

# Food

## STARTERS

<b>Today's soup or gazpacho [v-gf]</b>	6€
<b>Summer Salad [gf-Vegan available]</b> ⑤ ① ② ③ ④	8,20€
Roasted beet, with seasonal fruit, arugula and goat cheese with mustard dressing.	
<b>The Raw Vegan [v-gf]</b> ①	8,20€
Carpaccio of zucchini with cabbage kimchi and our vegan cheese made of activated sunflower seeds.	
<b>The Koftas [v-gf]</b> (3 / 5 Ud.)	5,80€ / 8,10€
Artisan millet croquettes on baked red onion petals, with orange, carrot and ginger sauce.	
<b>Nachos Aguaribay [gf-Vegan available]</b> 🌶️ ⑤	9,80€
Tortilla chips on a bed of black beans, cheddar cheese sauce, guacamole and salsa fresca.	
<b>Combi Multiculti [v-gf]</b>	11,30€
Pickled mushrooms, peas and mint pâté, roasted eggplant with black olives spread, cassava and green plantain chips, with corn tortillas.	

## FOR CHILDREN

<b>Italian Pasta [Vegan available]</b> ① ⑤	6,80€
Penne rigate with tomato sauce and parmesan cheese.	
<b>Tasty Rice [Vegan available]</b> ⑤	6,80€
Basmati rice with tomato sauce and parmesan cheese.	
<b>Additional crispy tofu</b>	+2€

## MAIN COURSES

<b>Buen rollo [v]</b> ① ⑥	11,90€
Wrap stuffed with seitan, pickled cabbage and dried tomatoes with vegan basil sauce and avocado mousse.	
<b>Pad Thai [v-gf]</b> 🌶️ ② ⑥	12,90€
Rice noodles wok with seasonal vegetables, crispy tofu, roasted pineapple and peanut sauce.	
<b>Green lasagna</b> ① ④ ⑤	13,10€
Lasagna with seasonal vegetables, mozzarella cheese and homemade tomato sauce.	
<b>Fresh Pasta</b> ① ③ ④ ⑤	13,40€
Artisan ravioli stuffed with provola cheese, eggplant and tomato, with pesto of sage, dried tomatoes and walnuts. With parmesan cheese.	
<b>Today's curry [v-gf]</b> 🌶️🌶️ ③ ⑥	12,90€
Of legumes or tofu. With vegetables, accompanied with basmati rice with cilantro and toasted cashews.	
<b>Black Rice Deluxe [v-gf]</b> ⑥	14,90€
Organic black rice, seasonal vegetables, local beans, seaweed and alioli of rosemary and pink pepper aguaribay.	

- ① Oats / Barley / Rye / Wheat
- ② Peanuts
- ③ Nuts
- ④ Eggs
- ⑤ Dairy products
- ⑥ Soy

- ① Strawberry
- ② Mustard
- ③ Peach / Apricot
- ④ Sesame

## DESSERTS

<b>Brownie [gf]</b> ③ ④ ⑤	6,30€
With nuts and organic vanilla ice cream.	
<b>Chocolate and Coconut Lust [v-gf]</b>	6,30€
With mango organic sorbet.	
<b>Tiramisu</b> ① ③ ⑤	6€
With mascarpone cheese and amaretto liqueur.	
<b>Carrot Cake [v]</b> ① ③ ⑥	6€
With coconut cream and nuts.	
<b>Apple Crumble [Vegan available]</b> ① ③ ⑤	6€
With yogurt ice cream and crunchy almonds.	
<b>Chia Pudding</b> ③ ④	5€
With blueberries, fresh fruit and nuts.	
<b>Organic Ice Creams [gf]</b> ④ ⑤	4,40€
Vanilla - Yogurt	
<b>Organic Sorbets [v-gf]</b>	4,40€
Lemon - Mango	

*We mainly use products of local and ecological origin (tofu, seitan, cereals, seeds and most vegetables).*

*We work in an artisan and conscious way, promoting non-industrial production and respect for the environment.*

**Additional organic bread** 1,50€

[v] Vegan  
[gf] Gluten-free  
Spicy level 🌶️🌶️🌶️

**Terrace extra charge: +10%**

# Drinks

## WATER

Still mineral water (50cl. / 1lt.)	2,50€ / 4€
Sparkling water Malavella 33cl.	2,60€
Vichy Catalan (sparkling water) 1lt.	5,50€

## SOFT DRINKS

Fritz-Kola, light or flavours 33cl. Lemon, orange or rhubarb	3,30€
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Tonic Fever Tree	3,60€
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Ice Tea Kailani 33cl. Black with lemon or White with peach	3,90€
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Artisan kombucha Kashaya 33cl. Elderflower and Orange Blossom. Organic. Vegan. Gluten-free.	5,50€
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## JUICES

Organic white grape-juice (Glass/ Bot.)	2,90€ / 10,50€
Organic juices Cal Valls 20cl. Apple or orange	2,60€
Pineapple	2,90€

## FRESHLY SQUEEZED:

Orange juice	3€ / 3,90€
Energy Juice Carrot, apple and ginger	4,50€
Detox Juice Beet, apple and lemon	4,50€

## BEERS

Estrella Galicia Small draft beer or shandy 20cl.	2,15€
Regular draft beer or shandy 30cl. Jar or shandy 40cl.	2,65€
Alcohol-free beer (bottle)	3,25€
Double malt "1906" (bottle)	2,80€

Artisan draft Birra 08 (small / regular)	2,50€ / 2,90€
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## CRAFT BEERS (bottle 33cl.)

Birra 08 Barceloneta (Summer Ale 2,8%) or Clot (Pale Ale 4,3%)	3,90€
Cervesa del Montseny Wheat (4,3%) o Negra Stout	3,90€
JK de Poblenou Daurada (Pale Ale 5,3%) or Tots Sants (with chestnuts and sweet potatoes 8%)	3,90€
Hoptimista-Edge Brewing IPA 6,6%	3,90€
Beauty with aloe vera. Organic 4,8%	3,90€
Brunehaut gluten-free. Organic. Belgium Amber (6,5%) or Blonde (6,5%)	4,30€

## ARTISAN VERMOUTH

Prades-Tarragona	3,40€
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## ARTISAN CIDER (70cl.)

Fanjul Asturias. Organic	12.10€
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## GIN TONICS

Beefeater	7€
Seagram's with citrus and ginger	8€
Martin Miller's with pink pepper aguaribay, cardamom and lime	9€

## RED WINES

Clos Mèdol. Tarragona (merlot, garnacha) Organic. House wine. Fresh, fruity and aromatic.	(glass / bottle) 3,60€ / --
Dardell Negre. Terra Alta (black garnacha, syrah) Organic. Direct and generous. Fruity sensations and pleasant persistence.	3,80€ / 15,20€
Mas Petit. Penedés (cabernet sauvignon, black garnacha) Organic. Biodynamic. Vegan. Friendly and elegant. Taste of red fruits with hints of vanilla.	4,45€ / 17,90€
Una Nit en Globus. Montsant (garnacha, cariñena, syrah) Organic. Round with personality. Tempting with notes of ripe black fruit (plums and raisins).	-- / 19,80€

## WHITE WINES

Clos Mèdol. Tarragona (macabeo, xarel-lo) Organic. House wine. Fresh, dry and aromatic.	(glass / bottle) 3,60€ / --
Dardell Blanc. Terra Alta (white garnacha, viognier) Organic. A classic rejuvenated. Fruity and aromatic.	3,80€ / 15,20€
Fruto Noble. Alicante (sauvignon blanc) Organic. Biodynamic. Vegan. Fresh, acid, with an intense aroma of tropical fruits.	4,10€ / 16,40€
Blanc de Pacs. Penedés (parellada, macabeo, xarel-lo) Organic. Biodynamic. Vegan. Fine and exciting. Very aromatic, smell of white fruit (pineapple), with citrus and floral notes.	4,45€ / 17,90€
Jose Galo. Rueda (verdejo) Exciting and surprising. Smell of fruits and minerals, with hints of anise and a lightly bitter touch.	4,50€ / 18,20€

## ROSÉ WINE

Clos de Torribas. Penedés (merlot, tempranillo) Organic. Light but with character, varietal aromas of tempranillo and berries.	(glass / bottle) 3,90€ / 15,60€
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## CAVAS

Dibon. Brut Nature Penedés	(glass / bottle) 3,60€ / 13,10€
Marrugat. Brut Nature Priorat Organic	-- / 16,80€