

# Mediterranean Retreat

Mostly vegetarian dishes, with occasional mediterranean fish  
and seafood from sustainable sources

## SAMPLE MENUS - LUNCHES

	MRL1	MRL2	MRL3	MRL4
Starter	Miso soup with baby vegetables	Aubergine and Red Pepper <i>Escalivada</i> * on toasts with anchovies from l'Escala  *Cooked down in their own juices.	Vegetable <i>croquetes</i> with salsa verde	Salt cod salad with gem lettuce, baby radishes, almond vinaigrette
Main course	Paella with cuttlefish and langoustines	Vegetarian burger with sun-dried tomato & potato <i>au gratin</i>	Steamed garden vegetables with pesto sauce	A selection of seasonal vegetable cakes
Dessert	<i>Macedonia</i> * of seasonal fruit  *Catalan-style fruit salad.	Chocolate and nut brownie	Soy yogurt with pear <i>tartare</i>	<i>Tartare</i> of fresh pineapple with coconut & foraged fennel

	MRL5	MRL6	MRL6
Starter	Chickpea hummus with homemade spicebread & honey	Homemade fresh guacamole with tostadas	Beetroot & Coconut soup with vegetable <i>crudités</i>
Main course	Wholegrain rice salad, with seasonal fruits and vegetables	Buckwheat with seafood <i>salpicón</i> * *Cold, cooked seafood salad.	<i>Escalivada</i> * tortilla, with <i>escarole</i> lettuce and nuts *Vegetables cooked down in their own juices.
Dessert	Mango <i>sopita</i> * *A juicy fruit cup.	Homemade lemon ice cream	Fruit yogurt whip, with mini apple muffins

€19 pp

for 10 or more guests

Fixed price of €190  
per sitting for fewer than 10



**La Bruguera**  
DE PÚBOL

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Menus change seasonally · All taxes included

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## SAMPLE MENUS - DINNERS

	MRD1	MRD2	MRD3	MRD4
Starter	Pea soup with toasted almonds	Butternut squash & ginger cream	<i>Vichyssoise</i> soup (leeks, onion and potatoes)	<i>Gazpacho</i> with <i>crudités</i>
Main course	Spinach quiche with basil and mozzarella	Caviar lentil salad with citrus- marinated tuna	<i>Suprême</i> of salmon, with peppers and quinoa	<i>Fideuà</i> * of wild mushrooms with vegetables  *Small noodles, cooked in a <i>paella</i> pan with other ingredients.
Dessert	Tropical fruit <i>sopita</i> * *A juicy fruit cup.	Oven-baked Girona apple	Lemon cheese cake	Strawberries with ho- ney and cider vinegar

	MRD1	MRD2	MRD3
Starter	<i>Courgette*</i> cream with white truffle *Zucchini in US English & Italian.	Refreshing dish of baby broad beans, eucalyptus and mint	Grilled vegetables with pesto dressing
Main course	Vegetable stir-fry with noodles and homemade <i>teriyaki</i> sauce	Spinach <i>tortilla a la Catalana</i>	Saffran-infused couscous with <i>giroffle</i> mushrooms & <i>courgette*</i> *Zucchini in US English & Italian.
Dessert	Melon and mint <i>sopita*</i> *A juicy fruit cup.	<i>Tiramisú</i>	Coffee flan with cinnamon whipped cream

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