

If you're allergic or intolerant to any kind of food, please notify us immediately.

FLAX & KALE

→ CUINA FLEXITERIANA ←

ENG

TO NIBBLE & STARTERS

KALE CHIPS | 3,95€
dehydrated kale + cashews + nutritional yeast + turmeric

SPICY KALE CHIPS | 3,95€
dehydrated kale + cayenne + Goji berries +
NEW ginger + coriander + peanuts | 🌶️

UMAMI ALMONDS | 4,95€
marcona almonds + white miso + white sesame + black garlic + ginger

GRILLED WATERMELON | 4,95€
grilled watermelon + goat cheese + mizuna + mustard leaves + marcona almonds + sweet mint sauce

SALMON SASHIMI TOAST | 8,95€
Alaskan wild salmon sashimi + 5 cereals whole grain spelt bread* + green peas cream + mint + grated lemon zest
*housemade gluten-free bread (+ 1,45€)

MANGO & AVOCADO TARTARE | 9,95€
mango + avocado + red onion + semi-dry tomato + seaweed caviar + white sesame + chives + tartare special dressing

CRUNCHY FISH TACO DE TERESA'S STAIRWAY | 4,95€
nixtamalized corn flour crunchy tortilla + yellowfin poke tuna dice + white cabbage + coriander + spring onion + housemade cocktail sauce with chipotle + avocado + sesame seeds

BTT: BEET TUNA TARTARE | 15,95€
tuna and beetroot tartare + avocado + seeds + sprouts

SOUPS & CREAMS

KALE DREAM CREAM | 7,95€
leek + onion + potato + kale + thyme + kale chips

SALADS

TERESA'S FAVORITE KALE SALAD | 11,95€
kale + cherry tomatoes + avocado + mixed sprouts + nori seaweed + mango + radishes + chipotle vinaigrette | 🌿

KALE CAESAR SALAD | 11,95€
kale + romaine lettuce + plant-based parmesan + plant-based "chicken" + croutons + plant-based Caesar sauce + plant-based "bacon"

TUNA POKE BOWL | 13,95€
yellowfin tuna + konjac + avocado + wakame + nori + asazuke cucumber + red cabbage chucrut + kale + leafy green + cayenne mayonnaise | 🌿

SALMON POKE BOWL | 13,95€
Alaskan wild salmon** + black rice + white quinoa + avocado + wakame + fermented celery + kelp noodles + mango + leafy greens + miso-ginger sauce

ROASTED CARROTS & AVOCADO SALAD | 10,95€
grilled and dressed carrots + avocado + mixed greens and sprouts + tofu's *mató* + sunflower seeds + lemon and orange sauce

HEALTHY PASTA

SUPERTAGLIATELLE | 15,95€
supertagliatelle with spirulina + Alaskan wild salmon dice + kale pesto + parmesan cheese

SPAGHETTINI PBGF | 12,95€
plant-based gluten-free spaghetti made with rice + mixed seasonal mushrooms + leeks and chile velouté + field wild herbs + coriander + stir-fried vegetables + plant-based parmesan cheese | 🌿

RF Raw food PB Plant-based GF Gluten-free OF Oily fish 🌿 Spicy

may 2020

**All plant-based proteins are developed by our R&D team in our workshop.

**Our Alaskan wild salmon is obtained by sustainable fishing, which helps to keep our oceans' ecosystems healthy and strong.

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TERESA'S SPECIALTIES

SALMON FISHING IN ALASKA | 19,95€
slow-baked wild salmon from Alaska + quinoa salad + citrus and Algerri herbs sauce

TUNA LOVES WASABI BURGER | 15,95€
whole grain spelt bread* with activated charcoal and sesame seeds + tuna burger patty with chives, ginger and wasabi mayonnaise + roasted carrots
*housemade gluten-free bread (+ 1,45€)

OMG! PLANT-BASED BURGER | 15,45€
housemade brioche bread + plant-based hamburger* + plant-based cheddar + ketchup + roasted japanese sweet potato + kale chips

SALMON BURGER | 16,95€
housemade brioche bread + Alaskan wild salmon burger** + mustard & dill mayonnaise + roasted sweet potato + kale chips

OMG! PLANT-BASED TACOS | 15,45€
corn tacos + plant-based "meat"* + cilantro + guacamole + *pico de gallo* + housemade bbq sauce + kale chips

NO DIGAS TACOS | 17,95€
housemade nixtamalized corn tacos (6 units) + the genuine guacamole + sautéed eggplant, shiitake and white cabbage + *pico de gallo* + cashews & chipotle sour cream
*add an extra corn taco (+0,50€)

THERESIA COCOSEPIA'S BLACK RICE | 15,95€
thai black rice + edamame + nuts + young coconut meat + black garlic + wild herbs + green peas and chlorella *allioli*

BUTTERNUT SQUASH MALAYSIAN CURRY | 13,95€
pumpkin + broccoli + zucchini + mushrooms + turmeric curry sauce + peanuts + coconut yoghurt + cilantro + brown basmati rice | 🌿

KIDS OPTIONS



SUPERKIDS | 9,95€
whole wheat spelt bread + seasonal vegetable & soy burger + ecological ketchup + kale chips
*housemade gluten-free bread (+ 1,45€)

JACK SPAGHETTINI SPARROW | 9,95€
rice spaghetti + housemade tomato sauce + quinoa meatballs

DESSERTS

TWO TEXTURES CHOCO CAKE | 6,95€
brownie + chocolate mousse + Miss Avena Avellana Merengada cream + strawberry housemade ice cream

TERESA'S MATCHA CHEESECAKE | 6,95€
matcha green tea + cashews + coconut cream + gluten-free crunchy base with almonds & walnuts

COOKIES PASSIONFRUIT MATCHA LAYER CAKE | 4,95€
cookie base + passionfruit and cashews mousseline + passionfruit gelée + cocoa nibs + matcha mascarpone

COCO CHOCO CHIA POT | 5,95€
soy plant-based drink + coconut plant-based drink + coconut sugar + raw cocoa + chia + banana + coconut cream

ROYAL COCONUT MILK PARFAIT | 6,95€
housemade coconut plant-based yoghurt + housemade granola + seasonal fruit + wild berries



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KOMBUCHA (400 ml.)

SYMBIOTIC PASSION | 4,95€
passion fruit + pineapple + bancha tea

BLUE MOJITO | 4,95€
yuzu + spirulina + mint

MR. BARRI | 4,95€
raspberry + strawberry + camu-camu

VIRUS KILLER | 4,95€
wild herbs + honey

MOTHER AFRICA | 4,95€
ginger + hibiscus + orange

MASALA CHAI | 4,95€
garam masala + ginger

*Do not shake | Not recommended for children under 10
Not recommended for pregnant women or
during the breastfeeding period*

PLANT-BASED DRINKS (300 ml.)

COCO MASALACHAI | 5,95€
purified water + almonds + coconut sugar +
young coconut meat + ginger + cardamom +
cinnamon + aniseed + pepper + vanilla +
himalayan salt + clove

**MISS AVENA AVELLANA
MERENGADA** | 5,95€
purified water + gluten-free oats + hazelnuts +
agave syrup + lemon zest + cinnamon

CASHEW CHOCO SHAKE | 5,95€
purified water + cashews + agave syrup + raw
cocoa + coconut sugar + vainilla

PARTY RECOVERY | 5,95€
purified water + strawberry + young coconut
water + agave syrup + cashew + hemp seeds +
beetroot

TURMERIC CHAI | 5,95€
purified water + almonds + maple syrup +
turmeric + young coconut meat + ginger +
cinnamon + aniseed + vanilla essence +
cardamom + pepper + himalayan salt + clove

COLD-PRESSED JUICES (400 ml.)

GREEN LOVE | 5,95€
apple + spinach + cucumber + celery + ginger +
lemon

GREEN SLIM FIT | 5,95€
apple + spinach + fennel + celery + ginger +
rocket + lemon + parsley

GREEN MEDICINE | 5,95€
pear + spinach + kale + grape + cucumber +
lemon + parsley + dandelion

β CAROTENO | 5,95€
carrot + apple + coconut water

FOREVER YOUNG | 5,95€
carrot + orange + pineapple + grape + turmeric
+ lime + lucuma

PASSION GRAPEFRUIT | 5,95€
apple + tangerine + grapefruit + strawberry +
passion fruit + ginger

MY SWEET HORNY | 5,95€
pineapple + apple + aloe vera + passion fruit + maca

VIRUS KILLER | 5,95€
pear + lemon + osmotized water + ginger +
honey + echinacea + thyme

BLUE DIAMOND | 5,95€
pineapple + pear + grapes + coconut + apple +
ginger + lime + mint + spirulina

THE VEGAN VAMPIRE | 5,95€
pear + beetroot + carrot + orange + pineapple +
lemon + ginger

DETOX | 5,95€
carrot + tomato + lettuce + beetroot + cucumber
+ fennel + spinach + celery + kale

DIGESTIVE ELIXIR | 5,95€
osmotized water + lime + cranberries + maple
syrup + activated charcoal

ENERGY BOOST | 5,95€
osmotized water + cucumber + lemon + honey
+ orange blossom water + bee pollen

SEASONAL JUICE | 5,95€
*ask our staff and let yourself be surprised by
its taste!*

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SMOOTHIES (400 ml.)

RF | PB | GF | OF
ANTIOX | 5,95€
orange + kiwi + strawberry

RF | PB | GF | OF
BERLÍN | 5,95€
orange + mango + strawberry + cranberries +
beetroot + activated charcoal

RF | PB | GF | OF
MOLOKAI | 5,95€
mango + coconut water + apple + banana +
almond butter + spinach + kale + lemon +
NEW basil + mint

FROZEN HEALTHY SMOOTHIES

RF | PB | GF | OF
TERESA'S FAVORITE SMOOTHIE | 5,95€
housemade almond plant-based milk +
strawberries + almond butter + agave syrup +
vanilla

RF | PB | GF | OF
GREEN SMOOTHIE | 5,95€
coconut water + coconut plant-based milk +
kale + melon + apple + spinach + basil + almond
butter + linen seed + agave syrup

RF | PB | GF | OF
BATIDO EL CUBANITO | 5,95€
coconut water + coconut plant-based milk +
raw cocoa + banana + almonds + agave syrup

RF | PB | GF | OF
THE REJUVENATOR! | 5,95€
orange juice + mango + pineapple +
strawberries + açai + Goji berries + chia + agave
syrup

RF | PB | GF | OF
TROPICAL SUPERFOODS | 5,95€
coconut plant-based milk + banana + papaya +
mango + pineapple + maca + Goji berries +
agave syrup

RF | PB | GF | OF
HEALTHY FRAPPEMOCHA | 5,95€
housemade almond plant-based milk + coffee +
young coconut meat + dates + raw cocoa +
agave syrup

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WELLNESS ELIXIRS

PURIFIED WATER | 1,95€
osmosis purified and alkalized low mineral water
(8pH min.)

VICHY CATALÁN | 2,50€

WHOLE YOUNG COCONUT | 5,95€
ask our staff to open it for you!

HOUSEMADE LEMONADE SLUSHY ^{500ML} | 4,50€
lemon juice + agave syrup + osmotized water

GINGER SHOT ^{50ML} | 3,50€
100% cold-pressed ginger juice

ORANGE JUICE | 4,50€

TEA WORLD

**contains nuts*

MATCHA LATTE | 3,50€

CHAI TEA LATTE | 3,50€

BLACK CHAI | ^{ECO} | 2,50€

GREEN (SENCHA) | ^{ECO} | 2,50€

RED (PU ERH) | ^{ECO} | 2,50€

BLACK (EARL GREY) | ^{ECO} | 2,50€

ROOIBOS | ^{ECO} | 2,50€

ROOIBOS MASAI MASALA* | ^{ECO} | 2,50€

DIGESTIVE TEA | ^{ECO} | 2,50€

SPECIALTY COFFEE

extra shot: +0,50€

ESPRESSO / BLACK | 1,80€
18 ml. of coffee in a cup (9 g. coffee)

MACCHIATO | 2,00€
40 ml. of milk* + 18 ml. of coffee in a cup (9 g. coffee)

CAPUCCINO | 2,30€
120 ml. of milk* + 18 ml. of coffee in a cup (9 g. coffee)

LATTE | 2,50€
225 ml. of milk* + 18 ml. of coffee in a cup (9 g. coffee)

FLAT WHITE | 3,30€
100 ml. of milk* + 36 ml. of coffee in a cup (9 g. coffee)

** Replace it with a plant-based drink (soja / oat-coconut /
hazelnuts or almond-cashews):*

macchiato: +0,25€ | capuccino: +0,50€ | latte: +0,75€

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CAVA

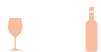


ROVELLATS BRUT <i>Rovellats (Penedès)</i>	4,00€	17,95€
ROVELLATS ROSÉ <i>Rovellats (Penedès)</i>	5,00€	20,95€
IMPERIAL GRAN RESERVA ECO <i>Gramona (Penedès)</i>		25,95€

BEER

CAÑA MAHOU CLÁSICA	20CL: 2,25€	35CL: 3,25€
CLARA HOUSEMADE beer with housemade lemon juice	20CL: 2,25€	35CL: 3,25€
SAN MIGUEL 0,0% BEED	33CL. 2,75€	
MAHOU GLUTEN-FREE BEER	33CL. 3,25€	

TERESA'S WINE HOUSE



WHITE chardonnay + gewürztraminer	3,50€	14,95€
ROSÉ syrah	3,50€	14,95€
RED merlot + tempranillo + cabernet sauvignon	3,50€	14,95€

ROSÉ WINE



LA MAR DE ROSA ECO lledoner <i>Wineissocial (D.O. Empordà)</i>	4,25€	16,95€
ROSAT ECO garnacha negra <i>Herència Altés (D.O. Terra Alta)</i>		16,95€



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WHITE WINE



CURIÓS ECO xarel·lo <i>Albet i Noya (D.O. Penedès)</i>	4,25€	16,95€
PERPLEJO ECO verdejo <i>Wineissocial (D.O. Rueda)</i>	4,25€	17,95€
ÓNRA ECO BIODYNAMIC garnacha blanca + chenin blanc + sauvignon blanc <i>La Gravera</i> (D.O. Costers del Segre)		18,95€
CASANOVA ECO treixadura <i>Pazo de Casanova (D.O. Ribeiro)</i>		18,95€
HONEYMOON ECO parellada <i>Parés Baltà (D.O. Penedès)</i>		19,95€
VORA LA MAR ECO pansa blanca <i>Alta Alella (D.O. Alella)</i>		19,95€
MENADE ECO verdejo <i>Menade (D.O. Rueda)</i>		19,95€
GESSAMÍ ECO sauvignon blanc + muscat <i>Gramona</i> (D.O. Penedès)		19,95€
MENADE SAUVIGNON ECO sauvignon blanc <i>Menade</i> (D.O. Castilla y León)		22,95€

RED WINE	
CURIÓS ECO ull de llebre <i>Albet i Noya (D.O. Penedès)</i>	4,25€ 16,95€
ARTUKE ECO tempranillo + viura <i>Artuke (D.O. Rioja)</i>	4,25€ 16,95€
LLEDONER DEL NORD ECO garnacha negra <i>Wineissocial</i> (D.O. Empordà)	17,95€
REBELDES ECO garnacha negra + syrah <i>Wineissocial</i> (D.O. Montsant)	17,95€
MAS PETIT ECO BIODYNAMIC cabernet sauvignon + garnacha <i>Parés Baltà</i> (D.O. Penedès)	18,95€
SER VIVO Y NATURAL ECO NATURAL tempranillo <i>Hermanos Páramo Arroyo</i> (D.O. Ribera del Duero)	18,95€
CUCA DE LLUM ECO NATURAL trepal <i>Succès (D.O. Conca de Barberà)</i>	19,95€
HABLA DEL SILENCIO ECO syrah + cabernet sauvignon + tempranillo <i>Habla (D.O. Extremadura)</i>	21,95€

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