FOOD AT MAS CAMPASSOL

At Campassol we only want to offer snacks, homemade dishes and at the same time show the magnificent alternatives there are to the consumption of animals.
We are committed to nature and its inhabitants. Our mission is to propose a coexistence based on respect and protection.
For this reason, all the products we offer are plant based and without palm oil.

Sustainability

We rely on seasonal, local and proximity ingredients. Not being of animal origin, they do not contribute to the deforestation of the jungles, to the pollution of the air and aquifers, the degradation of vegetation, soil erosion and the great loss of biodiversity, that is, some of the most important causes of climate change and the destruction of our habitat.

Health

We offer food free of animal suffering, pesticides, hormones, antibiotics and other medications present in animal feed, as well as GMOs, prohibited in human food, but allowed in feed, so the remains of modified genes of the plants end up in the same place...

Ethics

As it could not be otherwise, our foods are free of animal abuse. We believe that the change in our relationship with the beings we share our habitat must begin by stopping exploiting them.

Food scraps are not wasted, they enter the food circuit through composting, fertilizing the land and producing better vegetables to feed us healthily.

Proteins are essential for our body and if we choose those of plant origin, in addition to protecting the planet, we promote our cardiovascular, metabolic and kidney health.

Some of our snacks contain processed ingredients; this is because the philosophy of our gastronomic offer is that the dishes are easy to prepare by our guests at home and we explain where they can purchase them, in order to reduce the consumption of animals in their daily lives.

They are perfect foods to transition to a plant-based diet, thus contributing to a smaller footprint on the planet, health and animal suffering.

Be the change you want to see in the world... with the power of small actions, we can make this planet a better place for everyone...

It's not about stopping eating... it's about letting live.

If you change your diet you change the world you live in...

To start

Assorted **olives**	€4
Local **nuts** baked over a wood fire, with nuts rich in omega3	€4
Local **fried almonds** Alicante style	€5
Local peasant **bread with tomato** and organic olive oil	€5,5
Seasonal cream with homemade croutons and/or chopped vegetables	€ 13

To share

Garden salad, depending on season, with organic oil and apple vinegar	€19
Humus with seasonal organic vegetable crudites (Gluten traces)	€13
Selection of "Nutty" **vegetable cheeses** (cheeses WG): Flowers and truffle, with blueberries, figs and walnuts and smoked pepper scent; Accompanied by organic wheat crackers, nuts and *pa de pagès*	€15
Selection of 4 semi-cured **vegetable cheeses** "Veggie Karma" (cheeses WG): With white wine, with sweet smoked paprika, fine Provencal herbs and with walnuts and pink pepper, with organic wheat crackers, dried fruits and *pa de pagès*	€15

With local bread

XL Campassol **hot dog** with Heura sausages, bread from the bakery, onion, pickle, lettuce, vegan, ketchup and organic mustard; with garden fries	€17
Choripan Campassol XL with Heura chorizos, bread from the bakery, with onion, ketchup and organic mustard or chimichurri; accompanied by garden fries	€17
Bakini Campassol with pa de pagès, Compassion bacon and vegetable cheese melted and served with garden salad	€17
Heura **burger** (WG) with bread, tomato, lettuce, onion, pickle, vegan ketchup and organic mustard, accompanied by garden fries	€17

Main dishes

Currywurst Campassol Heura (WG), Vegetable Protein Sausages with Berliner curry gravy and organic fries	€15
Vegetable "**Fish'n chips**" (WG) with lemon vegan mayonnaise and garden fries	€15
Heura vegetable **meatballs** (WG) stewed with seasonal organic vegetables	€17
Heura non-chicken **escalop** with sautéed chickpeas and vegetables in white wine	€17
Vegetable "**hake**" high in **omega-3 acids** (WG) with lemon and vegan served with a potatoe cream bed	€18
Non-beef **medallion** with creamy potato bed with truffle and olive sauce	€18
Juicy Marbles Vegetable "**Ribs**" with Campassol Rosemary – 350gr. (WG)	€29

Children

Macaroni or **gnocchi** with tomato	€10
Macaroni or **gnocchi** with vegetable bolognese	€12
Heura vegetable **nuggets** with organic ketchup and French fries	€12

Desserts

Brownie with walnuts	€9
Homemade dessert from the house	€9
"Músico" with **nuts** and local sweet wine	€6
Organic or local seasonal **fruit**	€5

Specials

Energizing Breakfasts

Chocolate Protein **Shake**: Organic, low-fat, no added sugar, no additives	€4.95
Organic Rice Protein **Shake** with **fruit** and oat milk	€5.95

Campassol Appetizers

2 locally sourced **vermouth** with **olives** or **nuts**	€12
2 locally sourced **vermouth** with **olives and nuts**	€16
Sparkling rosé with dark **chocolate fondue** and seasonal **fruit**	€15

Pairing suggestion

Selection of "Nutty" **vegetable cheeses** (cheeses WG):
Flowers and truffle, with blueberries, figs and walnuts and smoked pepper scent

Pairing suggestion:

San Valentín de Torres, 2022	€18
Jean Leon Xarel·lo, 2021	€26

Selection of 4 semi-cured **vegetable cheeses** "Veggie Karma":
With white wine, with sweet smoked paprika, fine Provencal herbs and with

walnuts and pink pepper, with organic wheat crackers, dried fruits and *pa de pagès*

Pairing suggestion:

Jean Leon Chardonnay, 2022	€26
Atrium Chardonnay, 2022	€20
Albet i Noya "Curiòs", 2022 (red)	€19

Drinks menu

All the products we offer are plant-based, organic and/or local.

Sant Aniol **mineral water**, from the Natural Park - *esperit volcànic*	€2,5
Sant Aniol sparkling **mineral water**, from the Natural Park - *esperit volcànic*	€2,5
Organic **expresso** or cut coffee with vegetable milk	€3
Selection of organic fair trade CUPPER **teas**: "Earl Grey" "Green" "Chai green" "White with orange"	€3
Selection of organic fair trade CUPPER **infusions**: "After dinner mint" Chamomille "Love me truly chai" "Original Rooibos"	€3
Organic **juices** – apple, Orange and peach	€3
"**Whole Earth**" natural organic soft drinks: Apple, Cola, Edeliberry, Lemon & Orange, Cranberry	€3,5
"**fritz-kola**" natural soft drinks: Organic Apple, Cola	€4,5
Flax & Kale organic **Kombuchas**: low sugar content due to fermentation; rich in probiotics, helping to stimulate our system immunological; contributes to restoring the balance of the intestinal flora Dragon lemonade Orange Fantasy Lemon Fantasy	€6
"BdeGust" organic non alcoholic **beer**	€6

Drinks from local cellars

"Montseny" **wheat beer**, artisanal, organic and local	€5,5
"BdeGust" organic **beer**, extra hops and toast, solidary	€6
Organic **beer** "BdeBeer - Blat", gluten-free, solidary (suitable for celiacs)	€6
Organic **beer** "BdeGust – Atre BIDA", Hazy IPA, solidarity and km0	€6,5
Albet i Noya "Curiòs" **white wine** glass, 2023	€5,5
Albet i Noya " Curiòs " **red wine** glass, 2022	€5,5
Local ***vermouth***	€4
Local ***Muscat***	€3
Ratafia km0 "Russet"	€5
Organic Cantueso **liqueur**, lavender essence, 6cl.	€5
Pyrenean herb **liqueur**, "Ordesano", 6cl	€5
Cassis **liqueur** from the Vall d'Aran, 6cl.	€5
Organic Chamomille **liqueur** from l'Empordà	€5

Cocktails

"Ordesano" Pyrenean **Gin Tonic**, with Le Tribute tonic and organic lemons	€16
"Hibiscus&Orange NUT" **Gin Tonic**, with pimk pepper tonic and organic lemons	€18
Km1 Mediterranean Vodka **Bloody Mary**, with organic tomato juice	€16
Cuba Libre with rum from the Pyrenees "Ordesano" and fritz-kola	€16

Wines

All our wines are **organic**, **vegan** and **local** and are made in select wineries. **Torres** is a world leader and has been producing organic wines for years following the motto "The more we take care of the land, the better wine we get." **Albet i Noya** was the first winery in the State to make a commitment to sustainable agriculture; a commitment they have maintained for more than 40 years.

White wines

Albet i Noya "Curiós", 2023	€ 19
San Valentín de Torres, 2022	€ 18
Atrium Chardonnay, 2022	€ 21
Jean Leon Xarel·lo, 2021	€ 26
Jean Leon Chardonnay, 2022	€ 26

Red wines

Albet i Noya "Curiós", Tempranillo 2022	€ 19
Dasca Vives Jovent, 2001 – Natural wine	€ 25
Atrium Merlot, 2021	€ 24
Jean Leon 3055 Merlot, 2021	€ 26
Gran Coronas, 2018	€ 34
Jean Leon "Le Havre", Cabernet Sauvignon, 2018	€ 49

Rosé wines

Albet i Noya "Curiosa Rosé", 2023	€ 19
Jean Leon Rosé, 2022	€ 26

Cavas and sparkling

Artesana Brut Nature, Giró	€ 24
Xarel·lo 100%, Gran Reserva Brut Nature, Giró – *Cava solidario*	€ 29
Sparkling Can Paixano	€ 10

Without alcohol

Natureo red or rosé 2021	€ 17
Natureo Sparkling	€ 19