

Eat better Be happier Live longer

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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 CO₂ 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



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€

NEW

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

* CHEF'S NOTES

- *mizuna*: a leafy green with a refreshing taste reminding mustard, which is fairly spicy and a bit sweet.
- *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.

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

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.
- *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.

Leafy Greens



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



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

Healthy Pasta



'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

✳️ 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.
- *katsuobushi*: thin, dry flakes of fermented and smoked tuna, widely used in Japanese cuisine to add flavor to broths, soups, and main dishes.

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



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 | 🌶



LOW CARBS RISOTTO & YELLOWFIN TUNA | 16,95€

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

✳ CHEF'S NOTES

- *bulgogi*: it means 'fire meat' in Korean, where 'bul' means fire and 'gogi' means meat.
- *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.
- *huitlacoche*: mushrooms that grow on corn used in Mexican cuisine. they are a good source of protein, fiber, B vitamins, iron, and zinc.
- *gochujang (or red chili paste)*: a popular sweet and spicy fermented condiment in Korean cuisine.
- *konjac*: a high-fiber, low-calorie, and low-carbohydrate alternative to rice or pasta.

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

Savory Brunch Specialties



SALMON SASHIMI TOAST** | 9,50€

5 cereals whole grain spelt bread + green peas cream + Alaskan wild salmon sashimi + mint + lemon zest



FUNGI COCONUT TOAST** | 8,50€

5 cereals whole grain spelt bread + seasonal mushroom mix + white wine + coconut cream + thyme + black truffle



HUMMUS, AVOCADO AND POACHED EGG TOAST** | 7,50€

+ tahini + fresh herbs + pistachios + *zhug** sauce



POKE AVO TOAST** | 7,95€

whole wheat sliced bread + avocado + cucumber + marinated Alaskan wild salmon + raw onion

** EXTRAS TOASTS

- homemade gluten-free bread (+ 1,45€) • scrambled organic blue egg* (+ 1,95€)
- poached organic egg* (+ 1,95€)



CLASSIC AVO TOAST** | 5,50€

whole wheat sliced bread + avocado + lemon + cayenne pepper + flax + chia

** EXTRAS TOASTS

- homemade gluten-free bread (+ 1,45€) • scrambled organic blue egg* (+ 1,95€)
- poached organic egg* (+ 1,95€) • marinated Alaskan wild salmon (+ 3€)



SCANDAL SCRAMBLE | 10,95€

scrambled organic blue eggs** + assorted mushrooms + spinach + tomato + green garlic + feta cheese + carrots + 6 cereals whole wheat bread** | **only egg whites (+ 1,95€) **homemade gluten-free bread (+ 1,45€)



HEALTHY VEGGIE EGGS BENEDICT | 14,95€

homemade English muffin + sautéed mushrooms + spinach + poached organic blue eggs* + truffled plant-based hollandaise sauce + roasted seasonal vegetables



HEALTHY EGGS ROYALE | 16,95€

homemade English muffin + sautéed mushrooms + spinach + poached organic blue eggs* + plant-based truffled hollandaise sauce + roasted seasonal veggies



BBQ 'PULLED PORK' ROLL | 8,95€

NEW

whole spelt brioche + BBQ 'pulled pork' jackfruit* + sweet potato chips + red cabbage sauerkraut + peanuts + chili jam mayonnaise + coriander | 🌶️



SHAKSHOUKA | 13,95€

Lebanese style tomato sauce + spinach + organic blue eggs* + eggplant + spring onion + coriander + *zhug* sauce* + 5 cereals bread** | **homemade gluten free bread (+ 1,45€)



BAO BAB BENEDICTS | 13,50€

healthy bao + BBQ 'pulled pork' jackfruit* + poached organic blue eggs* + peanuts + baobab's hollandaise plant-based sauce + chili jam | 🌶️

Sweet Brunch Specialties

RF PB
GF OF

CHOCO PANCAKES | 9,95€

+ homemade plant-based 'Nutella' sauce + almond salted caramel sauce + berries

RF PB
GF OF

CHOCO CHIA POT | 4,50€

banana + strawberries + kiwi + toasted sesame + chestnut *amazake** cream + cacao nibs

RF PB
GF OF

PEANUT BUTTER TOAST | 4,95€

whole spelt bread with seeds + banana + strawberries + caramelized sesame seeds + pumpkin seeds

RF PB
GF OF

AÇAÍ BOWL | 8,95€

SMOOTHIE: *açaí do Brasil* + banana + strawberries + homemade cashew drink + agave syrup | TOPPINGS: blueberries + seasonal fruits + Crumble Style Granola + hemp seeds + Goji berries | ** *peanut butter extra* (+0,50€)

RF PB
GF OF

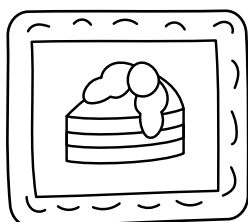
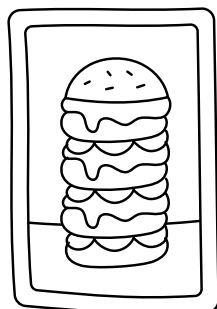
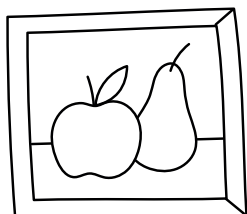
ROYAL COCONUT MILK PARFAIT | 5,95€

homemade coconut yogurt + homemade granola + seasonal fruits + berries

❁ CHEF'S NOTES

- *organic blue egg*: from Chilean-origin chickens, these eggs have a larger, intensely yellow yolk.
- *zhug sauce*: a spicy and aromatic sauce originating from Yemen, made primarily with cilantro, chilies, garlic, cumin, and other spices.
- *jackfruit*: the world's largest fruit that mimics shredded meat perfectly.
- *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.

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



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

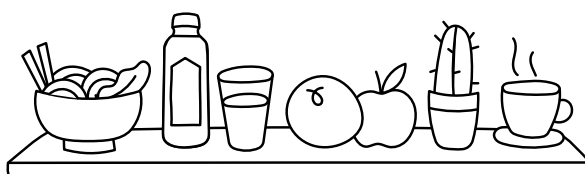
FINDING QUINOA NEMO | 9,95€

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



RF Raw food

PB Plant-based

GF Gluten-free

OF Oily fish

 Spicy

10% VAT included

Desserts

RF PB
GF OF

TWO TEXTURES CHOCO CAKE | 6,95€

brownie + chocolate mousse + hazelnut ice cream

RF PB
GF OF

COOKIES & PASSION FRUIT CAKE | 6,95€

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

RF PB
GF OF

LEMON PIE | 6,95€

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

RF PB
GF OF

'CHEESECAKE' | 6,95€

plant-based 'cheesecake' + wild berries coulis

RF PB
GF OF

CARROT CAKE | 6,95€

carrot and walnut cake + cashew 'mascarpone'

RF PB
GF OF

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

RF PB
GF OF

CHOCOLATE & HAZELNUT MOUSSE CAKE | 6,95€

chocolate & hazelnut mousse + cocoa powder + red fruits

Ice Creams

RF PB
GF OF

TOASTED HAZELNUT ICE CREAM | 6,50€

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

RF PB
GF OF

VANILLA SUNDAE | 5,95€

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

RF PB
GF OF

CHOCOLATE SUNDAE | 5,95€

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

RF PB
GF OF

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.

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

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