

# ALÉRGENOS

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# FLAX & KALE

→ CUINA FLEXITERIANA ←



## PARA PICAR Y ENTRANTES

KALE CHIPS ORIGINAL RECIPE			●						●		
KALE CHIPS THAI STYLE				●					●		
UMAMI MARCONA			●		●				●	●	
SANDÍA A LA PARRILLA		●	●					●			
FUNGHI COCONUT TOAST	●				●				●		
SALMON SASHIMI TOAST	●				●				●	●	●
MANGO & AVOCADO TARTARE					●			●	●		
TERESA'S PALEO BREAD			●		●			●	●		
CRUNCHY YELLOWFIN TACO					●				●	●	●
CRUNCHY SALMON TACO					●			●	●	●	●
CRUNCHY HIRAMASA TACO					●			●	●	●	●

## PARA COMPARTIR

LEBANESE MEZZE FEST!			●		●				●	●	
SURTIDO CRUNCHY TACOS					●			●	●	●	●
NACHOS SUPREMOS			●			●			●	●	●

## ENSALADAS

TERESA'S FAVORITE KALE SALAD					●			●		●	
KALE CAESAR SALAD			●		●			●	●		
YELLOWFIN TUNA & SALMON POKE BOWL					●	●		●	●	●	●
MIDDLE EASTERN			●		●				●	●	

## SOPAS Y CREMAS

KALE DREAM CREAM			●			●			●	●	
RAMEN-YA TERE	●		●		●	●		●	●		



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FRUTOS SECOS



CACAHUETES



SÉSAMO



APIO



MOSTAZA



HUEVOS



SULFITOS SO<sub>2</sub>



SOJA



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## PASTA ARTESANA

SUPERTAGLIATELLE	●	●	●		●			●			●
PAD THAI DE 'POLLO'				●		●			●	●	

## PARA LOS NIÑOS

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

## ESPECIALIDADES DE TERESA

LA PESCA DEL SALMÓN DE ALASKA									●	●	●
TUNA LOVES WASABI BURGER	●				●		●		●	●	●
DOUBLE CHEEZBURGER			●		●	●	●		●	●	
CHICK'N BURGER					●		●		●	●	
SALMON MINI BURGERS	●				●		●		●	●	●
TACOS AL PASTOR			●			●	●		●	●	
THERESIA COCOSEPIA'S BLACK RICE			●			●			●	●	
BUTTERNUT SQUASH MALAYSIAN CURRY				●					●	●	
ARROZ MELOSO DE ESPIRULINA, SALICORNIA Y SALMÓN			●			●			●		●
LOW CARBS RISOTTO & YELLOWFIN TUNA					●	●			●	●	●



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## POSTRES

									
TWO TEXTURES CHOCO CAKE			●						●
TERESA'S MATCHA CHEESECAKE			●						●
COOKIES & PASSIONFRUIT CAKE			●						●
LEMON PIE			●						●
TARTA DE QUESO									●
CARROT CAKE			●						●

## HELADOS

									
FRESH YOUNG COCONUT ICE CREAM			●	●			●		●
TOASTED HAZELNUT ICE CREAM			●				●		●

## 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			●			●		●	●
SUNDAE DE VAINILLA			●						
SUNDAE DE CHOCOLATE			●						
SUNDAE DE MANGO & ANACARDOS			●						



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## TO NIBBLE & STARTERS

KALE CHIPS ORIGINAL RECIPE			●						●		
KALE CHIPS THAI STYLE				●					●		
UMAMI MARCONA			●		●				●	●	
GRILLED WATERMELON		●	●				●				
FUNGHI COCONUT TOAST	●				●				●		
SALMON SASHIMI TOAST	●				●				●	●	●
MANGO & AVOCADO TARTARE					●		●		●	●	
TERESA'S PALEO BREAD			●		●			●	●		
CRUNCHY YELLOWFIN TACO					●				●	●	●
CRUNCHY SALMON TACO					●		●		●	●	●
CRUNCHY HIRAMASA TACO					●		●		●	●	●

## SHARING COURSES

LEBANESE MEZZE FEST!			●		●				●	●	
CRUNCHY TACOS ASSORTMENT					●		●		●	●	●
NACHOS SUPREMOS			●			●			●	●	●

## SALADS

TERESA'S FAVORITE KALE SALAD					●		●			●	
KALE CAESAR SALAD			●		●		●		●	●	
YELLOWFIN TUNA & SALMON POKE BOWL					●	●	●		●	●	●
MIDDLE EASTERN			●		●				●	●	

## SOUPS & CREAMS

KALE DREAM CREAM			●			●			●	●	
RAMEN-YA TERE	●		●		●	●	●		●	●	



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### HEALTHY PASTA

											
SUPERTAGLIATELLE	●	●	●		●			●			●
'CHICKEN' PAD THAI				●		●			●	●	

### KIDS OPTIONS

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

### TERESA'S SPECIALTIES

											
SALMON FISHING IN ALASKA									●	●	●
TUNA LOVES WASABI BURGER	●				●		●		●	●	●
DOUBLE CHEEZBURGER			●		●	●	●		●	●	
CHICK'N BURGER					●		●		●	●	
SALMON MINI BURGERS	●				●		●		●	●	●
TACOS AL PASTOR			●			●	●		●	●	
THERESIA COCOSEPIA'S BLACK RICE			●			●			●	●	
BUTTERNUT SQUASH MALAYSIAN CURRY				●					●	●	
CREAMY RICE WITH SPIRULINA, SALICORNIA AND SALMON			●			●			●		●
LOW CARBS RISOTTO & YELLOWFIN TUNA					●	●			●	●	●



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