





# TERESA'S


STAIRWAY TO HEALTH.

## SALADS & BOWLS

Our goal is to organically farm all the fruits and veggies that make up our menu. We started with kale, and now we are planting leafy greens, carrots, beetroots, spinach, and rhubarb. For the produce we do not farm, we trace the entire supply chain process to ensure you receive the best quality "From Farm to Table".


 **KALE CAESAR SALAD** PB + GF  
kale + romain lettuce + boiled corn + carrot + apple + tofu croutons + shiitake anchovies + plant-based parmesan + Teresa's Special Caesar dressing  
**\_7,95€**


 **ROASTED CARROTS & AVOCADO SALAD** PB + GF  
grilled and dressed carrots + avocado + mixed greens and sprouts + tofu *mató* + sunflower seeds + lemon and orange sauce  
**\_7,95€**


 **RED QUINOA & TUNA POKE BOWL** GF + OF  
red quinoa + daikon turnip + cucumber asazuke + yellowfin tuna sashimi + avocado + tomato + wakame seaweed + enoki + sesame + coriander sprouts + Teresa's miso-ginger dressing  
**\_10,95€**


## TOASTS & BREADS

Our toasts are made of artisanal whole wheat ecological spelt bread with cereals, baked in a stone oven. Teresa believes this bread is the best choice for these recipes, but if you need or prefer a non-gluten option, we can easily prepare your *Healthy Toast* using bread made without gluten + 0'50€.

 **GUAKALEMOLE TOAST** PB  
5 cereals brown spelt bread + avocado + kale + pink grapefruit + germinated coriander + lime + jalapeño  
**\_6,95€**


 **HUMMUS PICKLED TUNA TOAST** OF **NEW**  
5 cereals brown spelt bread + spinach and coriander hummus + tuna + soy mayonnaise + radishes  
**\_7,95€**


 **SALMON SASHIMI TOAST** OF  
5 cereals brown spelt bread + Alaska wild salmon sashimi + green peas cream + mint + grated lemon zest  
**\_8,95€**

 **PLANT-BASED 'BACON & CHEESE' BAGEL** PB  
whole grain bagel with seeds + plant-based creamy mascarpone + plant-based cheddar + tomato + young coconut 'bacon'  
**\_5,95€**

## SOUPS & CREAMS

All of our soups are dairy-free and animal fat-free.

 **TERESA'S ORIGINAL GAZPACHO** PB + GF + RF **NEW**  
tomato + cucumber + green pepper + red pepper + onion + garlic + olive oil + apple vinegar + cumin  
**\_5,95€**

 **KALE + ESPIRULINA CREAM** PB + GF  
kale + leeks + onion + potato + coconut plant-based milk + spirulina + pumpkin seeds  
**\_5,95€**

## BURGERS

Our *burger buns* are made of artisanal whole wheat ecological spelt bread, baked in a stone oven. They are free of dairy, animal fat, hydrogenated plant-based fats, and refined sugars. We have chosen complimentary bread for each of our homemade burgers, but if you want a non-gluten option, we can easily prepare your *Healthy Burger* bun using bread made without gluten + 0'50€.

 **TERESA CARLES BEST VEGGIE BURGER** PB **\_9,95€**

*patty* non-gmo soya + carrot + onion + leek + oregano

*bun* whole wheat ecological spelt flour

*side in* gherkin + plant-based cheddar + tomato + curly lettuce + chopped mango and onion + mango vinaigrette

 **TERESA CARLES VEGGIE MINI BURGERS** **\_10,95€**

*patty* [1] seitan patty  
seitan + onion + *soju* + zucchini + black sesame  
[2] soya patty  
non-gmo soya + carrot + onion + leek + oregano  
[3] beetroot patty  
rice + beetroot + carrot + mushrooms + red pepper + thyme

*bun* whole wheat ecological spelt flour mini buns

*side in* gherkin + caramelized onion + housemade ketchup spiced with a touch of chipotle

 **YELLOWFIN TUNA BURGER** OF **\_10,95€**

*patty* fresh yellowfin tuna + spring onion + basil + garlic + coriander + parsley + wasabi

*bun* whole wheat ecological spelt flour with activated charcoal

*side in* gherkin + tomato + rocket + miso-ginger coleslaw with miso-ginger dressing


 **ALASKAN WILD SALMON BURGER** OF **\_10,95€**


*patty* Alaska wild salmon + spring onion + dill + mustard + garlic + parsley

*bun* whole wheat ecological spelt flour with Teresa's Juicery beetroot cold-pressed juice

*side in* gherkin + tomato + rocket + pickled *ensaladilla* + mustard and dill sauce

## TACOS

 **NO DIGAS TACOS** PB + GF **\_10,95€**  
housemade nixtamalized corn tacos + the genuine guacamole + sautéed eggplant, shiitake and white cabbage + coriander + *pico de gallo* + cashews sour cream

 **CRUNCHY YELLOWFIN TACOS** OF + GF **\_11,95€**  
nixtamalized corn flour crunchy tacos + raw yellowfin poke tuna dice + green cabbage + coriander + spring onion + housemade pink sauce with chipotle + avocado + roasted sesame seeds

**BARCELONA'S  
BEST HEALTHY FAST FOOD  
EAT IN & TAKE AWAY**

## SIDES

There are so many nutritional facts against french fries that you don't ever find them on our menu. Instead, we have innovative and healthy sides rich in antioxidants and dehydrated... not only healthy but very tasty, too!


 **KALE CHIPS** PB + RF + GF **\_3,50€**


 **ROASTED CARROTS** PB + GF **\_2,50€**


 **ROASTED SWEET POTATO** PB + GF **\_2,50€**

 **POLENTA CHIPS** PB + GF **\_2,50€**

## CAKES

 **TERESA'S MATCHA CHEESECAKE** PB + GF **\_4,95€**  
matcha tea + cashews + coconut cream + crunchy gluten-free base with almonds & walnuts

 **SELVA NEGRA** PB + GF **NEW** **\_4,95€**  
whole wheat flour + cocoa powder + coconut cream + cherry marmalade

 **TWO TEXTURES CHOCOLATE CAKE** PB + GF **\_4,95€**  
buckwheat flour brownie and rice flour + hazelnuts + chocolate mousse plant based

## BAKERY

**BLUEBERRY-QUINOA MUFFIN** PB + GF **\_2,95€**

**NON-FRIED DOUGHNUT** GF **\_2,95€**

**GINGER-TURMERIC DOUGHNUT** GF **\_2,95€**

**CARROT COCONUT CUPCAKE** PB + GF **\_3,95€**

**PEAR-CHOCOLATE MUFFIN** PB + GF **\_2,95€**

**BIG COOKIE** PB + GF **\_2,50€**

**SPELT CROISSANT** PB **\_2,50€**

## HEALTHY INDULGENCES

**MOSKITO** PB + GF **\_3,50€**  
buckwheat flour + cashews mascarpone + chocolate plant-based cover

**COCO CHIA** PB + GF + RF **\_3,50€**  
chia and coconut cream + almonds + raw chocolate

**PINK LADY** PB + GF **\_3,50€**  
buckwheat flour + coconut and lemon cream + beetroot + plant-based white chocolate

**ENERGY SPICY BAR** PB + GF + RF **\_2,50€**  
almonds + walnuts + raw cocoa + cayenne + pistachios + Goji berries

**SUPERFOOD PROTEIN BALLS** PB + GF + RF **\_2,00€ / unit**  
[1] *raspberry & rice protein stick ball* macadamia nuts + almonds + lyophilized raspberry + rice protein + cashews + dates  
[2] *matcha & pea protein stick ball* matcha tea + pistachios + pea protein + cashews + dates + almonds  
[3] *orange & hemp protein stick ball* orange + raw cocoa + walnuts + hemp protein + cashews + dates + almonds



# TERESA'S

STAIRWAY TO HEALTH.

## SMOOTHIE BOWLS & POTS

Our Smoothie Bowls are totally refined sugar-free and animal fat-free.

### PURPLE AÇAÍ RIO PB \_8,95€

**fresh fruit** strawberry + banana

**smoothie** açaí + strawberry + banana + young coconut water + housemade almond plant-based milk + agave

**granola** housemade Brazil nuts crumble

**topping** Goji berries + hemp seeds + blueberries

### AÇAÍTELLA BOWL PB + GF \_8,95€

**fresh fruit** strawberry + banana + kiwi

**smoothie** açaí do Brasil + raw cocoa + housemade hazelnut cream + gluten-free crumble + strawberries + banana + kiwi

**granola** gluten-free crumble with raw cocoa nibs

**topping** turmeric dressing

### COCO-CHOCO CHIA POT PB + GF \_5,95€

soya plant-based milk + coconut plant-based milk + coconut sugar + cacao raw + chia + coconut cream + banana

### ROYAL COCONUT MILK PARFAIT PB + GF \_5,95€

housemade young coconut creamy yogurt + strawberry + raspberries + blueberries + gluten-free chocolate crumble

## FROZEN SMOOTHIES

### TERESA'S FAVOURITE SMOOTHIE PB + RF + GF \_5,95€

housemade almond plant-based milk + strawberry + almond butter + agave syrup + vanilla

### GREEN SMOOTHIE PB + RF + GF \_5,95€

coconut water + coconut plant-based milk + kale + melon + apple + spinach + basil + almond butter + linen seed + agave syrup

### BATIDO EL CUBANITO PB + RF + GF \_5,95€

coconut water + coconut plant-based milk + raw cocoa + banana + almonds + agave syrup

### THE REJUVENATOR! PB + RF + GF \_5,95€

orange juice + mango + pineapple + strawberry + açaí + Goji berries + chia + agave syrup

## COFFEE & TEA

All our coffees are 100% natural. We trust in Right Side Coffee Roasters for their superior quality. If you do not drink dairy, we also have soy plant-based milk and fresh almond & cashew plant-based milk\*. Ask for your favorite!

\*in macchiato: +0,25€ / in capuccino: + 0,50€

ESPRESSO   BLACK COFFEE	_1,80€
MACCHIATO	_2,00€
CAPUCCINO	_2,30€
MATCHA LATTE	_3,50€
CHAI TEA	_2,50€
CHAI TEA LATTE	_3,50€
GREEN   RED   BLACK TEA	_2,50€
ROIBOOS TEA	_2,50€
CAMOMILE TEA	_2,50€
PENNYROYAL TEA	_2,50€

## FLAX & KALE KOMBUCHA

Plant-based\* | Gluten-free | Non-alcoholic  
Naturally sweetened & flavored | Non Pasteurized | Non Hpp  
\* except Virus Killer

Kombucha is a beverage which is fermented by a cultive of organisms with many health benefits. Tea and sugar are the base of kombucha, among its benefits: helps to reinforce the immune system, balance the intestinal flora, revitalize the body and improve cardiovascular health.

### SYMBIOTIC PASSION PB + GF \_4,95€

passion fruit + pineapple + bancha tea

### BLUE MOJITO PB + GF \_4,95€

yuzu + spirulina + mint

### MR. BARRI PB + GF \_4,95€

raspberry + strawberry + camu-camu

### VIRUS KILLER GF \_4,95€

wild herbs + honey

### MOTHER AFRICA PB + GF \_4,95€

ginger + hibiscus + orange

### MASALA CHAI PB + GF \_4,95€

garam masala + ginger

## FLAX & KALE COLD-PRESSED JUICES

Raw | Plant-based\* | Non pasteurized | No added sugars  
\* except Virus Killer + Energy Boost

Our cold-pressed juicing process reduces oxidation and deterioration, maintaining all the vitamins, nutrients and enzymes up to 3-4 days. We avoid any aggressive treatment during the process such as pasteurization and pascalization. The fruits, veggies and superfoods used as ingredients are mainly organic and raw, these is how we obtain the purest juices.

### GREEN LOVE PB + RF + GF \_5,95€

apple + spinach + cucumber + celery + ginger + lemon

### GREEN SLIM FIT PB + RF + GF \_5,95€

apple + spinach + fennel + celery + ginger + rocket + lemon + parsley

### GREEN MEDICINE PB + RF + GF \_5,95€

pear + spinach + kale + grape + cucumber + lemon + parsley + dandelion

### B-CAROTENO PB + RF + GF \_5,95€

carrot + apple + coconut water

### FOREVER YOUNG PB + RF + GF \_5,95€

carrot + orange + pineapple + grape + turmeric + lime + lucuma

### MY SWEET HORNY PB + RF + GF \_5,95€

pineapple + apple + aloe vera + passion fruit + maca

### VIRUS KILLER RF + GF \_5,95€

pear + lemon + osmotized water + ginger + honey + echinacea + thyme + lemon verbena + rock tea (jasonia glutinosa)

### BLUE DIAMOND PB + RF + GF \_5,95€ NEW

pineapple + pear + grape + coconut + apple + ginger + lime + mint + spirulina + himalayan salt

### THE VEGAN VAMPIRE PB + RF + GF \_5,95€

pear + beetroot + carrot + orange + pineapple + lemon + ginger

### DETOX PB + RF + GF \_5,95€

carrot + tomato + lettuce + beetroot + cucumber + fennel + spinach + celery + kale + apple vinegar + parsley + himalayan salt + peppe

### DIGESTIVE ELIXIR PB + RF + GF \_5,95€

osmotized water + lime + cranberries + maple syrup + activated charcoal

### ENERGY BOOST RF + GF \_5,95€

osmotized water + cucumber + lemon + honey + orange blossom water + bee pollen

### SEASONAL JUICE \_5,95€ NEW

ask our staff for the seasonal juice and let yourself be surprised by its taste!

## FLAX & KALE SMOOTHIES

Raw | Plant-based | Non Pasteurized | No Added Sugars

### ANTIOX PB + RF + GF \_5,95€

orange + kiwi + strawberry

### BERLIN PB + RF + GF \_5,95€

orange + mango + strawberry + cranberries + beetroot + activated charcoal

### MOLOKAI PB + RF + GF \_5,95€ NEW

mango + coconut water + apple + banana + almond butter + spinach + kale + lemon + basil + mint

## FLAX & KALE PLANT-BASED DRINKS

Plant-based | Gluten-free | Lactose Free | Non Pasteurized

We elaborate our Plant-based Drinks in an artisan way, treating the ingredients with great care, without sweeteners or additives. We emphasize the high content of B-vitamin and the low caloric content that provides our plant-based mylks an easy assimilation and digestion.

### COCO MASALA CHAI PB + RF + GF \_4,95€

purified water + almonds + coconut sugar + young coconut meat + ginger + cardamom + cinnamon + aniseed + pepper + vanilla + himalayan salt + clove

### MISS AVENA AVELLANA MERENGADA PB + RF \_4,95€

purified water + gluten-free oats + hazelnuts + agave syrup + lemon zest + cinnamon

### CASHEW CHOCO SHAKE PB + RF + GF \_4,95€

purified water + cashews + agave syrup + raw cocoa + coconut sugar + vainilla

### PARTY RECOVERY RF + GF \_4,95€

purified water + strawberry + young coconut water + agave syrup + cashew + hemp seeds + beetroot + B5 & B6 vitamins

### TURMERIC CHAI RF + GF \_4,95€

purified water + almonds + maple syrup + turmeric + young coconut meat + ginger + cinnamon + aniseed + vanilla essence + cardamom + pepper + himalayan salt + clove

## FLAX & KALE PURIFIED WATER

### PURIFIED H<sub>2</sub>O \_1,95€

purified and alkalised osmotized water of weak mineralization

### NOW WE GO FURTHER

Place your order at [teresastairway.com](https://teresastairway.com) or our app, and you can enjoy your Teresa's in less than 30 minutes. But before, check if your address is within the delivery zone.

