

# AL·LÈRGENS | ALÉRGENOS | ALLERGENS

## PER PICAR & ENTRANTS PARA PICAR & ENTRANTES To Nibble & Starters

 GLUTEN  
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 LÀCTICS  
LACTEOS  
DAIRY

 FRUITA SECA  
FRUTOS SECOS  
NUTS

 CACAUETS  
CACAHUETES  
PEANUTS

 SÈSAM  
SÈSAMO  
SESAME

 API  
APIO  
CELERY












 MOSTASSA  
MOSTAZA  
MUSTARD

 OUS  
HUEVOS  
EGGS

 SULFITS SO<sub>2</sub>  
SULFITOS SO<sub>2</sub>  
SULPHITES SO<sub>2</sub>

 SOJA  
SOJA  
SOY












 PEIX  
PESCADO  
FISH

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|--|---|---|---|---|---|---|--|---|---|---|---|
| KALE CHIPS ORIGINAL RECIPE   |   |   | ●   |   |   |   |  |   | ●   |   |   |
| KALE CHIPS THAI STYLE  |   |   |   | ●   |   |   |  |   | ●   |   |   |
| UMAMI MARCONA  |   |   | ●   |   | ●   |   |  |   | ●   | ●   |   |
| SÍNDRIA A LA GRAELLA<br>SANDÍA A LA PARRILLA<br>GRILLED WATERMELON |   | ●   | ●   |   |   |   | ●  |   |   |   |   |
| SALMON SASHIMI TOAST   | ●   |   |   |   | ●   |   |  |   | ●   | ●   | ●   |
| FUNGHI COCONUT TOAST   | ●   |   |   |   | ●   |   |  |   | ●   |   |   |
| TERESA'S PALEO BREAD   |   |   | ●   |   | ●   |   |  | ●   |   | ●   |   |
| MANGO & AVOCADO TARTARE  |   |   |   |   | ●   |   | ●  |   | ●   | ●   |   |
| GREEK STYLE TOAST  | ●   |   | ●   |   |   |   |  |   |   | ●   | ●   |
| CRUNCHY YELLOWFIN TACO   |   |   |   |   | ●   |   |  |   | ●   | ●   | ●   |
| CRUNCHY SALMON TACO  |   |   |   |   | ●   |   | ●  |   | ●   | ●   | ●   |
| CRUNCHY HIRAMASA TACO  |   |   |   |   | ●   |   | ●  |   | ●   | ●   | ●   |

## PER COMPARTIR | PARA COMPARTIR Sharing Courses






|  |  |  |  |  |  |  |  |  |  |  |  |
|--|---|---|---|---|---|---|--|---|---|---|---|
| LEBANESE MEZZE FEST!   |   |   | ●   |   | ●   |   |  |   | ●   | ●   |   |
| ASSORTIMENT CRUNCHY TACOS<br>SURTIDO CRUNCHY TACOS<br>CRUNCHY TACOS ASSORTMENT |   |   |   |   | ●   |   | ●  |   | ●   | ●   | ●   |
| NACHOS SUPREMOS  |   |   | ●   |   |   |   | ●  |   | ●   | ●   |   |

## AMANIDES | ENSALADAS Leafy Greens









|                                      |  |  |  |  |  |  |  |  |  |  |  |
|--------------------------------------|---|---|---|---|---|---|--|---|---|---|---|
| TERESA'S FAVORITE KALE SALAD         |   |   |   |   | ●   |   | ●  |   |   | ●   |   |
| KALE CAESAR SALAD                    |   |   | ●   |   | ●   |   | ●  |   | ●   | ●   |   |
| YELLOWFIN TUNA &<br>SALMON POKE BOWL |   |   |   |   | ●   | ●   | ●  |   | ●   | ●   | ●   |
| MYKONOS SALAD                        |   | ●   |   |   | ●   |   | ●  |   | ●   | ●   |   |
| ROASTED ROOTS & AVOCADO SALAD        |   | ●   |   |   |   |   | ●  |   | ●   |   |   |
| RAW SUPER BOWL                       |   |   | ●   |   | ●   |   | ●  |   |   | ●   |   |
| SALAD FOR THE GODS                   |   | ●   | ●   |   | ●   |   | ●  |   | ●   | ●   |   |

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## PASTA ARTESANA | Healthy Pasta

|                                 |  |  |  |  |  |  |  |  |  |  |  |
|---------------------------------|---|---|---|---|---|---|---|--|---|---|---|
| SUPERTAGLIATELLE                | ●   | ●   | ●   |   |   |   |   |  |   |   | ●   |
| PAD THAI DE 'POLLASTRE'         |   |   |   | ●   |   | ●   |   |  |   | ●   | ●   |
| ORANGE IS THE NEW HEALTHY CUORE | ●   |   | ●   |   | ●   | ●   |   |  |   | ●   | ●   |

## PRINCIPALS RAW | PRINCIPALES RAW Raw Main Courses

|                       |  |  |  |  |  |  |  |  |  |  |  |
|-----------------------|---|---|---|---|---|---|---|--|---|---|---|
| RAW VEGAN LASAGNA     |   |   | ●   |   |   |   |   |  |   | ●   |   |
| RAW ZUCCHINI BLOSSOMS |   |   | ●   |   | ●   |   | ●   |  |   | ●   |   |

## ESPECIALITATS DE LA TERESA ESPECIALIDADES DE TERESA Teresa's Specialities

|  |  |  |  |  |  |  |  |  |  |  |  |   |
|--|--|--|--|--|--|--|--|---|--|--|--|---|
| LA PESCA DEL SALMÓ D'ALASKA<br>LA PESCA DEL SALMÓN DE ALASKA<br>SALMON FISHING IN ALASKA   |  |  |  |  |  |  |  |   |  | ●  | ●  | ● |
| TUNA LOVES WASABI BURGER   | ●  |  |  |  | ●  |  | ●  |   |  | ●  | ●  | ● |
| SALMON MINI BURGERS  | ●  |  |  |  | ●  |  | ●  |   |  | ●  | ●  | ● |
| OMG! BIG FLAX BURGER   | ●  |  | ●  |  | ●  |  | ●  |   |  | ●  | ●  |   |
| NO DIGAS TACOS   |  |  | ●  |  |  |  | ●  |   |  | ●  | ●  |   |
| TACOS AL PASTOR  |  |  | ●  |  |  | ●  | ●  |   |  | ●  | ●  |   |
| THERESIA COCOSEPIA'S<br>BLACK RICE   |  |  | ●  |  |  | ●  |  |   |  | ●  | ●  |   |
| BUTTERNUT SQUASH<br>MALAYSIAN CURRY  |  |  |  | ●  |  |  |  |   |  | ●  | ●  |   |
| ARRÒS MELÓS D'ESPIRULINA,<br>SALICÒRNIA I SALMON WINGS<br>ARROZ MELOSO DE ESPIRULINA,<br>SALICÒRNIA Y SALMON WINGS<br>CREAMY RICE WITH SPIRULINA,<br>SALICORNIA AND SALMON WINGS |  |  | ●  |  |  | ●  |  |   |  | ●  | ●  | ● |
| LOW CARBS RISOTTO &<br>YELLOWFIN TUNA  |  |  |  |  | ●  | ●  |  |   |  | ●  | ●  | ● |
| DOUBLE BLACK COD   |  |  |  |  | ●  | ●  |  |   |  | ●  | ●  | ● |

## SOPEES & CREMES | SOPAS & CREMAS Soups & Creams

|                            |  |  |  |  |  |  |  |  |  |  |  |
|----------------------------|---|---|---|---|---|---|---|--|---|---|---|
| KALE DREAM CREAM           |   |   | ●   |   |   | ●   |   |  |   | ●   | ●   |
| TERESA'S ORIGINAL GAZPACHO |   |   |   |   |   |   |   |  |   | ●   | ●   |

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## WEEKEND BRUNCH

|                              |  |  |  |  |  |  |  |  |  |  |
|------------------------------|---|---|---|---|---|---|--|---|---|---|
| CLASSIC AVO TOAST            | ●   |   |   |   | ●   |   |  |   |   |   |
| POKE AVO TOAST               | ●   |   |   |   | ●   |   |  |   | ●   | ●   |
| AÇAÍ BOWL                    |   |   | ●   |   |   |   |  | ●   | ●   |   |
| ROYAL COCONUT MILK PARFAIT   | ●   |   | ●   |   |   |   |  |   |   |   |
| SCANDAL SCRAMBLE             | ●   | ●   |   |   | ●   |   |  | ●   |   |   |
| HEALTHY VEGGIE EGGS BENEDICT | ●   |   |   |   | ●   |   |  | ●   | ●   |   |
| HEALTHY EGGS ROYALE          | ●   |   |   |   | ●   |   |  | ●   | ●   | ●   |
| SAVOURY HEART WAFFLES        |   |   | ●   |   |   |   |  | ●   |   | ●   |











## BRUNCH COCKTAILS

|               |  |  |  |  |  |  |  |  |  |  |
|---------------|---|---|---|---|---|---|--|---|---|---|
| BEYOND MIMOSA |   |   |   |   |   |   |  | ●   |   |   |
| BLOODY MARY   |   |   | ●   |   | ●   |   | ●  | ●   |   |   |

## HEALTHY KIDS OPTIONS











|                          |  |  |  |  |  |  |  |  |  |  |
|--------------------------|---|---|---|---|---|---|--|---|---|---|
| SUPERKIDS                | ●   |   | ●   |   | ●   |   |  | ●   | ●   |   |
| JACK SPAGHETTINI SPARROW |   | ●   |   |   | ●   |   | ●  | ●   | ●   |   |
| FINDING QUINOA NEMO      |   |   |   |   |   | ●   |  | ●   | ●   | ●   |
| NINJA NUGGETS            |   |   |   |   |   |   |  | ●   |   |   |

## POSTRES | Desserts

|  |  |  |  |  |  |  |  |  |  |  |
|--|---|---|---|---|---|---|--|---|---|---|
| TWO TEXTURES CHOCO CAKE                            |   |   | ●   |   |   |   |  |   | ●   |   |
| TERESA'S MATCHA CHEESECAKE                         |   |   | ●   |   |   |   |  |   | ●   |   |
| COOKIES & PASSIONFRUIT CAKE                        |   |   | ●   |   |   |   |  |   | ●   |   |
| LEMON PIE  |   |   | ●   |   |   |   |  |   | ●   |   |
| PASTÍS DE FORMATGE<br>TARTA DE QUESO<br>CHEESECAKE |   |   |   |   |   |   |  |   | ●   |   |
| CARROT CAKE  |   |   | ●   |   |   |   |  |   | ●   |   |
| WHITE MISO GINGER CHEESECAKE                       |   |   | ●   |   |   |   |  |   | ●   |   |
| GREEK COCONUT PARFAIT                              |   |   | ●   |   |   |   |  |   | ●   |   |

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## GELATS

|                            |  |  |  |  |  |  |  |  |  |  |
|----------------------------|---|---|---|---|---|---|---|--|---|---|
| TOASTED HAZELNUT ICE CREAM |   |   | ●   |   |   |   |   | ●  |   | ●   |
| SUNDAE DE VAINILLA         |   |   | ●   |   |   |   |   |  |   |   |
| SUNDAE DE XOCOLATA         |   |   | ●   |   |   |   |   |  |   |   |
| SUNDAE DE MANGO & ANACARDS |   |   | ●   |   |   |   |   |  |   |   |

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## HEALTHY INDULGENCES

|                                     |  |  |  |  |  |  |  |  |  |  |
|-------------------------------------|---|---|---|---|---|---|---|--|---|---|
| MOSKITO                             |   |   | ●   |   |   |   |   |  | ●   |   |
| COCO CHOCO CHIA                     |   |   | ●   |   |   |   |   |  | ●   |   |
| PINK LADY                           |   |   | ●   |   |   |   |   |  | ●   |   |
| ENERGY SPICY BAR                    |   |   | ●   |   | ●   |   | ●   |  |   |   |
| RASPBERRY & RICE PROTEIN STICK BALL |   |   | ●   |   |   |   |   |  |   |   |
| MATCHA & PEA PROTEIN STICK BALL     |   |   | ●   |   |   |   |   |  | ●   |   |
| ORANGE & HEMP PROTEIN STICK BALL    |   |   | ●   |   |   |   |   |  |   |   |
| VEGAN PEAR-CHOCOLATE MUFFIN         |   |   |   |   |   |   |   |  | ●   |   |
| QUINOA-BLUEBERRY MUFFIN             |   |   | ●   |   |   |   |   |  | ●   |   |
| MATCHA MUFFIN                       |   |   | ●   |   |   |   |   |  | ●   |   |
| MISO-GINGER MUFFIN                  |   |   | ●   |   |   |   |   |  | ●   |   |
| CHOCOLATE & ORANGE MUFFIN           |   |   | ●   |   |   |   |   |  | ●   |   |
| VEGAN COOKIE                        |   |   | ●   |   |   |   |   |  | ●   |   |
| MAPLE-GLAZED DOUGHNUT               |   |   | ●   |   |   |   |   |  | ●   |   |
| GINGER-TURMERIC DOUGHNUT            |   |   | ●   |   |   |   |   |  | ●   |   |