

TABLA DE ALÉRGENOS Y GUIA NUTRICIONAL – SPRING MENU 2021



SALADS & BOWLS	Gluten	Crustáceos	Huevo	Pescado	Cacahuete	Soja	Lácteos	Frutos secos	Apio	Mostaza	Sulfitos	Moluscos	Sésamo	Altramuz	Proteína total (g)	Grasas totales (g)	Hidratos de carbono total (g)	Fibra total (g)	Calcio total (g)	Hierro total (g)
Spring Salad							●				●				25.24	59.57	50.94	19.53	345.76	10.77
Detox Salad											●			●	16.28	20.74	34.83	28.59	286.27	10.18
Niçoise Salad			●	●						●	●				43.93	55.25	27.81	15.06	169.89	8.53
Kale Cesar Salad	●						●	●							49.98	31.21	45.26	9.69	519.07	6.69
Vegan Kale Salad								●			●				28.79	30.54	34.03	9.13	115.82	4.66
Toscana Bowl	●						●	●							23.61	59.12	41.6	14.81	694.56	7.96
Oaxaca Bowl											●				34.29	30.31	55.14	9.6	227.13	8.05
Salmon Bowl				●			●				●				39.47	15.73	38.35	7.4	245.67	6.93
Poke Bowl				●		●								●	33.23	64.49	35	8.17	109.29	5.28
Vegan Poke Bowl						●								●	20.53	67.94	26.18	8.33	145.36	5.26
DRESSINGS	Gluten	Crustáceos	Huevo	Pescado	Cacahuete	Soja	Lácteos	Frutos secos	Apio	Mostaza	Sulfitos	Moluscos	Sésamo	Altramuz	Proteína total (g)	Grasas totales (g)	Hidratos de carbono total (g)	Fibra total (g)	Calcio total (g)	Hierro total (g)
Balsámico															0.09	4.91	19.9	0	4.9	0.13
Miso y jengibre															0.85	4.49	17.43	0.37	5.16	0.24
Cítrica japonesa						●					●		●		3.38	10.06	7.31	0.62	7.83	1.04
Pesto tomate seco															1.88	7.02	20.2	2.06	15.56	1.71
Romero											●				1.88	7.02	20.2	2.06	15.56	1.71
Tomillo y limón											●				0.23	3.58	23.14	0.5	63.36	2.06
Naranja y chili											●				0.77	9.17	30.26	0.18	8.16	0.18
Cesar plant-based								●							7.42	11.43	23.13	1.73	15.61	1.43
Mostaza y miel										●	●				0.92	8.88	10.01	0.32	1.7	0.07
Crème fraiche al estragón							●								1.85	2.78	12.09	0.44	59.41	0.59
INGREDIENTES	Gluten	Crustáceos	Huevo	Pescado	Cacahuete	Soja	Lácteos	Frutos secos	Apio	Mostaza	Sulfitos	Moluscos	Sésamo	Altramuz	Proteína total (g)	Grasas totales (g)	Hidratos de carbono total (g)	Fibra total (g)	Calcio total (g)	Hierro total (g)
Col kale															2.04	0.84	0.96	1.98	31.8	0.66
Rúcula															2.06	2.92	0.5	1.28	128	1.17
Espinacas baby															1.16	0.2	0.2	1.04	34.4	1.08
Lechuga romana															0.84	2.31	0.21	1.47	23.1	0.7
Mezclum															1.68	0.9	2.1	2.25	52.05	1.5
Guisantes verdes															8.1	0.75	13.2	7.05	36	2.4
Arroz integral															4.5	44.34	1.56	1.8	12.6	1.02
Bulgur	●														7.38	0.78	45.54	10.98	21	1.5
Pasta fusilli integral	●														8.04	1.5	39.72	6.9	24	2.17
Lentejas caviar															14.52	29.22	0.84	7.8	34.2	4.08
Quinoa															10.63	37.88	4.31	6.08	60.83	6
Calabacín con hierbas															0.81	0.84	0.93	0.46	9.87	0.26
Judías verdes															0.77	0.14	1.29	0.98	13.65	0.35
Verduras al miso						●									1.56	0.66	4.19	1.12	15.5	0.45
Espárragos verdes															0.98	0.8	0.67	0.57	9.36	0.43
Corazones de alcachofas															1.45	2.7	1.15	4.7	22	0.5
Brócoli al vapor															1.18	0.94	0.16	1.18	36.46	0.55
Coliflor al chipotle															1.04	2.43	0.84	1.04	42.38	0.48
Boniato al horno															0.49	9.58	1.37	1.2	9.16	0.29
Berenjena al horno															0.34	3.98	1.93	1.08	4.64	0.14
Pico de gallo de maíz															2.38	10.53	13.19	2.92	9.8	0.55
Kimchi															1.29	0.25	1.11	1.35	19.07	0.54
Cebolla en vinagre															0.28	0	3.74	0.4	6.24	0.09
Cebolla caramelizada															0.54	4.78	2	0.79	13.49	0.16
Tomates cherry															0.26	1.05	0.06	0.42	3.18	0.21
Tomate seco															2.11	8.36	0.44	1.84	16.5	1.36
Huevo duro			●												6.3	0.2	5.4	0	28	1
Hummus casero														●	3.02	6.4	6.54	3.51	53.13	1.79
Edamame con sésamo						●								●	4.9	4.09	3.97	2.3	28.4	0.99
Queso mozzarella							●								5.85	0	4.83	0	189.6	0.06
Queso parmesano							●								9.69	0	7.95	0	328.5	0.21
Queso fresco							●								4.95	5.98	0.27	0	135.75	0.09
Queso feta							●								3.55	5.32	1.02	0	123.25	0.17
INGREDIENTES PREMIUM	Gluten	Crustáceos	Huevo	Pescado	Cacahuete	Soja	Lácteos	Frutos secos	Apio	Mostaza	Sulfitos	Moluscos	Sésamo	Altramuz	Proteína total (g)	Grasas totales (g)	Hidratos de carbono total (g)	Fibra total (g)	Calcio total (g)	Hierro total (g)
Aguacate															0.9	0.4	7.1	1.5	8	0.5
Setas portobello															1.07	4.86	2.73	1.39	5.34	0.57
Seitán al horno	●														28.8	2.4	2.4	0.2	74.3	0.34
Tofu teriyaki						●									3.88	1.98	3.59	0.21	61.53	0.61
Pollo al horno															24.16	1.81	6.56	0.64	21.55	1.83
Pollo pibil															20.94	4.08	1.02	0.26	24.65	1.38
Bonito en aceite de oliva				●											18.34	7.56	0	0	20.3	0.7
Salmón semicurado				●											16.58	0.14	10.8	0.05	25.46	0.63
Salmón al horno				●											30	0	15.9	0	30	1.05
CRISPIES	Gluten	Crustáceos	Huevo	Pescado	Cacahuete	Soja	Lácteos	Frutos secos	Apio	Mostaza	Sulfitos	Moluscos	Sésamo	Altramuz	Proteína total (g)	Grasas totales (g)	Hidratos de carbono total (g)	Fibra total (g)	Calcio total (g)	Hierro total (g)
Sésamo tostado														●	0.38	1	0.2	0.22	3	0.18
Semillas de girasol															0.54	0.86	0.4	0.05	2.2	0.12
Semillas de calabaza															0.67	2.91	8.07	2.76	8.25	0.49
Semillas de cánamo															1.58	12.8	0.43	0.2	3.5	0.4
Crispy garbanzos															3.7	1.81	9.45	2.88	27.46	1.3
Cauliflower rice															0.13	0.04	0.1	0.08	0.8	0.01
Avellanas								●							1.5	6.24	1.76	0.94	12.3	0.43
Furikake														●	1.41	3.6	1.27	0.78	11.5	0.65