**To start with**

Bread, tomato spread & olives €3

**Soup of the day €8

With homemade crackers

**Salad**

****Rainbow salad €16

Variety of green leaves, tomato, avocado, purple cabbage, carrot,

activated buckwheat, a fresh mustard dressing and crackers

Energy quinoa €18

Quinoa, sauerkraut, baked mushrooms, marinated kale, broccoli, carrot,

cherry tomatoes, pumpkin seeds and avocado-turmeric foam

**Sandwich**

Avocado cracker €15

Homemade cracker, tomato, nutritional yeast, radishes, pistachios,

lettuce, sprouts and turmeric

Burger of the day €14

With tomato, avocado, Majorcan cow cheese, onion and lettuce,

served with baby potatoes and homemade sauces

**Grill & wok**

Sesame.jpgSoy.jpgAsian wok €18

In the wok: onion, carrot, zucchini, mushrooms and pea-tempeh, rice

marinated in tamari and roasted sesame oil

Tree Nuts.jpg****Super protein €18

Chickpea hummus, trumpet mushrooms, grilled broccoli, kimchee,

poached egg, pistachios, hemp seeds, turmeric and pomegranate

**Pasta**

**Pasta with kale pesto €14

With basil, parsley, toasted almonds, extra virgin olive oil and

Parmesan cheese

Pasta Mediterranean €14

With a sauce of tomato, onion, thyme, oregano, extra virgin

olive oil, parmesan cheese and fresh mozzarella

**To add to your lunch dish**

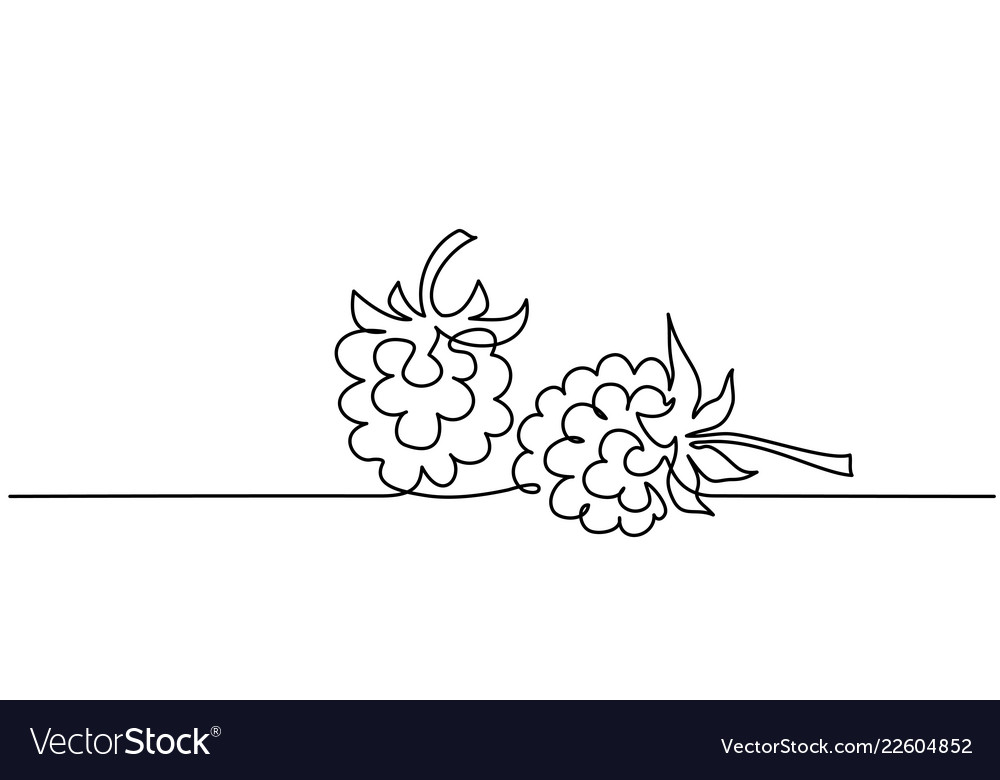
Gluten free option€2

Poached or fried egg €2

Quinoa €3

Soy.jpgGrilled tempeh €3

Soy.jpgHomemade sauces €3



**Dessert**

Açaí bowl €12

Frozen (n)ice cream of açaí with banana, homemade granola, goji

berries, red fruit, kiwi, coconut cream, turmeric, almonds & rice syrup

Dragon fruit bowl €12

Frozen (n)ice cream of dragon fruit with banana, homemade granola,

goji berries, red fruit, kiwi, coconut cream, turmeric, almonds, rice syrup

Pastry of the day €5

**Allergies or intolerances**

In case you are allergic or intolerant, please **always** let us know.

Also when the ingredient is not mentioned at the menu.

Thank you very much.

**Food symbols**

glutenFree2.pngNaturally gluten free

Vegan.jpgVegan

Dairy.jpgDairy

Eggs.jpgEggs

Gluten.jpgGluten

Peanuts

Mustard

Sesame.jpgSesame

Soy.jpgSoy

Tree Nuts.jpgOther nuts

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**Cal Reiet lunch menu**

We serve you our tasty lunch dishes between 13.00 and 17.00.

Food is an intrinsic part of our overall health and wellbeing.

You are what you eat.

Our vegetarian cuisine is tasteful, exciting, healthy, colorful and seasonal.

All the ingredients we use on our lunch plates are local, sustainable

and fresh. We have our own herb garden, fruit trees and happy free chickens.

