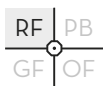


# Eat better Be happier Live longer

ENG

FLAX & KALE is a Healthy Flexitarian Restaurant. All the dishes are crafted not only to maximize the organoleptic pleasure, but also considering their nutritional value. 80% of our offer is plant-based and the remaining 20% are recipes that include oily fish. Increasingly, scientific evidence supports the correlation between a balanced diet and good health. We feel passionate about feeding you better thus you can be happier and live longer with an optimal health.

*Welcome to the fascinating world of Tasty + Healthy + Sustainable food!*



## RAW FOOD

Enzymes and vitamins are sensitive to temperatures above 48°C, and they perish above 54°C. Hence, all dishes marked with **RF** are either raw or dehydrated at temperatures below 48°C to preserve their nutritional properties.



## PLANT-BASED

All the dishes labeled with **PB** are prepared using exclusively plant-based ingredients. Plants, vegetables, fruits, nuts, and seeds in their natural state contain an abundance of vitamins, nutrients, and enzymes, making them the richest source of these essential elements in nature.



## GLUTEN-FREE\*

Every gluten-free dish is labeled with **GF**. This indicates that these dishes either contain no flour at all or use alternative gluten-free flours such as quinoa, almond, buckwheat, coconut, and more.



## OILY FISH

Dishes labeled with **OF** contain oily fish. These fish are rich in omega-3 essential fatty acids, and their nutritional benefits have been extensively proven. Our Alaskan wild salmon is sourced from sustainable fishing practices, contributing to the health of our oceans' ecosystems.



All plant-based options, such as F&K 'chicken' or F&K 'meat', are innovations developed by our R&D team using soy and pea protein, crafted in our production center. They provide a protein content comparable to animal meat, but with significantly lower CO<sub>2</sub> emissions and water footprint.

\*We cannot guarantee the absence of cross contamination.

**FLAX & KALE**

If you have any food allergies or intolerances, please review the allergen information provided at the end of this menu and notify our team.

# To Nibble & Starters



## KALE CHIPS ORIGINAL RECIPE | 4,50€

dehydrated kale + cashews + nutritional yeast + turmeric



## GRILLED WATERMELON | 6,50€

grilled watermelon + goat cheese + mizuna\* + marcona almonds + sweet mint sauce



## SALMON SASHIMI TOAST | 9,50€

5 cereals whole grain spelt bread\*\* + green peas cream + Alaskan wild salmon sashimi + mint + lemon zest | \*\*homemade gluten-free bread (+ 1,45€)



## FUNGI COCONUT TOAST | 8,50€

5 cereals whole grain spelt bread\*\* + seasonal mushroom mix + white wine + coconut cream + thyme + black truffle | \*\* homemade gluten-free bread (+ 1,45€)



## MANGO & AVOCADO TARTARE | 10,95€

mango + avocado + red onion + semi-dried tomato + white sesame + chives + homemade tartare sauce



## CRUNCHY TUNA TACO | 5,50€

nixtamalized corn\* flour crunchy *tortilla* + marinated yellowfin tuna dices + white cabbage + coriander + spring onion + homemade spicy cocktail sauce + avocado + sesame seeds | 🌶️



## CRUNCHY SALMON TACO | 5,50€

nixtamalized corn\* flour crunchy *tortilla* with beetroot + marinated Alaskan wild salmon dices + avocado + nori seaweed + romaine lettuce + tartare sauce with *jalapeños* | 🌶️



## CRUNCHY CORVINA TACO | 5,50€

nixtamalized purple corn\* flour crunchy *tortilla* + diced corvina marinated in passion fruit aguachile + toasted corn + coriander + chipotle and *naranjilla* mayonnaise | 🌶️

NEW

### ✿ CHEF'S NOTES

- *mizuna*: a leafy green with a refreshing taste reminding mustard, which is fairly spicy and a bit sweet.
- *nixtamalized corn*: corn cooked with an alkaline solution. Chemical changes during the process increase the availability of amino acids, phosphorus, and calcium, as well as fiber.

RF Raw food   PB Plant-based   GF Gluten-free   OF Oily fish   🌶️ Spicy   10% VAT included

# Sharing Courses

RF | PB  
GF | OF

## HUMMUSÍSSIMO | 14,95€

creamy hummus + plant-based yogurt sauce + F&K plant-based 'meatballs' + pickles + roasted nuts and grapes + semi-dried tomatoes + white tahini + *za'atar* + homemade pita bread

RF | PB  
GF | OF

## CRUNCHY TACOS ASSORTMENT | 15,50€

1 pc. crunchy tuna taco + 1 pc. crunchy salmon taco + 1 pc. crunchy corvina taco | 🌶️

RF | PB  
GF | OF

## SUPREME NACHOS | 13,95€

nixtamalized corn\* nachos + guacamole + tomato + *jalapeño* + sweet corn + F&K plant-based 'minced meat' + melted plant-based 'cheddar' | 🌶️

RF | PB  
GF | OF

## BRAISED BROCCOLI, MUHAMMARA & ZHUG SAUCE | 6,95€

braised spiced broccoli + muhammara\* sauce + *zhug*\* sauce + pomegranate

RF | PB  
GF | OF

## SZECHUAN-STYLE SEARED EGGPLANT | 7,95€

+ doubanjiang\* sauce + ginger + braised peanuts + coriander + white sesame | 🌶️

# Soups & Creams

RF | PB  
GF | OF

## KALE DREAM CREAM | 7,95€

leek + onion + potato + kale + thyme + kale chips

RF | PB  
GF | OF

## RAMEN YA-TERE | 14,95€

Available from November to April

ramen broth + sweet potato noodles + plant-based chashu\* (nori seaweed and pulled jackfruit) + roasted pumpkin + oyster mushroom + nori seaweed + wakame seaweed + watermelon radish + toasted sesame

RF | PB  
GF | OF

## GAZPACHO WITH A HIT OF CUMIN | 7,95€

Available from May to October

tomato + cucumber + green bell pepper + garlic + onion + olive oil + cumin

### ❖ CHEF'S NOTES

- *nixtamalized corn*: cooked corn in an alkaline solution. The chemical changes occurred during the process increase the amount of amino acids, phosphorus and calcium, and fiber.
- *muhammara*: a Syrian sauce made from roasted red peppers, walnuts, olive oil, and spices, with a smoky and slightly spicy flavor.
- *zhug sauce*: a spicy and aromatic sauce originating from Yemen, primarily made with cilantro, chilies, garlic, cumin, and other spices.
- *doubanjiang*: fermented paste made from soybeans and chilies, a popular condiment in Chinese cuisine known for its salty, umami, and slightly spicy flavor.
- *chashu*: slices of roasted or stewed pork, commonly used as an ingredient in Japanese cuisine, especially in ramen dishes.
- *jackfruit*: the world's largest fruit that closely mimics shredded meat in texture and appearance.

RF Raw food   PB Plant-based   GF Gluten-free   OF Oily fish   🌶️ Spicy   10% VAT included

# Leafy Greens



## TERESA'S FAVORITE KALE SALAD | 11,95€

kale + cherry tomatoes + avocado + mixed sprouts + nori seaweed + mango + radishes + *chipotle* vinaigrette + mesclun + flax gomasio | 🌶



## KALE CAESAR SALAD | 13,50€

kale + romaine lettuce + plant-based parmesan and semi-cured 'cheese' + F&K plant-based 'chicken' + croutons + plant-based Caesar dressing



## YELLOWFIN TUNA & SALMON POKE BOWL | 15,95€

yellowfin tuna + wild Alaskan salmon + black rice + white quinoa + avocado + wakame seaweed + fermented celery + kelp\* noodles + edamame + leafy greens + miso-ginger dressing



## ROASTED ROOTS & AVOCADO SALAD | 12,95€

roasted and spiced beets and carrots + grilled red onion + avocado + rocket + roasted grapes + goat cheese + mustard and honey vinaigrette



## ALASKAN SALMON BIBIMBAP\* | 15,95€

wild Alaskan salmon dices + black rice + crispy puffed rice + napa cabbage + romaine lettuce + pear + pomegranate + spring onion + wakame seaweed + pickled daikon + *furikake*\* + *gochujang*\* mayonnaise | 🌶



## LEMON CHILI PARMESAN MINCED KALE SALAD | 11,95€

kale + napa cabbage + wakame seaweed + pecans + Grana Padano cheese + sautéed portobello and shimeji mushrooms + lemon-chili parmesan dressing



## FALAFEL HARISSA SALAD | 12,95€

homemade Lebanese falafel + smoked pumpkin spread + plant-based yogurt sauce + bulgur + spelt + spinach + harissa mayonnaise + sesame seeds

### ❖ CHEF'S NOTES

- *kelp*: marine algae rich in iodine, vitamins, and minerals, used in Asian cuisine for its umami flavor and nutritional properties.
- *bibimbap*: in Korean it literally means "mixed" (bibim) "rice" (bap).
- *furikake*: A mixture of Japanese seasonings sprinkled over rice. It may contain ingredients such as nori seaweed, sesame seeds, dried fish, salt, and sugar.
- *gochujang*: (or red chili paste) is a savory, sweet and spicy fermented condiment popular in Korean cooking.

# Healthy Pasta



## SUPERTAGLIATELLE | 16,50€

supertagliatelle with spirulina\* + Alaskan wild salmon + kale pesto + parmesan cheese



## 'CHICKEN' PAD THAI | 14,50€

rice noodles + shiitake + carrot + F&K plant-based 'chicken' + soybean sprouts + roasted peanuts + pickled daikon + homemade Pad Thai sauce + spring onion + lime + coriander



## YAKITUNA | 15,50€

homemade noodles + stir-fried vegetables + yellowfin tuna tataki + yakisoba sauce + *katsuobushi*\* + coriander + pickled ginger

# Teresa's Specialities



## ALASKAN SALMON CATCH | 19,95€

slow-baked Alaskan wild salmon + quinoa salad + citrus and Algerri herbs sauce



## TUNA LOVES WASABI BURGER | 15,95€

whole spelt brioche bread\*\* with activated charcoal\* + homemade tuna burger with chives, ginger and wasabi mayonnaise + roasted carrots with plant-based yogurt sauce | \*\*homemade gluten-free bread (+ 1,45€)



## SALMON MINI BURGERS | 16,95€ | 3 PIECES

whole spelt brioche bread\*\* with cold-pressed beetroot juice + Alaskan wild salmon burger patties + plant-based mayonnaise with old style mustard + roasted sweet potato with plant-based yogurt sauce | \*\*homemade gluten-free bread (+ 1,45€)



## PLANT-BASED TRUFFLE MAYO BURGER | 15,95€

whole spelt brioche bread\*\* with activated charcoal + F&K plant-based hamburger + truffled mayonnaise + sautéed mushrooms + roasted onion + plant-based 'cheddar' + roasted sweet potatoes with plant-based yogurt sauce | \*\*homemade gluten-free bread (+ 1,45€)



## MALAI KOFTA FISHBALLS TIKKA MASSALA | 14,95€

malai kofta fishballs + basmati rice with a hint of cumin + tikka massala sauce + toasted sesame seeds + *zhug*\* sauce + coriander

### \* CHEF'S NOTES

- *spirulina*: spiral-shaped algae rich in proteins, nutrients, vitamins, and minerals.
- *katsuobushi*: thin, dry flakes of fermented and smoked tuna, widely used in Japanese cuisine to add flavor to broths, soups, and main dishes.
- *activated charcoal*: the result of a double process of carbonization and activation applied to plant material. its micropores absorb and then expel harmful substances from our bodies.
- *malai kofta*: an Indian dish consisting of cottage cheese and vegetable dumplings.
- *zhug sauce*: a spicy and aromatic sauce originating from Yemen, made primarily with cilantro, chilies, garlic, cumin, and other spices.

# Teresa's Specialities



## YELLOWFIN TUNA BIBIMBAP | 15,95€

yellowfin tuna bulgogi\* + poached organic blue egg\* + brown rice + marinated cucumber + red cabbage + wakame seaweed + sautéed shiitake + *furikake*\* + mangetout + Korean *gochujang*\* sauce | 🌶️



## TACOS AL PASTOR | 17,95€ | 6 PIECES

nixtamalized corn\* tacos\*\* + jackfruit\* 'pulled pork' + guacamole + lime + pineapple + coriander + *pico de gallo* + cashew & chipotle 'sour cream' | \*\* add an extra taco (+0,50€)



## RAW VEGAN LASAGNA | 14,95€

raw zucchini + fresh tomatoes and dried tomatoes sauce + Goji berries + cashews and macadamia nuts 'cheese' + *pico de gallo*



## PLANT-BASED BBQ RIBS | 15,95€

F&K plant-based BBQ 'ribs' + ginger BBQ sauce + Szechuan-style eggplants | 🌶️



## BUTTERNUT SQUASH MALAYSIAN CURRY | 15,95€

jackfruit\* + pumpkin + mushrooms + turmeric curry sauce + brown basmati rice + peanuts + coriander | 🌶️



## CREAMY RICE WITH SPIRULINA, SALICORNIA AND SALMON | 17,95€

wild Alaskan salmon + brown rice + blue fish broth + fresh spirulina\* paste + anchovy *garum*\* + salicornia



## LOW CARBS RISOTTO & YELLOWFIN TUNA | 16,95€

konjac\* rice and *huitlacoche*\* risotto + yellowfin tuna + teriyaki sauce + black and white sesame + kale + yellow pepper emulsion

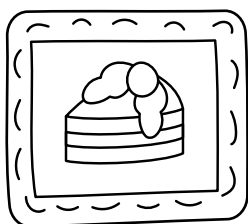
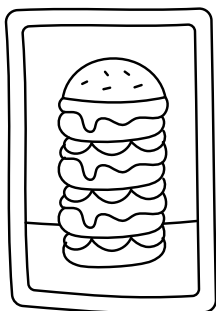
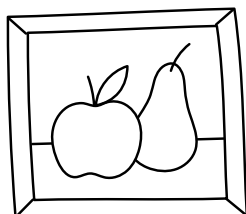


## KOREAN FISH WRAPS & TAMARIND BBQ SAUCE | 14,95€

marinated & glazed roasted fish with homemade tamarind BBQ sauce + lemongrass + toasted coconut + Tudela buds + coriander + mint + lime

### ✳️ CHEF'S NOTES

- *bulgogi*: it means 'fire meat' in Korean, where 'bul' means fire and 'gogi' means meat.
- *organic blue egg*: from Chilean-origin chickens, these eggs have a larger, intensely yellow yolk.
- *furikake*: a Japanese seasoning blend sprinkled over rice.
- *gochujang* (or *red chili paste*): a popular sweet and spicy fermented condiment in Korean cuisine.
- *nixtamalized corn*: corn cooked with an alkaline solution. chemical changes during the process increase the availability of amino acids, phosphorus, calcium, and fiber.
- *jackfruit*: the world's largest fruit that mimics shredded meat perfectly.
- *spirulina*: spiral-shaped algae rich in proteins, nutrients, vitamins, and minerals.
- *garum*: a fermented fish sauce used in Ancient Rome as a condiment and flavor enhancer in various dishes. it provides a notable amount of proteins and omega-3 fatty acids.
- *konjac*: a high-fiber, low-calorie, and low-carbohydrate alternative to rice or pasta.
- *huitlacoche*: mushrooms that grow on corn used in Mexican cuisine. they are a good source of protein, fiber, B vitamins, iron, and zinc.



# Kids

RF PB  
GF OF

**SUPERKIDS** | 9,95€

whole wheat spelt bread\*\* + F&K plant-based burger + organic ketchup + roasted sweet potatoes | \*\* *homemade gluten-free bread* (+ 1,45€)

RF PB  
GF OF

**JACK SPAGHETTINI SPARROW** | 9,95€

rice spaghetti + homemade tomato sauce + F&K plant-based 'meatballs'

RF PB  
GF OF

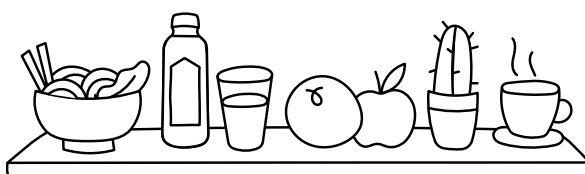
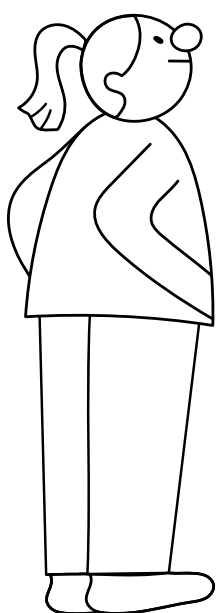
**FINDING QUINOA NEMO** | 9,95€

wild Alaskan salmon + quinoa with stir-fried vegetables + leafy greens

RF PB  
GF OF

**NINJA NUGGETS** | 7,95€ | 6 PIECES

baked F&K plant-based 'chicken' nuggets + organic ketchup



# Desserts



## TWO TEXTURES CHOCO CAKE | 6,95€

brownie + chocolate mousse + hazelnut ice cream



## COOKIES & PASSION FRUIT CAKE | 6,95€

cookie base + passion fruit and cashews mousseline + passion fruit *gelée* + cocoa nibs + matcha tea 'mascarpone'



## LEMON PIE | 6,95€

oat and almond tartlet + lemon and yuzu custard + coconut and flax cream



## 'CHEESECAKE' | 6,95€

plant-based 'cheesecake' + wild berries coulis



## CARROT CAKE | 6,95€

carrot and walnut cake + cashew 'mascarpone'



## THAI FRENCH TOAST | 6,95€

brioche French toast + coconut milk meringue with Thai spices + coconut sugar + seasonal amazake\* cream + mango-cashew ice cream + candied sesame



## CHOCOLATE & HAZELNUT MOUSSE CAKE | 6,95€

chocolate & hazelnut mousse + cocoa powder + red fruits

# Ice Creams



## TOASTED HAZELNUT ICE CREAM | 6,50€

plant-based hazelnut ice cream + banana & blueberries + Ginger Turmeric Doughnut + cocoa nibs and hazelnuts topping



## VANILLA SUNDAE | 5,95€

plant-based vanilla ice cream + red fruit coulis + strawberries



## CHOCOLATE SUNDAE | 5,95€

plant-based chocolate ice cream + coconut frosting + toasted hazelnut



## MANGO & CASHEW SUNDAE | 5,95€

plant-based mango & cashew ice cream + coconut frosting + grated coconut

### ✿ CHEF'S NOTES

- *amazake*: a sweet and fermented Japanese beverage, primarily made from rice. It is a natural source of energy, low in fats, and rich in carbohydrates, B vitamins, and digestive enzymes.

# Healthy indulgences



## MOSKITO | 3,50€

buckwheat flour + cashew 'mascarpone' + chocolate cover



## COCO CHOCO CHIA | 3,50€

chia and coconut cream + almonds + chocolate



## PINK LADY | 3,50€

buckwheat flour + cashew and lemon cream + beetroot + white chocolate



## ENERGY SPICY BAR | 2,50€

almonds + walnuts + cocoa + cayenne + pistachios + Goji berries + chia + sesame



## SUPERFOOD PROTEIN BALLS | 2,00€ / PIECE

**RASPBERRY & RICE PROTEIN BALL:** macadamia nuts + lyophilized raspberry + rice protein + cashews + dates + almonds

**MATCHA & PEA PROTEIN BALL:** matcha tea + pistachios + pea protein + cashews + dates + almonds

**ORANGE & HEMP PROTEIN BALL:** orange + raw cocoa + walnuts + hemp protein + cashews + dates + almonds



## HOUSEMADE MUFFINS | 3,50€ / PIECE

**VEGAN PEAR-CHOCOLATE MUFFIN:** buckwheat + caramelized pear + chocolate muffin

**QUINOA-BLUEBERRY MUFFIN:** quinoa and buckwheat + hazelnut cream + blueberries

**MATCHA MUFFIN:** buckwheat and whole grain rice + almond cream + matcha tea + cacao nibs

**MISO-GINGER MUFFIN:** buckwheat and whole grain rice + almond cream + coconut milk + ginger + miso

**CHOCOLATE & ORANGE MUFFIN:** buckwheat and whole grain rice + hazelnut cream + banana + cocoa + orange



## VEGAN HOMEMADE COOKIE | 3,50€

homemade cookie with raw chocolate chips and walnuts



## MAPLE-GLAZED DOUGHNUT | 3,50€

almond flour doughnut (not fried) + coconut flour + cashews + honey + maple syrup glaze



## GINGER-TURMERIC DOUGHNUT | 3,50€

almond flour doughnut (not fried) + buckwheat flour + walnuts + ginger + cashews + turmeric + plant-based chocolate



## CINNAMON MACA ROLL | 3,50€

buckwheat flour + almonds + cinnamon + maca