

# Food

## STARTERS

<b>Today's soup or Gazpacho [v-gf]</b>	6,80€
<b>The Koftas [v-gf] (3 / 5 units)</b>	6,30€ / 8,60€
Artisan millet croquettes, pickled seasonal veggies and sweet chili sauce.	
<b>The Raw Vegan [v-gf] (A)</b>	8,70€
Zucchini slices with red cabbage kimchi and our vegan cheese made of activated seeds, on beet-and-strawberry sauce.	
<b>Combi Multiculti [v-gf] (6)</b>	8,90€
Roasted eggplant pâté, homemade sauerkraut, cassava chips and corn tortillas.	
<b>Nachos Aguaribay [gf-Vegan available] (5)</b>	9,80€
Tortilla chips on a bed of black beans, cheddar cheese sauce, guacamole and <i>salsa fresca</i> .	

## FOR CHILDREN

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

## MAIN COURSES

<b>Buen Rollo [v] (1 6)</b>	11,90€
Wrap stuffed with homemade seitan, crispy veggies, dried tomatoes pâté and avocado mousse.	
<b>Burger Aguari-Nice [v-Gluten Free Available] (1 6 B)</b>	12,50€
Made of beetroot and millet, with caramelized onions, mustard and pickles vegenaïse, potato wedges and artisan bread with olives.	
<b>Pad Thai [v-gf] (2 6)</b>	13,10€
Rice noodles wok with seasonal vegetables, crispy tofu, roasted seasonal fruit and peanut sauce.	
<b>Our Curry [v-gf] (3 6)</b>	13,10€
Indian or Thai style. With seasonal vegetables, kkakdugi (white radish kimchi), basmati rice, herbs and toasted cashews.	
<b>The Lasagna (1 4 5)</b>	13,10€
With seasonal vegetables, homemade tomato sauce, mozzarella cheese and fresh basil.	
<b>Risotto [gf-Vegan available] (3 5)</b>	13,30€
<b>Chef's Suggestion</b> 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] (3 4 5)</b>	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] (1 3 6)</b>	5,50€
With coconut cream and nuts.	
<b>Organic Ice Cream [gf] (4 5)</b>	4,40€
Vanilla.	
<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

(A) Strawberry

(B) Mustard

(C) Peach / Apricot

(D) 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>Artisan kombucha Kashaya</b> 33cl.	5,50€
Elderflower and Orange Blossom. Organic. Vegan. Gluten-free.	

## JUICES

<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	