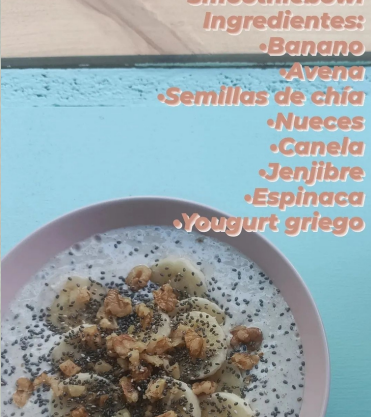


La Cosecha

C/Pintor Fortuny, 24
08001 Barcelona



SmoothieBowl

8,50

Made with Greek or vegetable yogurt and pieces of fruit

- Energetic Smoothiebowl** (Banana, oats, chia seeds, walnuts, cinnamon, ginger, spinach)
- Antioxidant Smoothiebowl** (Strawberry, green apple, blueberries, flaxseeds, walnuts, cucumber, honey)
- Smoothiebowl Super-Food** (Quinoa, banana, walnuts, cocoa poder, spinach)
- Smoothiebowl Immunodefense** (Blueberries, oats, pineapple, beets, chia seeds, walnuts)
- Anti-inflammatory Smoothiebowl** (Iceberg lettuce, spinach, celery, turmeric, pineapple, ginger, honey)
- Smoothiebowl Multivitamin** (Kiwi, quinoa, sunflower seeds, cinnamon, honey, spinach)
- Digestiv Smoothiebowl** (Red apple, strawberry, banana, carrot, turmeric, almonds, flaxseeds, honey)
- Strawberry and Banana Smoothiebowl** (Strawberry, honey, almond, banana, oats, vanilla essence)
- Pineapple and Kiwi Smoothiebowl** (Kiwi, pineapple, oats, coconut, honey)
- Red Fruit Smoothiebowl** (Blackberry, blueberries, strawberries, raspberries, honey)

Smoothies

6,50

7,00 in milk or vegetable milk

- Energetic Smoothie** (Banana, oats, chia seeds, walnuts, cinnamon, ginger, spinach)
- Antioxidant Smoothie** (Strawberry, green apple, blueberries, flaxseeds, walnuts, cucumber, honey)
- Smoothie Super-Food** (Quinoa, banana, walnuts, cocoa poder, spinach)
- Smoothie Immunodefense** (Blueberries, oats, pineapple, beets, chia seeds, walnuts)
- Anti-inflammatory Smoothie** (Iceberg lettuce, spinach, celery, turmeric, pineapple, ginger, honey)
- Smoothie Multivitamin** (Kiwi, quinoa, sunflower seeds, cinnamon, honey, spinach)
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- Strawberry and Banana Smoothie** (Strawberry, honey, almond, banana, oats, vanilla essence)
- Pineapple and Kiwi Smoothie** (Kiwi, pineapple, oats, coconut, honey)
- Red Fruit Smoothie** (Blackberry, blueberries, strawberries, raspberries, honey)
- Smoothie Detox** (Pineapple, aloe vera, flax seeds, turmeric, prunes, celery. in water)
- Green Smoothie** (celery, cucumber, broccoli, green grapes or green apple) diuretic, hydrating, purifying, ideal to help lose weight
- “La Cosecha” Smoothie** (broccoli, banana, avocado, vegetable milk, cinnamon) antioxidant for the brain
- Orange Smoothie** (carrot, orange, ginger) hydrating, ideal to help lose weight and prevent colds
- Pink Smoothie** (beet, carrot, orange) strengthens defenses

BOWLS

Our Suggestions

- Vegetarian Bowl 9,50**
Hard-boiled egg, quinoa, chickpeas, cucumber, tomato, onion, carrot, avocado, lettuce, parsley, sesame and chia seeds
- Bowl of the House 9,50**
Feta cheese, couscous, tomato, lettuce, onion, cucumber, parsley, chickpeas, sesame and chia seeds
- Vegan Bowl 11,00**
Vegan cheese from Fermento Vegano “Fritastico”, quinoa, chickpeas, cucumber, tomato, onion, carrot, avocado, lettuce, parsley, sesame and chia seeds.
- Bowl Sea and Mountain 9,50**
Tuna, couscous, corn, tomato, onion, carrot, avocado, lettuce, parsley, sesame and chia seeds.

Natural Juices strawberry, passion fruit, blackberry, guava, soursop, mango, pineapple, orange...

A fruit	(in water) 3,50	(in milk) 4,50
Two fruits	(in water) 4,00	(in milk) 5,00
Three frutas	(in water) 4,50	(in milk) 5,50

Homemade lemonade 4.50 (with ginger and mint)

Homemade iced tea with lemon 4,50

“AguaPanelita” with lemon 3,00

Ginger and lemon shot 3,00 (ginger, turmeric, lemon, orange, apple or carrot, honey)

Craft beers, organic wines...