

Daily specials

working middays ~ july 2024 ~ vegetarian cuisine since 1979



ENG



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

melon

our seasonal product

Melon is one of the star fruits of the summer. Its sweet and pleasant flavor is especially appetizing when the heat arrives and temperatures rise. In addition, it is a very versatile fruit that we can use to make refreshing and exquisite dishes and desserts.

In spite of its sweetness, melons stand out for their high water content (90-95% of its weight) and low caloric value (26 kcal/100 g). They contain many vitamins, especially vitamin C, important for the good functioning of the immune system and are also

very rich in potassium, which makes them a natural diuretic which helps us reduce water retention. Orange pulp melons are rich in beta-carotene, with antioxidant powers that help prevent cancer and other diseases, as well as protecting our eyes, skin and hair.

Thanks to its versatility, we can enjoy it as an entree, in salads or soups; or as a dessert, in the form of ice cream, slushes, sorbets and/or smoothies. ♦

teresa's top featured recipe

salad with watermelon & melon, goat cheese and cashews

This is a delicious and refreshing salad to beat the summer heat.

Melons and watermelons are two of the most refreshing fruits in the world. They have a sweetness and crispy texture which make them the perfect protagonists of this salad. The goat cheese adds creaminess and a touch of saltiness which perfectly matches with the rest of the ingredients. We really hope you enjoy it. ♦

did you know...

In Ancient Rome it would be difficult to recognize because its size was formerly like that of an apple. In fact, the Latin word melo is an abbreviation of the Greek *melope*, which means ripe apple. ♦

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). ♦













summer is here!












Don't want to miss out on any plans? Stay hydrated with Kombucha Flax & Kale! Kombucha is an ancient beverage low in sugars, packed with billions of probiotics, and it tastes amazing. In addition to its unmatched flavors, it helps strengthen the immune system and improve digestion. It also aids in balancing gut flora, has antioxidant properties, and contains multiple vitamins. This summer discover our new bottle and image! ♦












Stir, open and enjoy the summer!
www.flaxandkale.com













→ starter of the 3rd week of the month.

week from 1 - 5	starters		main courses				desserts			
	SALAD	SOUP / CREAMY SOUP	VEGETABLES	LEGUMES	RICE / CEREALS	SIMPLE PASTA	STUFFED PASTA	CAKE	FRUIT	KEFIR / YOGURT
	 mixed leafy greens, mushrooms, celery, fennel, grated tomato, lemon and parmesan cheese	 melon <i>gazpacho</i> with almonds and basil	 <i>montadito</i> with potatoes, <i>piquillo</i> peppers and fried egg	 'Middle East Chickpeas', spiced chickpeas, tomato, cucumber, radishes, coriander	 vegan Kebab with activated charcoal bread	 papardelle, spinach pesto, tomatoes and cashews	artichoke ravioli with brie and turmeric sauce	 vegan hot brownie with white chocolate soup and soy yogurt	 coconut <i>pannacotta</i> with watermelon sorbet and cashew praline	 /  kefir with nuts & honey <hr/> soya yogurt: plain - peach & mango - blueberry

week from 8 - 12	starters		main courses				desserts			
	SALAD	SOUP / CREAMY SOUP	VEGETABLES	LEGUMES	RICE / CEREALS	SIMPLE PASTA	STUFFED PASTA	CAKE	FRUIT	KEFIR / YOGURT
	 buckwheat tabbouleh, tempeh and mint vinaigrette	 cold zucchini cream with goat cheese and pumpkin seeds	 open omelette with seasonal vegetables and mozzarella	 chickpea hummus with "samfaina" and "piri-piri" chicken	 rice, spinach and cheese delicacies with babaganoush and tomato sauce	 seaweed, mushroom and seasonal vegetable fideua with parsley aioli	 mushroom <i>cannelloni</i> , cashew bechamel	 walnut cake with frozen fig mousse and hot chocolate	 melon carpaccio with coffee and cocoa ice cream	 /  Banana and date kefir smoothie <hr/> soya yogurt: plain - peach & mango - blueberry

semana del 15 - 19	starters		main courses				desserts			
	SALAD	SOUP / CREAMY SOUP	VEGETABLES	LEGUMES	RICE / CEREALS	SIMPLE PASTA	STUFFED PASTA	CAKE	FRUIT	KEFIR / YOGURT
	 mixed leafy greens, tomato dice, watermelon and melon, goat cheese, cashew and agave sweet mint sauce	 leek & coconut <i>vichyssoise</i> with diced peaches	 eggplant, pepper and tomato tower with goat cheese and pesto sauce	 soy protein mini burger with grilled onion, gherkins, mustard mayonnaise and roasted sweet potatoes	 veggie panang red curry, basmati sticky rice, peanuts, cilantro	 KPF (Kale Pesto whole grain <i>Fettuccine</i>)	 lasagna with spinach, raisins and pine nuts	 frozen hazelnut cake with chocolate sauce and caramelized sesame	 açaitella ice cream with homemade chocolate crumble	 /  kefir with nuts & honey <hr/> soya yogurt: plain - peach & mango - blueberry

week from 22 - 26	starters		main courses				desserts			
	SALAD	SOUP / CREAMY SOUP	VEGETABLES	LEGUMES	RICE / CEREALS	SIMPLE PASTA	STUFFED PASTA	CAKE	FRUIT	KEFIR / YOGURT
	 Lebanese <i>fattoush</i> salad: lettuce, cucumber, red pepper, pita bread and sumac vinaigrette	 watermelon <i>gazpacho</i> with a touch of basil	 eggplant stuffed with mushrooms in garlic and parsley cream	 stuffed meatballs, carrot parmentier, pickled vegetables	 Shiitake mushroom <i>risotto</i> with vegan creamed spinach	 vegan whole grain <i>penne all'amatriciana</i>	seitan and gorgonzola <i>Cuores</i> , stroganof sauce	 vegan chocolate & orange cake	 cantaloupe melon flan with caramelized sesame	 /  flat peach kefir shake <hr/> soya yogurt: plain - peach & mango - blueberry

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!