Daily specials

working middays - august 2026 - vegetarian cuisine since 1979

teresa carles
CUINA VEGETARIANA
Des de 1979

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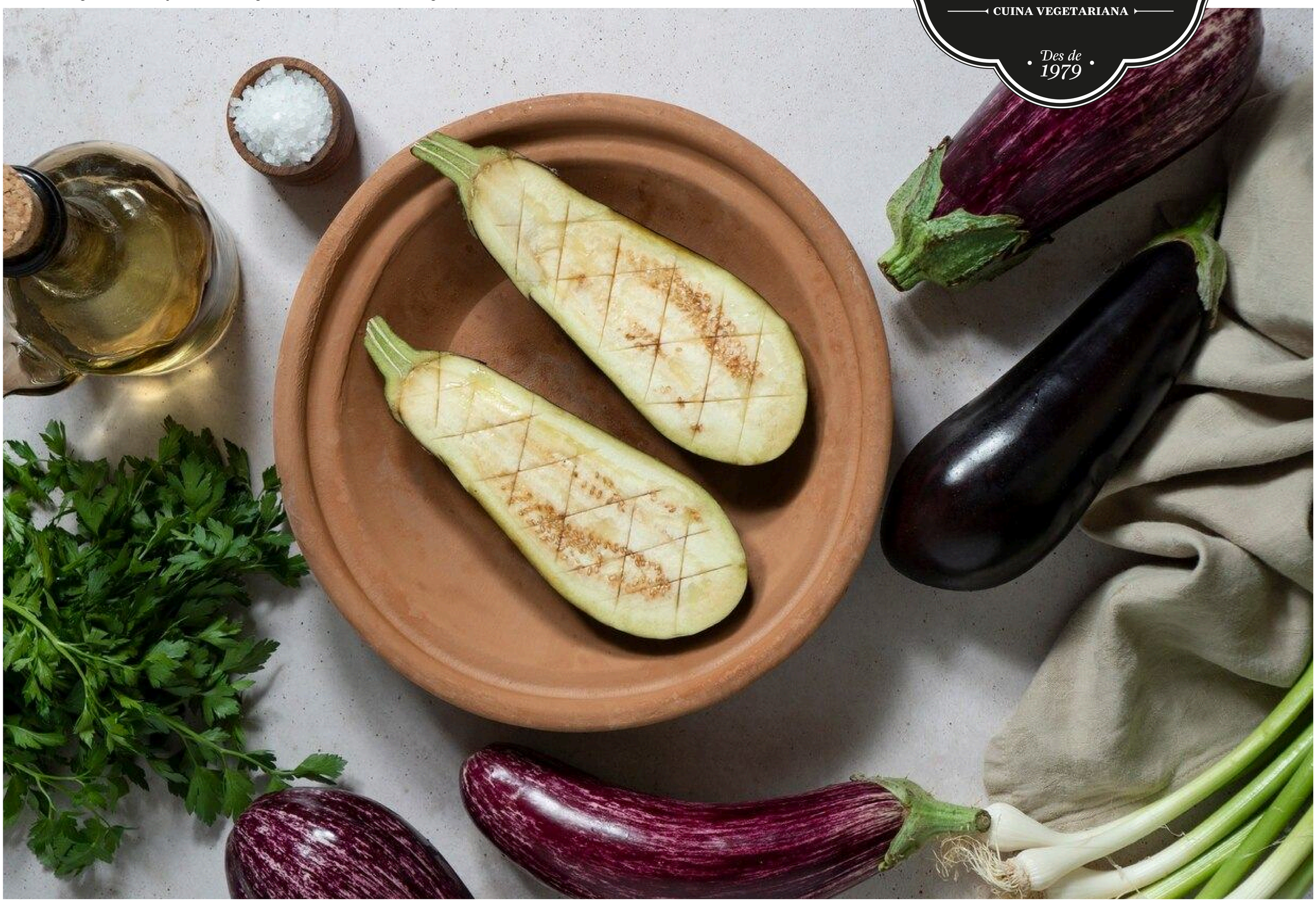


la temporada: → JAN FEB MAR APR MAY JUN ✓ JUL ✓ AUG SEP OCT NOV DES

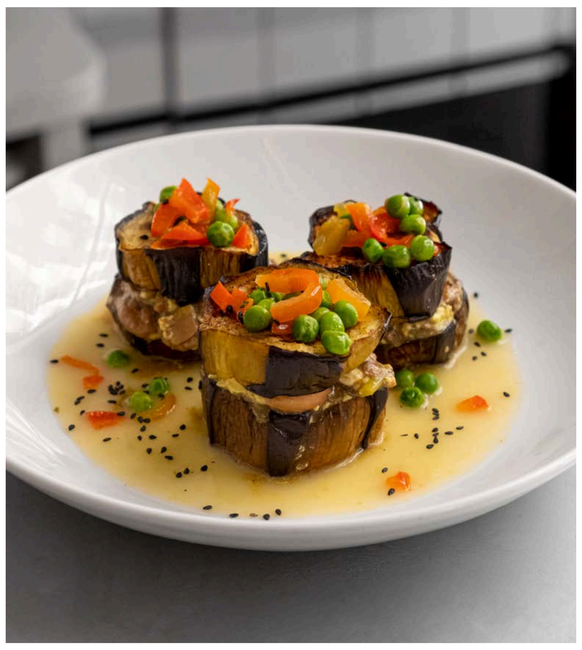
Aubergine

our seasonal product

Aubergine is one of the standout vegetables of summer. Its mild, slightly bitter flavour is especially welcome when the heat sets in and the sun really beats down. It's also an incredibly versatile vegetable that lends itself to all kinds of delicious dishes.

Despite how simple it is, aubergine's main claim to fame is its high water content (around 92% of its weight) and its low calorie count (25 kcal/100g). It's a good source of fibre, essential for healthy digestion, and it's rich in antioxidants like polyphenols, which help fight free radicals and ward off disease. It also contains vitamins B1 and B6, important for metabolism and the nervous system, as well as minerals like potassium, key for muscle function and fluid balance.

Thanks to its versatility, you can enjoy it in countless ways: roasted, grilled, in stews, puréed, or even in sauces. Aubergine takes centre stage in dishes like moussaka, caponata or escalivada.



» Aubergine pastries filled with sautéed mushrooms and spring garlic, served with leek velouté

» Aubergine and mushroom mille-feuille on tomato sauce

Why does fruit taste better in summer?

Ever wondered why a peach, a watermelon or some figs just taste better in summer?

It's not just in your head. This time of year, many fruits hit peak ripeness thanks to long hours of sunshine and warmer temperatures.

That lets them develop their natural sugars, aromas and juiciness more fully, giving you a much richer flavour. And since they're eaten fresh off the tree or vine, they hold onto more of their vitamins and goodness too.

This summer, make the most of seasonal fruit — nature knows exactly when to give us the best of everything.

did you know...

Back in medieval Europe, aubergine was known as "the mad apple", since people believed eating too much of it could drive you insane. This bad reputation came from the fact that it belongs to the nightshade family.

Do you know the principles of our vegetarian cuisine?

We don’t count calories—we count nutrients.

Science has made it clear: counting calories doesn’t work. Instead, it invites us to think and eat positively, avoiding ultra-processed foods.

The key is to nourish ourselves with wholesome ingredients like fresh or dried fruit, vegetables, seeds, whole grains, and other foods rich in vitamins, minerals, slow-burning carbs, quality proteins, and healthy sugars.

Don’t count calories—make your calories count!

want to take a look at the menu?

visit our web or scan the code:

vegan contains gluten nuts
we cannot guarantee the absence of cross contamination

week from 3 - 7

starter		main course					dessert		
SALAD	SOUP/ CREAM	VEGETABLES	LEGUMES	RICE/CEREALS	SIMPLE PASTA	STUFFED PASTA	CAKE	FRUIT	KEFIR
vegan caesar salad (romaine lettuce, carrot, sweetcorn, croutons, "chicken" bites, caesar dressing)	kale vichyssoise with kale chips	- aubergine and mushroom mille-feuille with tomato sauce	chickpea, avocado and pear tartare with turmeric tofu mayo	- polenta nest with tomato sauce, aubergine and fried egg	fusilli with tomato, mushrooms, cadí cheese, courgette, kalamata olives and basil pesto	vegan bolognese lasagna with soy béchamel and vegan parmesan	- vegan choco-chia, coconut mousseline	lemon verbena infusion with lleida peaches and mint agar-agar	- kefir and mango smoothie

week from 10 - 14

starter		main course					dessert		
SALAD	SOUP/ CREAM	VEGETABLES	LEGUMES	RICE/CEREALS	SIMPLE PASTA	STUFFED PASTA	CAKE	FRUIT	KEFIR
cucumber, potato and hard-boiled egg salad with yoghurt dressing and walnuts	beetroot salmorejo	- aubergine parcels filled with sautéed mushrooms and spring garlic, with leek velouté	curried lentils with apple and diced potato	quinoa bowl with catalan-style spinach, diced aubergine, toasted black sesame, sun-dried tomatoes, fresh tomato sauce, nuts and poached egg	buckwheat spaghetti with tomato sauce, oregano and soy meatballs	pumpkin ravioli, gorgonzola cheese sauce and diced apple	vegan two-texture chocolate cake	apricot and nectarine compote with tapioca cream	kefir with nuts and honey

week from 17 - 21

starter		main course					dessert		
SALAD	SOUP/ CREAM	VEGETABLES	LEGUMES	RICE/CEREALS	SIMPLE PASTA	STUFFED PASTA	CAKE	FRUIT	KEFIR
mint quinoa tabbouleh over greens, cucumber, avocado and sun-dried tomato	chilled carrot and orange soup with a touch of ginger	greek-style aubergine moussaka with soy protein ragù	quesadillas with adzuki bean purée, mushrooms, tomato, avocado, coriander and cashew sour cream	green asparagus and oyster mushroom risotto with basil pesto	whole-grain black tagliatelle with oyster mushrooms and black pepper	courgette, tomato and goat cheese lasagna with basil pesto	mango and coconut puff pastry	saffron-poached pears with peanut and banana ice cream	kefir smoothie with figs and walnuts

week from 24 - 28

starter		main course					dessert		
SALAD	SOUP/ CREAM	VEGETABLES	LEGUMES	RICE/CEREALS	SIMPLE PASTA	STUFFED PASTA	CAKE	FRUIT	KEFIR
lentil salad with vegan foie and mustard-agave vinaigrette	gazpacho with a touch of cumin	- rolled potato omelette filled with charred pepper and aubergine (escalivada), cadí cheese and mayonnaise	vegan "chicken" fillet chilindrón-style with basmati rice	pizza with sweet potato cream, spinach, shiitake mushrooms, rocket and pomegranate	pappardelle with sun-dried tomato pesto and wok-fried vegetables	mushroom cannelloni with truffled soy béchamel	coffee and almond cheesecake	chocolate soup with fruit skewer	kefir with nuts and honey

how does it work?

1 choose you menu

OPTION 1
starter + main course _12,50
OPTION 2
main course + dessert _13,50
OPTION 3
starter + main course + dessert _16,25

2 choose your drink

purified water (0,5L.) _2,20
house wine glass _3,95
cold-pressed juice _4,95
kombucha _4,75

3 want some bread?

whole grain bread _1,00

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Des de 1979

We love you veggie much!

health, love & above it all... healthy food!