

# Food

## STARTERS

<b>Today's soup [v-gf]</b>	6,80€
<b>Winter Salad [v-gf]</b> ③ ⑥	8,70€
Roasted pumpkin, sauteed seasonal mushrooms, dates with Port wine, and Bagna Cauda sauce (tofu and nuts). With pomegranate, sprouts and seeds.	
<b>The Koftas [v-gf]</b> (3 / 5 units)	6,30€ / 8,60€
Artisan millet and spiced red lentils 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> ③ ⑥	11,40€
Candied artichokes, sweet potato purée with black olives spread, and pâté of leeks, tofu and nuts, with cassava and green plantain chips, and 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 sauteed seasonal vegetables, purée of black beans and seitan. With vegan basil sauce and dried tomatoes pâté.	
<b>Pad Thai [v-gf]</b> 🌶️ ② ⑥	13,10€
Rice noodles wok with seasonal vegetables, crispy tofu and roasted seasonal fruit, with peanut sauce.	
<b>Green lasagna</b> ① ④ ⑤	13,10€
Of pumpkin, mushrooms and other seasonal vegetables, with gorgonzola cheese and homemade tomato sauce.	
<b>Fresh Pasta Chef's Suggestion</b> ① ③ ④ ⑤	13,40€
Homemade ravioli stuffed with local vegetables and artisan cheeses. With homemade sauce and Parmesan cheese.	
<b>Today's curry [v-gf]</b> 🌶️🌶️ ③ ⑥	13,10€
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 aguaribay (pink pepper).	
<b>Risotto Chef's Suggestion [gf-Vegan available]</b> ③ ⑤	13,30€
With Bio rice from Delta del Ebro, artisan cheeses, seasonal vegetables and Penedés white wine.	

**We serve complimentary organic bread, crudités and hummus, with all meals.**

**Additional organic bread** 1,50€

[v] Vegan

[gf] Gluten-free

Spicy level 🌶️🌶️

## DESSERTS

<b>Brownie [gf]</b> ③ ④ ⑤	5,50€
With nuts and organic vanilla ice cream.	
<b>Chocolate and Coconut Lust [v-gf]</b>	5,50€
With mango organic sorbet.	
<b>Carrot Cake [v]</b> ① ③ ⑥	5,50€
With coconut cream and nuts.	
<b>Apple Crumble [Vegan available]</b> ① ③ ⑤	5,50€
With yogurt ice cream and crunchy almonds.	
<b>Organic Ice Creams [gf]</b> ④ ⑤	4,40€
Vanilla or Yogurt.	
<b>Organic Sorbets [v-gf]</b>	4,40€
Lemon or 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.*

① Oats / Barley / Rye / Wheat

② Peanuts

③ Nuts

④ Eggs

⑤ Dairy products

⑥ Soy

Ⓐ Strawberry

Ⓑ Mustard

Ⓒ Peach / Apricot

Ⓓ Sesame

# Drinks

## WATER

<b>Purified water - Still</b> (50cl. / 70cl.)	2,50€ / 3,50€
<b>Carbonated</b> (50cl.)	2,70€
<b>Mineral bottled water Font d'Or</b> (50cl.)	2,70€
<b>Vichy Catalan</b> (sparkling bottled water) 1lt.	5,50€

## SOFT DRINKS

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

## JUICES

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

## FRESHLY SQUEEZED:

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

## BEERS

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

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

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

## ARTISAN VERMOUTH

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

<b>Fanjul</b> Asturias. Organic	12.10€
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## GINTONICS

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

## RED WINES

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

## WHITE WINES

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

## ROSÉ WINE

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

## CAVAS

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