

Daily specials

working middays ~ february 2025 ~ vegetarian cuisine since 1979



ENG



the season → ✓ JAN ✓ FEB MAR APR MAI JUN JUL AUG SEP ✓ OCT ✓ NOV ✓ DES

cauliflower

our seasonal product

Cauliflower is typically considered a winter vegetable and not only adds flavor to multiple dishes but enriches them with its healthy properties.

Cauliflower is notable for its high mineral content, including potassium, essential for the nervous system and energy production, and calcium, beneficial for teeth and bone strength. This cruciferous vegetable, primarily composed of water, boasts low carbohydrates and a balanced sodium-potassium ratio, making it a low-calorie, diuretic food. Moreover, cauliflower is a rich source of vitamin C, vital for tissue maintenance and immune system function. It

is also high in fiber, promoting digestive health and supporting healthy cholesterol levels. Additionally, cauliflower contains phytochemical compounds with antioxidant properties to combat oxidative stress in the body.

The neutral flavor and texture of cauliflower make it very versatile in the kitchen and are key in various dishes, such as stews, sautés, creams, soups, and purées. It can also be used as a base for low-carb pizzas or as a substitute for grains, as in the case of cauliflower rice. ♦

teresa's top featured recipe

cauliflower and almonds cream with garlic mushrooms

Soups and creams are star dishes in my kitchen, especially now in winter. For this cauliflower cream, I use almonds to add creaminess and garlic mushrooms for a nice contrast. It's delicious! ♦

did you know...

There are varieties in less conventional colors such as purple, green, and orange. These variations contain additional antioxidants, making them more visually and nutritionally interesting and appealing. ♦

Teresa Carles at home!

Enjoying the Dishes of the Day or dining with the best veggie food at home, at work, or wherever you want is possible. Look for us on Uber Eats or Glovo, place your order and we'll take care of the rest.

Tasty and healthy food has never been easier!

Do you want to see the full menu?


















Go to the website teresacarles.com/tc or scan the code:




























Let's cook together!
















Every week, I'll be waiting for you on Teresa Carles' Instagram (@teresacarles) with a new recipe for us to prepare together. Discover delicious, healthy, and 100% vegetarian dishes. Join our community and let's keep cooking together!



week from 3 - 7	starters		main courses				desserts			
	SALAD	SOUP / CREAMY SOUP	VEGETABLES	LEGUMES	RICE / CEREALS	SIMPLE PASTA	STUFFED PASTA	CAKE	FRUIT	KEFIR / YOGURT
	 endive, cauliflower, mandarin, celery, cherry tomatoes, radishes, citrus vinaigrette	 Moroccan soup (chickpeas, turnips, fennel, cumin, mint)	  potato, artichoke, and pea casserole with tofu and green sauce	  crispy plant-based "chicken" burger	  escalivada pizza with pickled vegan tuna	  spaghetti nero with mushrooms and seaweed	   spinach, mushroom and pumpkin lasagna with cashew béchamel sauce	  vegan cheesecake with oat and almond crumble	  apple and pear compote, whole grain bread crunchy, coconut frosting	- / - kefir with bananas and blueberries <hr/> seasonal fruit

week from 10 - 14	starters		main courses				desserts			
	SALAD	SOUP / CREAMY SOUP	VEGETABLES	LEGUMES	RICE / CEREALS	SIMPLE PASTA	STUFFED PASTA	CAKE	FRUIT	KEFIR / YOGURT
	mixed green leaves, mushrooms, celery and fennel, grated tomato, lemon and parmesan	 miso soup with vegetables and seaweed	cauliflower steak with mustard bechamel on a leek sauté	 red bean stew, pumpkin, cauliflower, green asparagus	 Thai meatballs (black rice, red quinoa, broccoli, coriander and curry sauce)	   whole grain penne with aubergine, tomato, arugula and vegan ricotta	  pear and gorgonzola cuores with walnut sauce	  Teresa's vegan carrot cake	 seasonal fruit skewer with chocolate	 kefir with nuts <hr/> seasonal fruit

week from 17 - 21	starters		main courses				desserts			
	SALAD	SOUP / CREAMY SOUP	VEGETABLES	LEGUMES	RICE / CEREALS	SIMPLE PASTA	STUFFED PASTA	CAKE	FRUIT	KEFIR / YOGURT
	 endive, spinach, pear and goat cheese with olive oil and hazelnuts	   oat cream with beetroot, dill and pistachios	 leek omelette and bread with tomato	white beans with mushrooms, artichokes and poached egg	 black rice with seaweed, mushrooms and soy aioli	 spaghetti with cauliflower Alfredo Sauce, mushrooms and parmesan cheese	   mushroom and tofu cannelloni, roasted vegetables mousse	  sweet potato, apple and cinnamon cake	 mandarin soup, caramelized pears with a hint of vanilla, and pomegranate	- / - kefir smoothie with banana and dates <hr/> seasonal fruit

week from 24 - 28	starters		main courses				desserts			
	SALAD	SOUP / CREAMY SOUP	VEGETABLES	LEGUMES	RICE / CEREALS	SIMPLE PASTA	STUFFED PASTA	CAKE	FRUIT	KEFIR / YOGURT
	macerated green cabbage salad, carrots, apple, gruyere cheese, raisins, curried yogurt dressing	  cream of leeks, cauliflower and almonds with a touch of ginger	  eggplant rolls filled with mushrooms and vegan ricotta, with tomato sauce, basil and soy mayonnaise	 chickpea, pea and artichoke meatballs with green sauce	  vegetable couscous with chickpeas and seitan	 macaroni with spinach, coconut cream and hard egg	   lasagna with soy bolognese and béchamel sauce	 vegan Black Forest cake with cherry jam	  candied apple, custard sauce with homemade crumble	 kefir with nuts <hr/> seasonal fruit

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 _3,95
 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!