












AL·LÈRGENS | ALÉRGENOS | ALLERGENS

AMANIDES | ENSALADAS Leafy Greens

											
TERESA'S FAVOURITE KALE SALAD					●		●			●	
KALE CAESAR SALAD			●		●		●		●	●	
MIDDLE EASTERN SALAD			●		●				●	●	
YELLOWFIN TUNA & SALMON POKE BOWL					●	●	●		●	●	●
ALASKAN SALMON BIBIMBAP										●	
AGUACHILE DE FRUITES FRUTAS DE TEMPORADA SEASONAL FRUIT AGUACHILE					●				●	●	
ITALIAN SHAKSHUKA FANTASY		●	●								

 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 SO₂
SULFITOS SO₂
SULPHITES SO₂

 SOJA
SOJA
SOY

 PEIX
PESCADO
FISH

ESPECIALITATS DE LA TERESA ESPECIALIDADES DE TERESA Teresa's Specialities

											
BUTTERNUT SQUASH MALAYSIAN CURRY				●					●	●	
KONJAC RISOTTO						●			●		●
MY VEGAN JAPANESE GIRLFRIEND BOWL					●		●		●	●	
BAMBOO STEAMED ALASKAN SALMON					●				●	●	●
RAMEN YA-TERE			●		●	●	●		●	●	
YELLOWFIN TUNA BIBIMBAP											
BBQ TAMARIND GLAZED DOGFISH & SSÀMS		●			●			●	●	●	●
MISO GLAZED SPANISH MACKEREL					●				●	●	●

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HEALTHY PIZZA

											
FOCACCIA											
MARINARA											
MARGHERITA			●								
BARBACOA BARBECUE			●			●			●	●	
TRUFFLE & FUNGHI									●		
BARCELONA			●			●			●	●	
CAPRICHOSA			●							●	
TRADIZIONALE			●								
MISO GLAZED AUBERGINE			●	●	●					●	

HOUSEMADE GLUTEN-FREE BREAD

											
ORIGINAL											
LLAVORS & FRUITA SECA SEMILLAS & FRUTOS SECOS NUTS & SEEDS			●		●						
CÚRCUMA & LLAVORS DE CÀNEM CÚRCUMA & CAÑAMONES TURMERIC & HEMPS SEEDS											
FLAUTA AMB TOMÀQUET FLAUTA CON TOMATE FLUTE WITH TOMATO											
ASSORTIMENT DE PANS VARIATS CESTA PANES VARIADOS BASQUET OF ASSORTED BREADS			●		●						

WEEKEND BRUNCH










											
CLASSIC AVO TOAST					●					●	
POKE AVO TOAST					●					●	●
THE SCANDAL SCRAMBLE		●						●			
THE PLANT-BASED SCANDAL SCRAMBLE										●	
BAO BAB BENEDICTS				●			●	●	●	●	
MOROCCAN ROASTED PORTOBELLO			●		●			●		●	
AÇÁI NA TIGELA			●	●					●	●	

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BRUNCH COCKTAILS

											
BEYOND MIMOSA										●	
BLOODY MARY						●	●		●	●	












HEALTHY KIDS OPTIONS

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

POSTRES | Desserts

											
WHITE MISO-GINGER 'CHEESECAKE'			●							●	
TWO TEXTURES CHOCOLATE CAKE			●							●	
TERESA'S MATCHA CHEESECAKE			●							●	
COOKIES & PASSIONFRUIT CAKE			●							●	
LEMON PIE			●							●	
PASTÍS DE FORMATGE PASTEL DE QUESO CHEESECAKE										●	
THAI FRENCH TOAST					●					●	
PLANT-BASED LABNEH CREAM			●		●						

GELATS | HELADOS Ice cream

											
TOASTED HAZELNUT ICE CREAM			●					●		●	
MANGO CASHEW ICE CREAM			●								
CHOCO ICE CREAM			●							●	
VANILLA ICE CREAM			●							●	

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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			●					●		●	

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