

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 + 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€)

FUNGHI COCONUT TOAST | 7,95€
seasonal funghi mix toast + 5 cereals whole grain spelt bread + white wine + coconut cream + thyme + black truffle | *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

TERESA'S PALEO BREAD | 7,95€
housemade paleo bread (almond flour + potato starch + pumpkin seeds + dried tomatoes + carrot + zucchini + basil + egg) + housemade 'No Matter with our Batter' (housemade marcona almonds butter + coconut oil + chive) + housemade grape chutney with a touch of thyme

HEALTHY MEZZEPLATTER | 17,95€
buckwheat, chia and flax cracker + beetroot and seeds cracker + kale cracker + black hummus with activated charcoal + green hummus with spinach, rocket and coriander + orange-colored hummus with pumpkin and turmeric + quinoa and Teresa's vegan foie 'meatballs' + Teresa's mezzepalater kale salad+ raw veggies mini-crudités | * Sharing course

SALADS

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

YELLOWFIN TUNA & SALMON POKE BOWL | 15,95€
tuna yellowfin + alaskan wild salmon + black rice + white quinoa + avocado + wakame seaweed + fermented celery + kelp noodles + edamame + green shoots + miso-ginger dressing

RAW SUPERBOWL | 13,95€
leafy greens + coleslaw raw hummus + orange betacarotene hummus + zucchini tagliatelle with turmeric pesto + cucumber asazuke + cherry tomatoes with basil pesto + red cabbage hummus + sprouts

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

SOUPS & CREAMS

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

TERESA'S ORIGINAL GAZPACHO | 7,95€
tomato + cucumber + green pepper + garlic + onion + olive oil + cumin

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

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

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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 | 🌿



ORANGE IS THE NEW HEALTHY CUORE | 12,95€
spelt & turmeric ravioli filled with beta carotenes (carrot, sweet potato, pear, maca, nutritional yeast, almonds flour) + pumpkin soft sauce + macerated pear + beetroot + plant-based parmesan cheese

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



FINDING QUINOA NEMO | 9,95€
Alaskan wild salmon + quinoa with vegetables in the wok + green leaves

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€)



NEW

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



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

* Housemade gluten-free bread (+ 1,45€)



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 taco (+0,50€)



NEW

TACOS AL PASTOR | 17,95€
housemade nixtamalized corn tacos (6 units) + jackfruit "pork" + guacamole + lime + coriander + *pico de gallo* + cashew & chipotle sour cream | * Add an extra 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*



VEGGIE PANANG RED CURRY | 15,95€
pumpkin + broccoli + zucchini + mushrooms + turmeric curry sauce + peanuts + coconut yoghurt + cilantro + brown basmati rice | 🌿

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DESSERTS

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

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

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

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

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

AÇAÍ BOWL | 8,95€
RF PB GF OF
SMOOTHIE: *açaí do Brasil* + banana + strawberries + cashew plant-based drink + agave syrup
TOPPING: blueberries + watermelon + housemade brasilian chestnuts crumble + hemp seeds + Goji berries

AÇAÍTELLA BOWL | 8,95€
RF PB GF OF
SMOOTHIE: *açaí do Brasil* + raw cocoa + housemade hazelnut cream + strawberries + banana + agave syrup
TOPPING: gluten-free crumble + kiwi + raspberries + turmeric dressing

ROYAL COCONUT MILK PARFAIT | 6,95€
RF PB GF OF
housemade coconut plant-based yoghurt + housemade granola + seasonal fruits + berries

SCANDAL SCRAMBLE | 9,95€
RF PB GF OF
scrambled free range eggs* + assorted mushrooms + spinach + tomato + green garlic + feta cheese + carrots + 6 cereals whole wheat bread* | *Only egg whites (+ 1,95€) | *Housemade gluten-free bread (+ 1,45€)

HEALTHY VEGGIE EGGS BENEDICT | 12,95€
RF PB GF OF
NEW housemade english muffin + boletus edulis + spinach + free range poached runny eggs + plant-based truffled hollandaise sauce + roasted seasonal veggies

HEALTHY EGGS ROYALE | 14,95€
RF PB GF OF
NEW housemade english muffin + marinated salmon from Alaska + free range poached runny eggs + plant-based curry hollandaise sauce + roasted seasonal veggies

ONLY AVAILABLE ON WEEKEND

WEEKEND BRUNCH

CLASSIC AVO TOAST | 4,95€
RF PB GF OF
whole wheat sliced bread + avocado + lemon + cayenne pepper + flax + chia

POKE AVO TOAST | 5,95€
RF PB GF OF
NEW whole wheat sliced bread + avocado + cucumber + marinated salmon + raw onion

MEDITERRANEAN AVO TOAST | 5,95€
RF PB GF OF
NEW whole wheat sliced bread + guacamole + green pesto + coconut plant-based mozzarella + Kalamata olives + tomato

AVO TOAST 2.0 | 5,95€
RF PB GF OF
NEW whole wheat sliced bread + avocado + yuzu sauce + *açaí* sauce + pistachios + nutritional yeast

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