



GREEN LEKA CAN VALLDAURA

“At the Green Leka Can Valldaura restaurant we are a team with ethical and evolutionary intentions, committed to healthy eating, responsible consumption, sustainability and respect for the environment.

Our mission, vision and values are to provide our customers with healthy raw materials, committed to quality, ecological, sustainable and local products.

Therefore, among other things, we respect the seasonality of food, we deal with products free of additives, medicines and preservatives, we prioritise km0 products, we reduce environmental impacts with the majority use of bulk products and free of plastics and we use the inevitable organic waste to create compost for the garden, to produce our own soaps and to make animal feed with our brand Circular Gos.

In addition, we select our suppliers with the requirement that they share our philosophy; committed to respect for the environment and the desire to provide a healthy and quality raw material”.

WATER

- Filtered water 1/2 Litre by KMzero |1,00
- Sparkling filtered water 1/2 Litre by KMzero |1,40
- Bottled water Veri 1 Litre |2,50
- Bottled sparkling water Veri 1/2 Liter |3,00

VERMUT

- White vermouth |2,50
- Black Vermouth |3,50
- Aperol Spritz |6,00

REFRESHMENTS

- Papelón with lemon |2,20
- Seasonal soft drink |2,20
- Cold green tea |2,20
- Kombucha 0.5L |7,50

Thanks to our working guidelines, we have been reducing since 2017 both our direct and indirect CO2 emissions, as well as our waste.

In 2018, we reduced plastic waste by 75%, aluminium by 85% and glass packaging by 80%. That's why we make our soft drinks ourselves. We invite you to do the same at home!
+Healthy +Sustainable

BEER

	CANE	GLASS	DECANTER	www.estrelladamm.com/ca/sostenibilitat
Estrella shooter	2,00	2,70	4,00	Daura bottle : 3,00
Voll damm shooter	2,20	2,80	4,20	Complot IPA bottle : 3,00
Turia shooter	2,10	2,80	4,00	Free Damm bottle : 2,80
Clara shooter	2,00	2,80	4,00	

WINE BY THE GLASSES

WHITE

- La Figafior Bell Cross 2019 D.O. Montsant - Garnatxa blanca|3,50
- Margarita's D.O. Muscat|4,00
- La Bruixa D.O. Terra Alta - Garbatxa blanca i Macabeu|5,00

BLACK

- El Camí D.O. Montsant - Bodega Bell Cross - Carinyena, Garnatxa i Ull de Llebre|3,50
- Tossudes Garnatxa, Monastrell, Ull de llebre i Trepal|4,00
- Jovent 2019 D.O. Conca de Barberà - Bodega Dasca Vives - Garnatxa i Ull de Llebre|5,00

ROSE

- Tuets 2019 (D.O. Catalunya - Parellada, Macabeu, Garnatxa blanca, Chenin Blanc, Moscatell d'Alexandria, Ull de Llebre i SYrah |4,50

CAVA

- Sogas Mascaró Brut D.O. - Macabeu, Xarel·lo i Parellada|4,00

BREAKFAST

WHERE YOU FIND THIS SYMBOL: \$
MEANS THAT THIS DISH IS ALSO AVAILABLE
ON SATURDAY AND SUNDAY MORNINGS, FROM
9:00H TO 12:00H.

PICA PICA (MEAL SNACK)

Olives \$ |3,50
Brave potatoes \$ |5,50
Hummus \$ |6,00
Mushroom croquette \$ |1,50 unt
Endive and romesco fritter \$ |5,50
*Almedroc Cheese dip \$ |6,30
Cal Tomás charcuterie board \$ |14,00

BREAD

Toast of farmhouse bread \$ |1,30
Olive bread toast \$ |1,45

SAUCES

All i oli \$ |2,00
Romesco \$ |2,00
*Juvert sauce \$ |2,00
Catalan Pesto \$ |2,00
Catalan Ketchup |2,00
Sweet and sour apple and dried fruit sauce |2,00

EGG CASSEROLE

Rioja style \$ |9,50
Spinach Catalan style \$ |9,00
With botifarra of perol \$ |11,00
With bacon, pumpkin, ginger and capers \$ |10,60

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SMALL PORTIONS

French fries \$ |3,60
Potatoes "al caliu" \$ |4,50
Mashed potatoes with cheese \$ |6,50
Beans from the ganxet \$ |6,00

* L'ALMEDROC IS A CATALAN
MEDI- EVAL CHEESE, MADE WITH
MONTSEC GOAT'S MILK, GARLIC,
BOADA OIL, CELERY, VINEGAR AND
CORIANDER.

IT IS MENTIONED IN THE 14TH
CENTURY 'SENT SOVÍ' BOOK.

* JUVERT SAUCE APPEARS IN THE
FIRST CATALAN COOKERY RECIPE
BOOK.

IT IS A MEDIEVAL SAUCE, MADE
WITH AROMATIC HERBS, DRIED
FRUIT, TOASTED BREAD AND
GARLIC.

STARTERS

We are not 100% eco nor 100% Proximity, we work and think with a conscience.



**Sala Cattabia "cold roman soup" |9,50
Green lettuce salad |8,00
Legumes, vegetables, cheese and apple salad |10,80
Sweet onion Tatin with cream fraiche \$ |10,00
Fried Pons snails with all i oli \$ |14,00
Macaroni with wild boar or vegetable bolognese |8.80
Grandma's cannelloni \$ |12,00
Steak tartare \$ |17,00
Grilled organic Maitake fungi with *Skordalia \$ |16,00
Rabbit and mushrooms terrine \$ |9,80
Grilled barbecue vegetables \$ |10,00

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*SALA CATTABIA WAS AN EASY AND COMMON RECIPE AMONG THE ANCIENT ROMANS. IT IS DOCUMENTED IN MARC GAVI APICI'S 'DE RE COQUINARIA'. IT IS FOUND IN BOOK IV, IN WHICH POPULAR DISHES OF SIMPLE PREPARATION APPEAR.

*SKORDALIA, A GREEK SAUCE COMBINING MASHED POTATO, LEMON, PARSLEY AND GARLIC. IT CAN ALSO HAVE NUTS OR DRIED BREAD IN IT, IT GOES WITH EVERYTHING AND IS DELICIOUS AND REFRESHING.

WILD BOAR BOLOGNESE

It is a sustainable meat that is currently booming in export, as it is a product highly valued by the European market for its sanitary quality.

This wild boar meat is a unique, 100% natural, authentic and good product. The meat comes from free-range animals, which enjoy a varied and wild diet, without being subjected to human intervention, which gives them a special flavour.

The problem is that 80% of the game product is exported because we are not consumers here.

Our idea is to encourage you, parents, to encourage your children to try it and you will see how much they enjoy it. In this way, we can also encourage school diners to incorporate it into their menus and reduce exports and keep what is ours.

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AND IN THE MOUNTAINS THERE ARE ALSO GOOD

PRICE PER PERSON AND MINIMUM TWO PERSONS

Grilled entrecôte rice |19,80

Vegetable rice |14,50

Rice with rabbit and snails |15,80

Chicken, saffron and aromatic herbs rice |17,50

AND FIDEUAS

PRICE PER PERSON AND MINIMUM TWO PERSONS

Fideuá with black butifarra sausage and all i olli |17,00

Vegetables Fideuá |14,50

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MEAT CONSUMPTION

14% of the world's total CO2 emissions are generated by industrial livestock farming, the same amount generated by all transport.

Yes... the same as all CO2 emissions from cars, trucks, planes and ships, caused worldwide.

IF YOU CONSUME MEAT, CONSUME LITTLE,
Organic and local.

ON THE GRILL

Lamb ribs and shoulder of lamb \$ |17,00

Chicken \$ |13,80

Rabbit \$ |14,80

Beef sweetbreads \$ |15,00

Payés butifarra \$ |12,00

Grilled meat \$ |19,50

Veal entrecôte \$ |17,00

Matured veal entrecôte 500gr \$ |29,00

ACCOMPANIMENTS TO

Green salad

French fries

Potatoes "al caliu"

+1,50 | Potatoes purée with cheese

+1,50 | Grilled vegetables

+1,50 | Ganxet beans

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Reduce Recycle Reinvent Reuse - The future is not disposable

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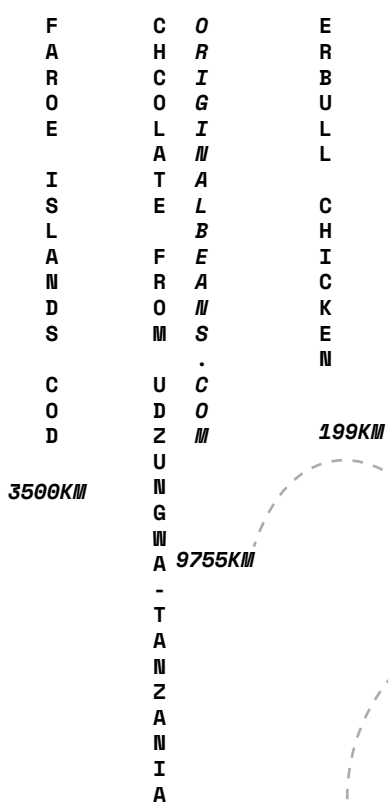
- Cod "a la llauna" with ganxet beans \$ | 25,00
- *Minced lamb \$ | 16,20
- Stewed pork feet with turnips \$ | 13,80
- Chicken "a la catalana" \$ | 16,00
- Fricandó of veal \$ | 17,60
- Rabbit with snails and chocolate \$ | 16,00
- Tripe "CAP Y POTA" \$ | 10,50
- *Saffron saffrachurry \$ 15,00

*MINCED LAMB IS A 15TH CENTURY STEW WHERE HISTORIANS HAVE FOUND THE USE OF TOMATO IN A "SOFRITO" FOR THE FIRST TIME IN CATALONIA.

A WELL-SPICED DISH, WITHOUT SALT AND VERY TASTY.

*HEURA IS A PROTEIN THAT COMES FROM SOYA BEANS.

THE TEXTURE, APPEARANCE AND FLAVOUR ARE INTENDED TO RESEMBLE CHICKEN MEAT.



CULTURE OR SUSTAINABILITY?

Cod arrived in Catalonia in the 16th century. Since then it has been with us, forming part of our gastronomic culture.

Our cod comes from the Faroe Islands and has been fished in the traditional way with hooks and from small boats but, to reach us, it has to travel 3500km and a large part of the journey is made in an isothermal lorry.

Although you will find it on our menu during its seasonal period, we recommend that you reduce your fish consumption and, if you do eat it, that it comes from our coasts and that you prioritise small fish that reproduce quickly.

DESSERTS

- Musician's Desserts \$ | 6,00
- Catalan cream \$ | 6,00
- Chocolate desserts \$ | 8,40
- Aromatic herbs Flan \$ | 5,50
- Chickpea fritters with crème brûlée \$ | 5,80
- Vegan vanilla panna cotta \$ | 7,60
- Lemon cake \$ | 7,50
- Chocolate truffles \$ | 5,50
- Cheese cake \$ | 8,00



This menu holder is reused

COFFEES

Espresso coffee	1,80
Double espresso	2,40
Obama coffee	2,00
Cortado	2,10
Latte coffee	2,50
Cappuccino	3,00
Glass of milk	2,20
Carajillo	2,70
Three-phasic coffee	2,60
Irish coffee	5,00

TEAS AND INFUSIONS

Black tea	2,50
Green tea	2,50
Pu-Erh (Red tea)	2,50
Roiboos Citrus	2,50
Chamomile	2,50
Linden	2,50
Tisane	2,50
Pennyroyal Mint	2,50

• Ice +0,30

- Cow's milk and vegetable milk available
- Add coffee, cocoa or cinnamon powder!

LIQUEURS

	Shot	Glass		Shot	Glass
Sweet wine Sols	2,00	5,00	Liqueur of aromas of Montserrat	2,50	6,00
Ratafia Bosch Reserve	3,00	6,50	Herbal rice liqueur	2,50	6,00
Ratafia dels Raiers	3,00	6,50	Coffee liqueur	2,50	6,00
Ratafia La Pabordessa	2,50	6,00	Herbal liqueur	2,50	6,00
Ratafia cream	2,50	6,00	Stomach liqueur Bonet	2,50	6,00
Catalan custard cream	2,50	6,00	Herbal liqueur	2,50	6,00
Baileys cream	2,50	6,00	Grape marc brandy	2,50	6,00
Rice liqueur cream	2,50	6,00	Rice marc	2,50	6,00
Rice pudding cream	2,50	6,00	Cardhu Scotch 12 years old	4,50	10,00
Pedro Ximenez	2,50	6,00	Lagavulin Scotch 16 years old	7,00	14,00
Mascaró	2,50	6,00			
Mascaró Narciso	3,50	7,00			
Suau 15 years old	3,50	7,00			
Torres 10 years	3,00	7,00			
Torres 15 years	3,50	7,50			

WARNING!!!

If you are the driver do not drink alcohol.

The road can be dangerous. It is not worth risking any lives for one or a few too many drinks.

Be responsible for yourself, your family and others.

PROXIMITY WHITE WINES

LA FIFAFLOR 2019 (SURTIDOR)

A fresh, fruity and welcoming wine on the palate.

(D.O. Montsant - Bodega Bell Cross - Garnatxa blanca) 15,00

BERNAVÍ 2019

Unctuous and at the same time saline, persistent and balanced on the palate.

(D.O. Terra Alta - Bodega Finca Mas Vernet, La Cova - Garnatxa Blanca) 18,00

MAS RODÓ 2016

White wine with lees. Lively in the mouth, fresh, balanced and fragrant with a smooth and delicate aftertaste soft and delicate. (D.O. Penedès - Montonega) 21,00

BRISAT DEL COSTER 2017

Natural, unfiltered organic wine. In the palate it has an intense entry and a lot of volume in the centre, with a very present acidity; intense, fresh and unctuous.

(D.O. Conca de Brabant - Bodega Josep Foraster - Macabeu) 25,00

BLANC TRADICIÓ 2018

Organic wine with aromas of citrus, fennel and white fruit. A fresh and very fruity wine, with a pleasant touch provided by the Malvasia de Sitges.

(D.O. Penedès - Bodega Can Feixes - Xarel·lo y Malvasia de Sitges) 28,00

VINO ROSADO DE

TOETS 2019

Fruity but dry organic wine, very pleasant with a good vegetal backbone which gives the wine a long aftertaste.

(D.O. Catalunya - Parellada, Macabeu, Garnatxa Blanca, Chenin Blanc, Moscatell d'Alexandria, Ull de Llebre y Syrah) 21,00

SANGRIA

Red Wine Sangria 16,50

Cava Sangria 19,50



LOCAL RED WINES

EL CAMÍ 2018 (SURTIDOR)

Dark reddish blue colour. Fresh and dense on the palate.

(D.O. Montsant - Bodega Bell Cross - Carinyena, Garnatxa y Ull de Llebre) 15,00

JOVENT 2019

Organic wine, fruity, intense, with a predominance of ripe red fruits and mineral touches. Long and balanced on the palate.

(D.O. Conca de Barberà - Bodega Dasca Vives - Garnatxa y Ull de Llebre) 19,00

COMALATS ALOSA JOVE 2019

Unfiltered organic wine with aromas of fresh forest fruit and white pepper.

A young, refreshing and sweet wine.

(D.O. Costers del Segre - Bodega Comalats - Cab. Sauvignon) 22,00

SANG DE SAULÓ

Natural, organic and biodynamic wine.

(D.O. Alella - Bodega Talcomraja - Syrah) 30,00

KHRÓNOS 2017

Wine from organic and biodynamic agriculture. Precipitates and a cloudy appearance may appear, which is a sign of respectful winemaking and are a good sign of authenticity.

(D.O. Penedès - Bodega Finca Parera - Sumoll) 44,00

CAVA

SOGAS MASCARÓ BRUT

A pleasant cava in the mouth with well-integrated carbonic. Round and balanced.

(D.O. Penedès - Macabeu, Xarel·lo y Parellada) 15,50

SOGAS MASCARÓ BRUT NATURE RESERVA

(D.O. Penedès - Macabeu, Xarel·lo y Parellada) 20,50

JUVÉ & CAMPS BRUT NATURE RESERVA FAMILIA

A sparkling wine with tiny and attractive bubbles.

In the mouth it is pleasant, creamy and very fresh