger, coriander, peanuts PB · RF · 🌶️	3,95 €
paleo bread, marcona almonds & coconut butter, grape chutney with a touch of thyme N	7,50 €
grilled guava, goat cheese, agave, mint, pistachios N	5,50 €
coconut savoury yoghurt, hummus, crunchy chickpeas, veggie dips, housemade nixtamalized corn <i>nachos</i> , avocado PB	6,95 €
kaniwa + minced kale salad, roasted beetroot, grapefruit, orange, flax gomasio, passion fruit dressing PB	9,00 €
iceberg wedge salad, young coconut 'bacon', apple, plant-based blue cheese, <i>croutons</i> , <i>picos de gallo</i> PB	9,00 €
burmese festival salad, romain lettuce, lettuce hearts, red cabbage, <i>choucroutte</i> , tomato, kelp noodles, wakame, caviar lentils, fermented celeriac, tartare sauce with black garlic PB · N	13,50 € FOR TWO

brunch specialties

bao bab benedicts, healthy bao, 'bbq pulled pork' jackfruit, poached eggs, peanuts, plant-based baobab hollandaise sauce, chili jam 🌶️	12,50 €
eggplant benedicts, mixed funghi, fresh spinach, cloud eggs, tahini mayonnaise	12,50 €
moroccan roasted portobello, poached eggs, avocado, <i>baba ganoush</i> , ancient grains, crunchy chickpeas, beetroot cream, <i>dukkah</i> N	12,50 €
my vegan japanese girlfriend bowl, black rice, quinoa, 'bbq pulled pork' jackfruit, plant-based scrambled egg, yakiniku sauce PB · 🌶️	13,50 €
the dosa experience, ginger & pumpkin chutney, pineapple & coconut chutney, basil, cashew & yuzu yoghurt cream PB · N · cooking time: 10 min.	10,00 €
savoury waffles, boletus edulis, kale, poached egg, tomato, plant-based avocado & yoghurt cream N	13,00 €
superfood plant-based dumplings, 'bbq pulled pork' jackfruit, truffled funghi, 'carne de olla' plant-based PB · 🌶️	10,50 € 6 UNITS
the scandal scramble, mushrooms, spinach, tomato, feta cheese, carrots, young garlic	9,00 €
the plant-based scandal scramble, mushrooms, spinach, tomato, carrots, young garlic, <i>ackee</i> , silken tofu, <i>kala namak</i> salt PB	11,00 €
kingfish mini burgers, turmeric buns, shiitake, <i>umami</i> sauce OF	16,50 € 3 UNITS
bamboo steamed alaskan salmon, teriyaki, wild herbs, edamame, black wild rice OF	19,50 €
superfood's pho soup, vegetable broth, jackfruit, young coconut 'bacon', reishi, oyster mushroom scallop, sriracha, sweet potatoes and rice noodle PB · 🌶️	9,95 €
'the all greens' pappardelle, snow peas, spinach, green beans, green asparagus, anchovy sauce, <i>muddicca aturrata</i> , cappers OF	13,50 €
kingfish thai street style, chili jam, basil, coriander, hemp seeds, sweet potato and shiitake OF · 🌶️	25,50 €

Eat better > Be happier > Live longer

PIZZAS ARE SERVED AFTER 12H.

TeresaCarlesWholeGrainsOven

PlantBased | HiFiber | GlutenFree

All our pizzas are gluten-free, 100% artisanal and cooked in a Neapolitan wood oven, following the know-how of pizzaioli masters.

forza napoli · *neapolitan style healthy pizza*

focaccia PB	5,95 €
marinara, san marzano tomato, garlic, oregano, Teresa's Juicery green olive oil PB	10,50 €
margherita, san marzano tomato, plant-based mozzarella, basil PB	11,50 €
melanzane, san marzano tomato, <i>melanzane alla</i> plant-based <i>parmiggiana</i> PB · N	13,50 €
truffle & funghi, coconut cream, wild herbs (pizza bianca) PB	15,50 €
jb, dried tomatoes, fresh spinach, plant-based mascarpone PB	11,50 €
plant-based quattro, san marzano tomato, cheddar, blue cheese, mozzarella, <i>parmigiano teresiano</i> PB · N	15,00 €
noto, sardines, anchovy paste, pine nuts, cappers, fennel, saffron, <i>muddica aturrata</i> , Teresa's Juicery green olive oil OF · N · contains oily fish	14,50 €
<i>top worldwide cities inspired seasonal pizzas</i>	
barcelona, grilled eggplant and red pepper, <i>romesco</i> sauce, tomato, plant-based pickled tuna PB · N	15,50 €

housemade gluten-free breads

original PB	1,50 €
nuts & seeds PB · N	2,00 €
turmeric & hemp seeds PB	2,00 €
flute bread with tomato PB	2,50 €
basquet of assorted breads PB	4,95 €

We could have easily replicated Flax & Kale Tallers menu, but we didn't. Instead, we have traveled the whole world in search of inspiration and later created a menu which can be described in one word: innovation. Dare and let yourself be surprised. Enjoy it!