Daily Menu

teresa carles
Cuina vegetariana

November 2026

	Starters		Main Courses					Desserts		
	Salad	*Soup / Cream*	*Vegetables*	*Legumes*	*Rice / Cereals*	*Simple Pasta*	*Stuffed Pasta*	*Cake*	*Fruit*	*Kefir*
02 NOV 06 NOV	Lentil salad with vegan foie gras, mustard and agave vinaigrette	Miso soup with vegetables and seaweed	Aubergine with three cheeses	"Trinxat" (traditional Catalan potato, cabbage and chickpea hash) with Catalan sausage and "pilota" meatball	Wholegrain rice paella with vegetables and seaweed	Macaroni with spinach in coconut cream sauce, cherry tomatoes and hard-boiled egg	Mushroom and tofu ravioli with hazelnut cream and piquillo peppers	Vegan chocolate, chia and coconut mousse	Crispy sweet potato caramel with vanilla ice cream	Kefir with nuts and honey
09 NOV 13 NOV	Lebanese fattoush salad with sumac vinaigrette	Oat cream soup with beetroot, dill and pistachios	Twice-baked sweet potato with chestnut aioli	Seitan with stroganoff sauce and Spanish-style sliced baked potatoes	Polenta with roasted tomatoes and curry-spiced mushrooms	Whole grain vegan carbonara	Cuores pasta filled with turmeric, pear and sweet potato, served with leek velouté and nut-based vegan parmesan	Vegan carrot cake with cashew cream and orange sauce	Oven-roasted apple with crème anglaise and homemade crumble	Mango and kefir smoothie
16 NOV 20 NOV	Mixed green leaf salad with potato, sweet potato, hard-boiled egg, peas and pesto	Pumpkin and noodle soup	Leek frittata with mascarpone and pickled mushrooms	Chickpea hummus with Catalan-style vegetable stew and fried egg	Eggplant Penang curry with basmati rice	Spaghetti with soy protein ragù and roasted cherry tomatoes	Mushroom and vegan foie gras cannelloni with truffle béchamel	Pear, pistachio and chocolate cake	Purple sweet potato ice cream with coconut cream	Kefir with nuts and honey
23 NOV 27 NOV	Endive, spinach, pear and goat's cheese salad with olive oil and hazelnuts	Cauliflower and almond soup with garlic mushrooms	Aubergine rolls stuffed with mushrooms and vegan mató cheese, served with a mild soy mayonnaise and sun-dried tomatoes	Red bean, sweet potato and spinach stew with crispy tempeh	Creamy carrot rice with artichokes and a hint of thyme	Pad Thai rice noodles with shiitake mushrooms, peanuts and coriander	Artichoke and parmesan ravioli with Brie and turmeric sauce	Vegan sacher	Catalan sweet potato custard with caramelized orange	Kefir smoothie with banana, dates, cacao and cinnamon

Gluten **Vegan** **Nuts**

We cannot guarantee the absence of cross-contamination

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