Vegetarian Retreat

Strictly vegetarian dishes, many fully vegan

SAMPLE MENUS - LUNCHES

	VRL1	VRL2	VRL3	VRL4
Starter	Homemade fresh guacamole with tostadas	Garden salad with lentils, baby radishes and citrus vinaigrette	Vegetable <i>croquetes</i> with <i>salsa verde</i>	<i>Miso</i> soup with baby vegetables
Main course	Vegetarian burger with sun-dried tomato & potato au gratin	Rossejat* rice with baby vegetables, shiitake mushrooms and black garlic *Rice first fried with tomato, garlic, onion and oil to colour it reddish.	Steamed garden vegetables with pesto sauce	A selection of seasonal vegetable pudding-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 coconut & foraged fennel

	VRL5	VRL6	VRL7
Starter	Chickpea hummus with homemade spicebread & honey	Vichyssoise soup (leeks, onion and potatoes)	Refreshing dish of baby broad beans, eucalyptus and mint
Main course	Wholegrain rice salad, with seasonal fruits and vegetables	Fideuà* of wild mushrooms with vegetables *Small noodles, cooked in paella pan with other ingredients.	Spinach <i>tortilla</i> a la Catalana
Dessert	Mango sopita* *A juicy fruit cup.	Homemade lemon ice cream	Tiramisú

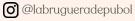
€19 pp

for 10 or more guests

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



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SAMPLE MENUS - **DINNERS**

	VRD1	VRD2	VRD3	VRD4
Starter	Artichoke cream with smoked tofu	Baby broad bean salad with moscatell grapes	Orzo* with baby vegetables and orange teriyaki sauce	Grilled vegetables with pesto dressing
			*A tiny rice-sized pasta noodle.	
Main course	Courgette, sweet onion and Catalan-style white truffle	Brochette of seitan* with coloured peppers and quinoa	Vegetarian burger with parsnip purée and German bread	Saffron-infused couscous with <i>giroffle</i> mushrooms
Main	souffl é	*Japanese meat substitute made from wheat.		& courgette* *Zucchini in US English & Italian.
Dessert	Tropical fruit sopita* *A juicy fruit cup.	Lemon cheese cake	Pineapple tartare with fennel and coconut	Coffee flan with cinnamon whipped cream

	VRD5	VRD6	VRD7
Starter	Beetroot & Coconut soup with vegetable <i>crudité</i> s	Salsify, parsnip and potato cream, with grilled corn	Avocado, spinach, cherry tomato and red fruit salad
Main course	Escalivada* tortilla, with escarole lettuce and nuts *Vegetables cooked down in their own juices.	A coca of calcots* with green romesco sauce *A savoury tart with a native Catalan onion which is long and unctuous.	Leek and artichoke quiche
Dessert	Fruit yogurt whip, with mini apple muffins	Mini carob cakes, with nuts	Coconut <i>flan</i> with dark chocolate flakes

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