



Teresa Carles and her sister, Montse Carles, at Paradís restaurant in Lleida in the 1980s.

Since 1979













SUMMER MENU




















full menu
teresacarles.com/carta

ENG

to nibble

- *ras el hanout* olives _3,⁷⁵ 
- wholegrain bread with nuts, grated tomato, Algerri extra virgin olive oil _3,¹⁰   
- funghi croquette _2,⁰⁰ 
- pumpkin and gorgonzola croquette _2,⁰⁰
- artichoke and vegan 'cheese' croquette _2,⁰⁰ 
- x6 homemade croquettes assortment (2 of each) _11,⁹⁰
- vegan 'bomba de la Barceloneta', soy alioli, brava sauce _3,⁹⁵ 
- *las bravas de Teresa* (potato, carrot, beet, sweet potato), chipotle mayonnaise, coriander _5,²⁵ 
- plant-based 'chicken' nuggets, ketchup and mayonnaise (6 pcs.) _5,⁹⁵ 
- emmental cheese-stuffed mushrooms, garlic, parsley, walnuts, and pomegranate _4,⁹⁵ 












starters

- **bulgur and spelt tabbouleh**, homemade lebanese falafel, 'harissa' sauce _10,⁹⁵ **NEW**  
- **Italian salad**, arugula, avocado, sundried tomatoes, white asparagus, parmesan cheese, basil pesto _11,⁹⁵ 
- **vegan Caesar salad**, kale, romaine lettuce, vegan 'chicken' fillet, croutons, mature 'cheese', Caesar dressing _11,⁹⁵  
- **grilled lettuce buds**, 'piquillo' peppers, shiitake mushrooms, romesco sauce _9,⁹⁵ **NEW**   
- **Teresa's Russian salad** (potato, green beans, carrot, truffle mayonnaise, hard-boiled egg, olives, vegan 'tuna') _5,⁹⁵ **NEW**
- **mango and avocado tartare**, semi-dried tomatoes, tartare sauce _11,⁹⁵ 
- **gazpacho with a hint of cumin**, vegetable crudités, croutons _5,⁹⁵ **NEW**  
- **homemade corn nachos**, guacamole, *pico de gallo*, *jalapeño*, plant-based 'meat', melted cheddar 'cheese', lime, coriander _10,⁹⁵ 
- **burrata toast**, tomato, eggplant, pesto, basil leaves, pine nuts _10,⁹⁵ **NEW**  
- **zucchini flowers stuffed with vegan 'botifarra'**, chickpea hummus, *pico de gallo*, homemade pita bread _12,⁹⁵ **NEW**   
- **eggplant rolls**, button mushrooms, vegan cottage 'cheese', soy mayonnaise, sundried tomatoes _9,⁹⁵  
- **round squash stuffed with leek mousse**, goat cheese, tomato-pepper sauce _10,⁹⁵ **NEW**

main courses

- **grandma Maria's meatballs**, tomato sauce, potatoes, cherry tomatoes, hard-boiled egg _11,⁹⁵ **NEW**
- **cachopo stuffed** with roasted red pepper, vegan 'gouda', Hasselback potato, *Café de París* sauce, Caesar sauce _13,⁹⁵ 
- **paella parellada**, plant-based 'calamari' and 'scallops', artichokes, salicornia, baby carrots, thyme _13,⁹⁵  
- **spiced carrot risotto**, spinach oil, poached egg, king oyster mushrooms _12,⁹⁵ **NEW**
- **eggplant mille-feuille**, plant-based 'bolognese', mozzarella, homemade tomato sauce, basil, pomegranate, parmesan cheese _12,⁹⁵
- **pea and spinach crepe** with *escalivada*, tomato, goat cheese sauce _10,⁹⁵ **NEW** 
- **taco assortment** accompanied by guacamole, sour sauce, lime _13,⁹⁵ 
 - jackfruit taco, grilled pineapple, *pico de gallo*, coriander
 - creamy mushroom taco, spring garlic, fried egg, pickled onion **NEW**
 - *chilindrón*-style vegan 'chicken' taco, *jalapeño*, coriander **NEW**
- **'double smashed burger'**, spelt brioche bun, vegan truffled mayonnaise, vegan 'cheddar', onion, mushrooms, homemade fries _12,⁹⁵  
- **XXL catalan cannelloni**, oyster mushrooms, Penny bun mushrooms, truffled bechamel _12,⁹⁵ 
- **3 layer lasanyuki**, spinach, pine nuts, mushrooms, masala pumpkin, cashew 'cheese', fresh and dried tomato sauce _13,⁹⁵   
- **pad thai**, rice spaghetti, shiitake, carrot, roasted peanuts, pickled daikon, coriander, lime _12,⁹⁵ 
- **tagliatelle** with vegan 'foie' sauce, mushrooms, caramelized apple _12,⁹⁵ **NEW**  
- **artichoke and parmesan ravioli**, brie cheese and curcuma sauce _13,⁰⁰ 

desserts

- **chocolate and hazelnut mousse cake**, red berries coulis, cocoa powder _6,⁹⁵ **NEW**  
- **Catalan cheesecake**, caramelized walnuts, honey, cinnamon _5,⁹⁵ 
- **chocolate coulant**, vanilla ice cream _5,⁹⁵ 
- **strawberry tiramisú**, mascarpone, walnut ratafia _5,⁹⁵ **NEW**  
- **french toast meringue brioche**, caramelized Catalan cream, seasonal fruits _5,⁹⁵  
- **pijama** (Pêche Melba): Catalan cream, peaches with a hint of lemon verbena, vanilla ice cream, caramelized walnuts _5,⁹⁵ **NEW**  
- **homemade vanilla ice cream** (two balls) _3,⁹⁵ 
- **homemade mango & cashew ice cream** (two balls) _3,⁹⁵ 