



“Una huerta es algo más que el eslabón inicial de la cadena alimentaria, es un espacio de naturaleza humanizada, donde utilidad y estética se aglutinan en una urdimbre de trabajo y de esperanza, de geometría, de color y de respeto hacia esa Tierra que nos ha parido y que da nombre a nuestro planeta”.

J .A. ABELLA

“Que el alimento sea tu medicina y la medicina tu alimento”

Hipócrates 377 a.C.



Los Cafés y Las Infusiones

- Colombian black coffee (natural roast).....1,50 €
- Cappuccino 1,65 €
- Black coffee with condensed milk.....1,85 €

Our coffee is fair trade coffee.

Organic herbal infusions:

nfecol.....2,20 €

Individual flavors: Sweet Chamomile, spearmint, lime blossom, sage, lemon balm

.....

Or combined for:

- Anti stress, relaxing, anxiety, insomnia
- blood circulation, memory
- digestive and liver systems
- kidney, fluid retention
- purifying, allergies
- Anti Cough and cold

Chicory

Organic teas:

- * Madagascar tea (green tea, star anise, orange, pepper, clove, apple and cinnamon)
- * Green Tea
- * White Tea
- * Thousand flowers tea
- * Red Tea
- * Earl Grey tea (the quintessential English tea)

Green tea has antioxidants, helps smokers eliminate nicotine and improves digestion



First course (or entrees)

- Rainbow salad (seasonal fresh vegetables).....9,55 €
- Escalibada catalana(roasted eggplant, peepers, onion, garlic...)9,50€
- Salad with fruit (seasonal fruits, nuts and yogurt sauce)9,55 €
- White to red salad: beet, apple, blue cheese and walnuts.....9,55 €
- Vegetable purses "brunoise" style (crepe purses stuffed with sauté vegetables and mushrooms on a leeks sauce)9,90 €
- "Cardenales" from the garden (cabbage leaves filled with a mixture of whole grain rices and mushrooms on spinach and pine nuts sauce)10,85 €
- Vegetable garden surprise on a rose petals sauce. Baked brick dough rolls stuffed with vegetables, apple and cheese.10,50 €



Vegetables provide vitamins, minerals and other vital elements. They also stimulate the liver enzymes that eliminate carcinogens.

Cereals and legumes are a concentrated source of energy and nutrients (carbohydrates, proteins, minerals, vitamins and trace elements and help control cholesterol and hypertension)

Pasta provides carbohydrates and helps control blood glucose. With high energy content, it is very well digested and recommended for sensitive stomachs.

Leeks are diuretic and very rich in vitamins B and C.

Carrots are the food called medicine, useful for skin care, cancer prevention and antioxidant.

Zucchini protects the cardio and digestive systems.

Chickpeas lower cholesterol and strengthen the nervous system

Tomatoes protect against all types of cancer, acts as a blood purifier, protects the prostate and stimulates the defenses.





Entrees:

Vegetables:

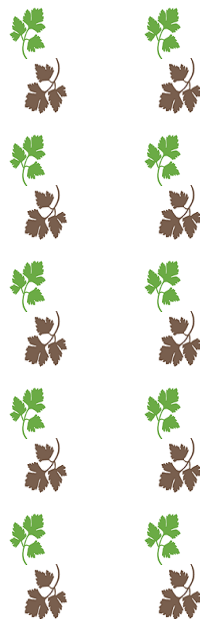
- Onion quiche (shortbread pastry base, poached onion baked with egg and cheese)9,50 €
- Vegetable Quiche (idem but with seasonal vegetables) 10,00€
- Pascualina Argentine-style (sort of puff pastry pie with poached vegetables and hard eggs)10,80 €
- Escalope from the vegetable garden (escalopes made with legumes, cereals and vegetables)13.85€

Fish:

- Hake Capriccios with prawns on and American sauce15,50 €
- Cod confited on pepper oil with ratatouille14,90 €

Meat:

- Veal Lasagna13,95 €
- Capuchins in the forest (cones stuffed with meat, vegetables and blue cheese with berry sauce)14,85 €
- Flank steak in its own juice filled with peppers and goat cheese on tempranillo reduction.....14,95 €,
- Veal fillet13,95 €
- Steak19,50 €



Our beef is organic, certified by CAECYL and is therefore flavorful and nutritious

Prices include VAT

Desserts and spirits

- Cheesecake 5,80 €
- Chocolate cake 5,80 €
- Apple Strudel 5,80 €
- Homemade Yogurt (sheep's m.....4,80 €
- Pumpkin pie with cheese 5,00 €
- Quince from the garden with cheese .. 5,00 €
- Whole grain rice flour flan with orange and wild strawberry syrup 5,80 €
- Banana pudding with coffee flavor, chocolate and cream..... 5,00€

All our desserts are homemade

Spirits

we have the following homemade liqueurs:
lemon, marjoram, sage with honey, elderflower, mint tea, coffee, figs, nuts wine.....2,00 €





Appetizers:

- Gifts from the garden (cabbage, walnuts, raisins and alfalfa sprouts with sherry vinegar syrup)..... 10,50 €
- Millet and vegetables "delicias" (millet and vegetable meatballs with beet sauce)9,50 €
- Vegetable tempura (crispy fried vegetables with sherry vinegar syrup)..... .. 10,90 €
- Argentinian empanadillas (baked, meat filling).... 9,85€
- Vegetable homemade croquettes..... 7,85 €
- Cabrales cheese homemade croquettes 8,25 €
- Baked puff pastry and salmon rolls 10,50€
- Cheese tray12,25 €
- Goat cheese in oil and herbs10,25 €

Stuff to know:

- **Pumpkin** is a diuretic and useful for kidney infections.
- **Millet**, a cereal rich in phosphorus, iron and silicon is ideal for intellectual fatigue, depression, weak hair.
- **Wheat** is the cereal of the sun and promotes spiritual activity.
- **Celery** is a diuretic and a cleanser.
- **Beets** are laxative and an iron "mine"
- **Potatoes** provide carbohydrates and minerals and decrease the body's acidity.
- **Chard** is rich in vitamin A and minerals. Useful for stomach disorders.
- **Nuts** are rich in zinc and copper, and benefits the nervous system



Wines

Young red

- Eremos winery (Ribera de Duero,organic)..... 9,20 €
- Eremos winery (Ribera de Duero green oak)..... 10,85 €
- Dionisos Pagos de Conuco oak (Valdepeñas organic).....10,85 €
- OKHRE (Penedes organic)..... 10,85 €
- CORUCHO (Madrid Organic 10,00 €

Aged reds (crianza)

- Eremus winery crianza (aged)(Ribera de Duero organic)... € 15.85
- Dionisos crianza (aged)(organic Valdepeñas)..... € 11.85
- Luis Saavedra "Coruche" (organic, Madrid)..... € 12.20
- Luis Saavedra "Coruche" (1/2, green€ 7.20
- MUTUO (organic Rioja) € 14.00

special aged reds

- Páramo Arroyo selection (organic Ribera de Duero, strains from centenarians and 18 months barrel) € 28.85

White

- MENADE(rueda organic)..... . € 9.85
- Blanco Nieva (Verdejo)..... € 10.85
- Blanco Nieva ungrafted (Verdejo)..... .€ 14.00

Rose

- Luis Saavedra "Coruche" (organic, Madrid)..... € 9.20
- Petillant needle and natural fermentation € 9.50

Also:

- Organic Beer (spelt, wheat, malt, Low in alcohol)..... € 4.50

"Wine is good for circulation, blood pressure and cellular activity" its phenolic compounds act as antioxidants. "Vine synthesizes resveratrol and anti-carcinogens compounds". Science

