

ENG

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TERESA'S

STAIRWAY TO HEALTH.

Barcelona's
best healthy food
eat in &
take away

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 | _7,95€

kale + romain lettuce + boiled corn + carrot + apple + tofu croutons + shiitake anchovies + plant-based parmesan + Teresa's special Caesar dressing


ROASTED CARROTS & AVOCADO SALAD
| PB + GF | _7,95€

grilled and dressed carrots + avocado + mixed greens and sprouts + tofu *mató* + sunflower seeds + lemon and orange sauce


RED QUINOA & TUNA POKE BOWL NEW
| OF + GF | _9,95€

red quinoa + daikon turnip + cucumber asazuke + yellowfin tuna sashimi + avocado + tomato + wakame seaweed + enoki + sesame + coriander sprouts + Teresa's miso-ginger dressing

TOASTS & BREADS

Our toasts are made of artisanal whole wheat ecological spelt bread with walnuts, 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 toast using bread made without gluten + 0'50€


GUAKALEMOLE TOAST
| PB | _6,95€

avocado + kale + pink grapefruit + germinated coriander + lime + *jalapeño* + whole grain spelt bread


SALMON SASHIMI TOAST
| OF | _8,95€

Alaska wild salmon sashimi + whole grain spelt bread + green peas cream + mint + grated lemon peel


PLANT-BASED 'BACON & CHEESE' BAGEL NEW
| PB | _5,95€

whole grain bagel with seeds + plant-based creamy mascarpone + plant based cheddar + young coconut 'bacon' + tomato

SOUPS

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


TERESA'S ORIGINAL GAZPACHO NEW
| PB + GF + RF | _5,95€

tomato + cucumber + green pepper + red pepper + onion + garlic + olive oil + apple vinegar + cumin


ANTIOX DETOX SOUP
| PB + GF | _5,95€

leek + carrot + celery + beetroot + ginger + avocado + orange + olive oil

BURGERS

Our burger buns are made of artisanal whole wheat ecological spelt bread with walnuts, 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 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 with walnuts

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


TERESA CARLES VEGGIE MINI BURGUERS NEW
_10,95€

patty: 1) seitan patty: seitan + onion + soya + 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: pickled cucumber + 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 + arugula + miso-ginger coleslaw with miso-ginger dressing


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: tomato + arugula + pickled *ensaladilla* + mustard and dill sauce

TACOS


NO DIGAS TACOS
| PB + GF | _9,95€

housemade nixtamalized corn tacos + the genuine guacamole + sautéed aubergine, shiitake and white cabbage + coriander + picos de gallo + cashews sour cream


CRUNCHY YELLOWFIN TACOS
| OF + GF | _10,95€

nixtamalized corn flour crunchy tacos + raw yellowfin poke tuna dice + green cabbage + coriander + spring onion + housemade pink sauce with chipotle + avocado + roasted sesame seeds

SIDES

There are so many nutritional facts against french fries, that you won'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
| RF + GF + PB | _3,50€

ROASTED CARROTS
| GF + PB | _2,50€

ROASTED BONIATOS
| GF + PB | _2,50€

POLENTA CHIPS NEW
| GF + PB | _2,50€

CAKES


TERESA'S MATCHA CHEESECAKE NEW
| PB + GF | _4,95€

matcha tea + tofu + agave syrup + coconut milk + crunchy made without gluten base with almonds and walnuts


TERESA'S GUILT-FREE CHEESECAKE (CLASSIC)
| PB + GF | _4,95€

tofu + coconut milk + birch sugar + lemon zest + strawberry topping + crunchy made without gluten base with almonds and walnuts


TWO TEXTURES CHOCOLATE CAKE
| PB + GF | _4,95€

buckwheat flour brownie and rice flour + hazelnuts + chocolate mousse plant based

BAKERY

BLUEBERRY-QUINOA MUFFIN | 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 | _2,95€

BIG COOKIE | PB + GF | _2,50€

FLAPJACK ALBARICOQUE | PB | _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 _2,00€
| PB + GF + RF |

1_raspberry & rice protein stick ball 2_matcha & pea protein stick ball 3_orange & hemp protein stick ball

TERESA'S

STAIRWAY TO HEALTH.

SMOOTHIE BOWLS & POTS

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



fresh fruit:	strawberry + banana
smoothie:	açaí + strawberry + banana + young coconut water + housemade almond milk + agave
granola:	housemade Brazil nuts crumble
topping:	goji berries + hempseeds + blueberries



fresh fruit:	kiwi + strawberries + banana
smoothie:	açaí do brasil + raw cocoa + housemade hazelnut cream + crumble made without gluten + kiwi + strawberries + banana
granola:	crumble made without gluten with raw cocoa nibs
topping:	turmeric dressing

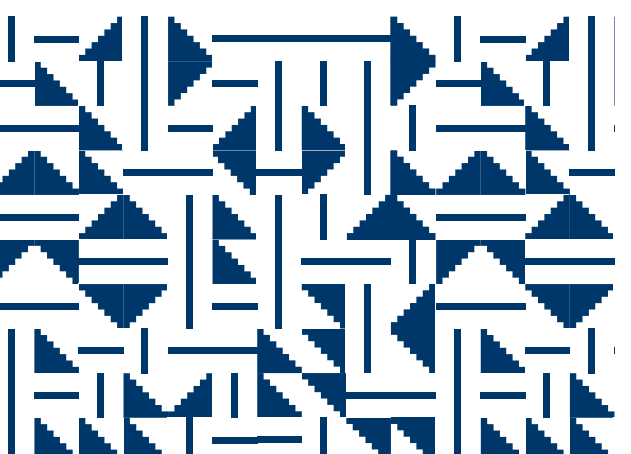
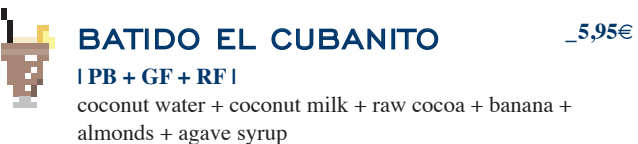
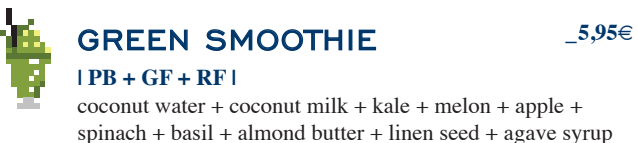


soya milk + coconut mylk + coconut sugar + cacao raw + chia + coconut cream + banana



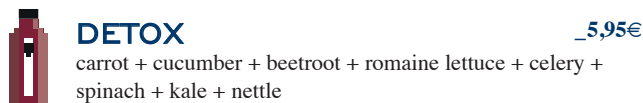
housemade young coconut creamy yogurt + strawberries + raspberries + blueberries + chocolate crumble made without gluten

SMOOTHIES

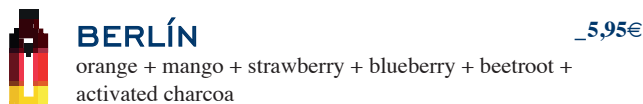
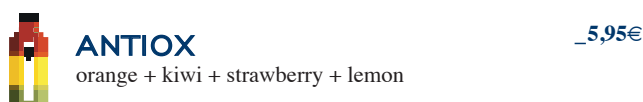


COLD-PRESSED JUICES

Our cold-pressed juicing process reduces oxidation and deterioration. The fruits, veggies and superfoods we use are mainly organic and raw. In addition, we avoid all aggressive treatments during the juicing process, such as pasteurization, pascalization and high pressure processing (HPP). Thus, we obtain the purest juices possible in the world. Consuming them on a regular basis is the best gift you can give yourself. Both our special chillers and fridges keep the juices at a temperature between 0° and 4°C, maintaining all the vitamins, nutrients, and enzymes up to 3-4 days.



COLD-PRESSED PURÉES

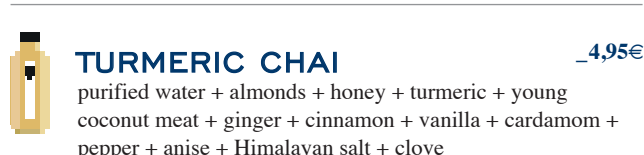
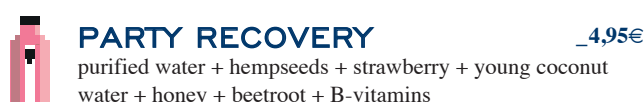
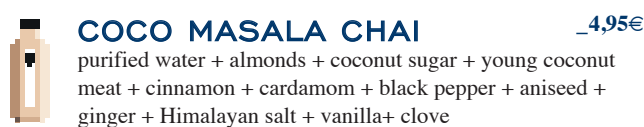


HOME DELIVERY

You can place your order at Deliveroo and receive it in less than 30 minutes, check if your address is within the delivery radius.


www.deliveroo.es

PLANT-BASED MYLKs



ACTIVATED H₂O

The main purpose of water is to hydrate your body, and to do this properly, the water you drink must be as pure as possible. We filter our own water and apply a reverse osmosis process to give it to you free of radicals and microorganisms.



PURIFIED H₂O



COFFEES & TEAS

All our coffees are 100% natural and come from Café El Magnifico, whom we trust for their superior quality. If you do not drink dairy, Teresa's Juicery daily produces fresh milks from almonds* and cashew*. Ask for your favorite!
*+0'50€

espresso / ristretto.....	_1,35€
macchiato.....	_1,45€
white coffe / latte.....	_1,55€
capuccino.....	_1,55€
latte.....	_1,75€
chai tea.....	_2,50€
chai tea latte.....	_3,50€
green / red / black tea.....	_2,50€
roiboos.....	_2,50€
country herbal tea (algerri).....	_2,50€
camomile tea.....	_2,50€
pennyroyal tea.....	_2,50€