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 Escalivada* 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 vinagrette |
| Main course | Paella with cuttlefish and langoustines | Vegetarian burger with sun-dried tomato & potato au gratin | Steamed garden vegetables with pesto sauce | A selection of seasonal vegetable cakes |
| Dessert | Macedonia* of seasonal fruit *Catalan-style fruit salad. | Chocolate and nut brownie | Soy yogurt with pear <i>tartare</i> | Tartare of fresh pineapple with coco- nut & foraged fennel |

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

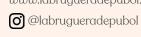
€19 pp

for 10 or more guests

Fixed price of **€190** per sitting for fewer than 10



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SAMPLE MENUS - DINNERS

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

| | MRD1 | MRD2 | MRD3 |
|-------------|---|--|---|
| Starter | Courgette* 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 tortilla a la Catalana | Saffran-infused couscous with giroffle mushrooms & courgette* *Zucchini in US English & Italian. |
| Dessert | Melon and mint sopita* *A juicy fruit cup. | Tiramisú | Coffee flan with cinnamon whipped cream |

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