BioVegetarian Restaurants

ecocentro

november

DAILY MENU

monday

Starters

Carrot, Chickpea & Raisin Cream

Carrot, chickpeas, onion, leek, bay leaf, raisins, curry, salt, pepper, tomato, garlic, cumin, coriander and oat.

Greek Salad

Cucumber, tomato, red onion, green pepper, feta cheese **(dairy)**, oregano, salt, black olives and oat.

Main Courses

Vegetarian Creamy Rice

Bomba rice, onion, red pepper, green pepper, garlic, vegetable stock, white wine, sweet paprika, pepper, salt and fresh tofu **(soy)**.

Curry Vegetables with Jasmine Rice

Potato, peas, cheddar, spring onion, red and green pepper, garlic, parsley, salt, pepper, ají and oat.

Desserts

Please ask our waiting staff about today's options.

- Assorted dessert cups (choose one)
- Cake of the day (+€3.50)

PRICE
€14.95

- 1:00 PM – 4:00 PM
- Includes bread and filtered water

Vegan Gluten-free Nuts

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DAILY MENU

tuesday

Starters

Murcia-Style Gypsy Stew

White beans, chickpeas, pumpkin, onion, garlic, leek, carrot, green beans, tomato, sweet pepper, pear, chard, vinegar, fresh mint, salt, pepper and oat.

Asian Salad

Spring onion, mixed leaves, cucumber, red cabbage, edamame, **sesame** oil, rice vinegar, salt and toasted sesame seeds.

Main Courses

Asian-Style Tofu with Pak Choi

Tofu (**soy**), cornflour, pak choi, cane sugar, soy sauce, tamari, **sesame** oil, egg, a touch of chili, spring onion, red pepper, **nuts**, teriyaki, garlic and sesame seeds.

Aubergine Burger with Yucca Chips and Avocado Mayonnaise

Aubergine, egg, Grana Padano, breadcrumbs (**gluten**), salt, pepper, rosemary, yucca, feta cheese, aioli, sweet pepper, thyme and oat.

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DAILY MENU

wednesday

Starters

Scallop Cream with Seaweed

Red pepper, onion, tomato, leek, cream, aubergine, garlic, salt, pepper, bread (**gluten**) and almonds (**nuts**).

Sweet Potato and Fruit Salad

Sweet potato, spinach, celery, almonds (**nuts**), spring onion, Modena vinegar, sea salt and oat.

Main Courses

Whole Wheat Spaghetti Bolognese

Spaghetti, textured **soy**, garlic, onion, tomato, leek, thyme, rosemary, basil, salt, pepper, sweet paprika, carrot, oregano and oat.

Pumpkin Medallions with White Bean Purée and Bobby Beans

Pumpkin, white beans, Bobby beans, salt, pepper, garlic, miso, cumin, sweet paprika, onion, thyme, honey, butter (**dairy**), **soy** cream, parsley and oat.

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DAILY MENU

thursday

Starters

Leek and Egg Soup

Leek, potato, onion, garlic, carrot, salt, pepper, egg, pumpkin and oat.

Citrus Avocado and Quinoa Salad

Quinoa, avocado, spring onion, tomato, orange, lemon, salt, white pepper and oat.

Main Courses

Mushroom Ragout on a Polenta Bed

Corn semolina, onion, garlic, mixed mushrooms, milk, butter, cheese **(dairy)**, salt, pepper, thyme, rosemary, sage, white wine, spinach, sultanas, pine nuts **(nuts)**, sweet paprika and oat.

Couscous with Seitan Stew

Couscous, cumin, coriander seeds, cinnamon, turmeric, lemon, onion, carrot, garlic, sweet paprika, green peas, potato, bay leaf, seitan (**gluten**), tomato, thyme, pepper, salt, vegetable stock, bay leaves, cloves, red and green pepper.

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PRICE

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DAILY MENU

friday

Starters

Chickpea and Mushroom Stew

Chickpeas, mushrooms, Swiss chard mushrooms, carrot, onion, garlic, leek, potato, spinach, celery, tomato, sweet pepper, salt, pepper, **soy** sauce and cumin.

Green Bean Salad with Pineapple and Dates

Green beans, pineapple, dates, red onion, tomato, sherry vinegar, salt, white pepper, sweet pepper, sliced garlic and oat.

Main Courses

Sautéed Seitan with Vegetables, Peanut Sauce and Red Rice

Seitan (**gluten**), broccoli, carrot, onion, garlic, tamari, peanut cream (**nuts**), salt, pepper, coconut milk, chives, coriander, thyme and oat.

Aubergine Escalope with Purple Potato Purée and Tartar Sauce

Aubergine, breadcrumbs (**gluten**), egg, Provençal herbs, cheese, salt, pepper, purple potato, butter, cream (**dairy**), spring onion, gherkins, capers, old-fashioned **mustard** and chives.

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Vegan Gluten-free Nuts