

# FLAX+KALE



Drinks

Eat better  
Be happier  
Live longer

Welcome to the  
fascinating  
world of tasty +  
healthy +  
sustainable  
food!

FLAX+KALE is a healthy flexitarian restaurant. All the dishes are designed 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 contain oily fish. Nowadays there are hardly any doubts about the correlation between a proper diet and a strong illness-free health. We feel passionate about feeding you better thus you can be happier and live longer with an optimal health.

\*We cannot guarantee the absence of cross contamination. If you're allergic or intolerant to any kind of food, please notify us immediately.

All plant-based F+K PROTEINS are developed by our R&D team in our workshop.

## DRINKS

# Komlucha

### passion colada 4,95€

passion fruit + pineapple + coconut + bancha tea.

(PLANT-BASED) (GLUTEN-FREE)

### dragon lemonade 4,95€

pitaya + lime + lemon.

(PLANT-BASED) (GLUTEN-FREE)

### blue mojito 4,95€

yuzu + spirulina + mint.

(PLANT-BASED) (GLUTEN-FREE)

### orange fantasy 4,95€

orange + lemon.

(PLANT-BASED) (GLUTEN-FREE)

### mother africa 4,95€

ginger + hibiscus + orange.

(PLANT-BASED) (GLUTEN-FREE)

### lemon fantasy 4,95€

lime + lemon.

(PLANT-BASED) (GLUTEN-FREE)

### wonder berry 4,95€

raspberries + blueberries.

(PLANT-BASED) (GLUTEN-FREE)

### kombucola 4,95€

secret formula.

(PLANT-BASED) (GLUTEN-FREE)

### spicy girl 4,95€

lime-lemon + coriander + jalapeño.

(PLANT-BASED) (GLUTEN-FREE)

### betacaroteno 4,95€

carrot + apple + coconut water + lemon.

(RAW FOOD) (PLANT-BASED) (GLUTEN-FREE)

### green slim fit 4,95€

apple + spinach + fennel + rocket + parsley + ginger + kiwi + lemon.

(RAW FOOD) (PLANT-BASED) (GLUTEN-FREE)

### forever young 4,95€

carrot + apple + grape + pineapple + orange.

(RAW FOOD) (PLANT-BASED) (GLUTEN-FREE)

### green medicine 4,95€

pear + grapes + cucumber + spinach + kale + parsley + kiwi + lemon.

(RAW FOOD) (PLANT-BASED) (GLUTEN-FREE)

### passion grapefruit 4,95€

tangerine + apple + grapefruit + strawberry + passion fruit + ginger.

(RAW FOOD) (PLANT-BASED) (GLUTEN-FREE)

## DRINKS

### my sweet horny 4,95€

pineapple + apple + passion fruit + aloe vera + maca.

(RAW FOOD) (PLANT-BASED) (GLUTEN-FREE)

### detox 4,95€

carrot + lettuce + cucumber + beet + tomato + fennel + spinach + kale.

(RAW FOOD) (PLANT-BASED) (GLUTEN-FREE)

### virus killer 4,95€

pear + herbal infusion (thyme, lemon verbena, rock tea) + lemon + honey + ginger.

(GLUTEN-FREE)

### digestive elixir 4,95€

osmotized water + lime + blueberries + maple syrup + activated charcoal.

(PLANT-BASED) (GLUTEN-FREE)

### blue diamond 4,95€

apple + pineapple + pear + grape + ginger + lemon + spirulina.

(RAW FOOD) (PLANT-BASED) (GLUTEN-FREE)

### energy boost 4,95€

osmotized water + cucumber + honey + lemon + orange water + flower pollen.

(GLUTEN-FREE)

### the vegan vampire 4,95€

pear + beetroot + carrot + orange + pineapple + lemon + ginger.

(RAW FOOD) (GLUTEN-FREE)

# Signature recipes

### bloody tere 4,95€

tomato + lemon + ginger + tabasco.

(PLANT-BASED) (GLUTEN-FREE)

# Smoothies

### antiox 4,95€

orange + kiwi + strawberry.

(RAW FOOD) (PLANT-BASED) (GLUTEN-FREE)

### molokai 4,95€

apple + mango + banana + coconut water + spinach + kale + almond butter + basil + mint.

(RAW FOOD) (PLANT-BASED) (GLUTEN-FREE)

### berlin 4,95€

orange + mango + strawberry + blueberries + beetroot + activated charcoal

(RAW FOOD) (PLANT-BASED) (GLUTEN-FREE)

# Water

mineral natural water 500 ml. 1,95€

sparkling water 500 ml. 2,60€

## DRINKS

# Wellnoss elixirs

**young coconut 5,95€**  
ask our staff to open it!

**orange juice 4,50€**

**ginger shot 3,50€**  
100% cold-pressed ginger juice.

**housemade lemonade slushy 4,50 €**  
lemon juice +agave syrup +osmotized water

## Frozen healthy smoothies

**teresa's favourite smoothie 5,95€**  
housemade almond plant-based drink + strawberries + almond butter + agave syrup + vanilla.

(PLANT-BASED) (GLUTEN-FREE)

**tropical superfoods 5,95€**  
coconut plant-based milk + banana + papaya + mango + pineapple + maca + goji berries + agave syrup.

(PLANT-BASED) (GLUTEN-FREE)

**el cubanito smoothie 5,95€**  
coconut water + coconut plant-based milk + raw cocoa + banana + almonds + agave syrup.

(PLANT-BASED) (GLUTEN-FREE)

**mango & cashew sundae 5,95€**  
plant-based mango and cashew ice cream + coconut frosting + grated coconut.

(PLANT-BASED) (GLUTEN-FREE)

**the rejuvenator! 5,95€**  
orange juice + mango + pineapple + strawberries + açai + goji berries + chia + agave syrup.

(PLANT-BASED) (GLUTEN-FREE)

**açaí do brasil 8,95€**  
smoothie: açai do brasil + banana + strawberries + cashew plant-based drink + agave syrup.  
topping: blueberries + seasonal fruits + housemade brazil nut crumble + hemp seeds + goji berries

\*peanut butter extra +0,50€

(PLANT-BASED) (GLUTEN-FREE)

## Beer

**caña estrella damm clásica**  
20 cl. 2,60€ | 33 cl. 3,10€

**free damm 0% 25 cl. 3,10€**

**clara casera**  
20 cl. 2,60€ | 33 cl. 3,10€  
beer with housemade lemon juice.

**daura gluten-free 33 cl. 3,70€**

**inedit damm 4,75€**  
spiced malt and wheat beer.

## DRINKS

# Red wine

artuke

glass 4,50€ | bottle 17,50€

tempranillo + viura (artuke - d.o. rioja).

(ECO)

rebeldes 18,50€

garnacha negra + syrah (bodega rebeldes - d.o. montsant).

(ECO)

ser vivo y natural

glass 4,95€ | bottle 19,50€

tempranillo (hermanos páramo arroyo - d.o. ribera del duero).

(ECO)

microcósmico 21,50€

garnacha negra (bodegas frontonio - d.o. valdejalón).

(ECO)

en el camino 22,50€

mencía (michelini i mufatto - d.o. bierzo).

(ECO)

habla del silencio 22,50€

syrah + cabernet sauvignon + tempranillo (habla - d.o. extremadura).

(ECO)

fuerza del rebaño crianza 33,50€

tempranillo (bodegas bilbainas - d.o. rioja).

(ECO)

tionio crianza 35,50€

tinta fina (tionio - d.o. ribera del duero).

(ECO)

# Rosé wine

chivite

glass 4,50€ | bottle 19,50€

garnacha negra (las fincas - d.o. 3 riberas).

(ECO)

romance 20,50€

syrah + cinsault + garnacha negra (chateau de berne - d.o. côtes de provence).

(ECO)

# Flax & Kale wine

blanco

glass 3,95€ | bottle 16,50€

garnacha blanca + chardonnay + muscat de frontignan (d.o. penedès).

(ECO)

tinto

glass 3,95€ | bottle 16,50€

tempranillo + garnacha negra (d.o. penedès).

(ECO)

## DRINKS

# Cava

### clos de blancs

glass 4,50€ | bottle 19,50€

xarel.lo + macabeo + parellada (castelo de pedragosa - d.o. cava).

(ECO)

### petit cuvée rosé

glass 4,95€ | bottle 21,50€

pinot noir + trepat (castelo de pedragosa - d.o. cava).

(ECO)

### imperial gran reserva 30€

macabeu + xarel.lo + chardonnay  
(gramona - d.o. penedès).

(ECO)

# White wine

### perplejo

glass 4,50€ | bottle 18,50€

verdejо (alvarez y díez - d.o. rueda).

(ECO)

### a coroa 20,50€

godello (a coroa - d.o. valdeorras).

(ECO)

### à nec mut 19,50€

macabeu + chardonnay + malvasía  
(r. rasantós - d.o. penedès).

(ECO)

### terra de godos 21€

albariño (adega pedralonga - d.o. rías baixas).

(ECO)

### casanova 19,50€

treixadura (pazo de casanova - d.o. ribeiro).

(ECO)

### gessamí 21,50€

sauvignon blanc + muscat (gramona - d.o. penedès).

(ECO)

### menade 20€

verdejо (menade - d.o. rueda).

(ECO)

### rebeldes blanco 20,50€

garnacha blanca + macabeo (bodega rebeldes - d.o. montsant).

(ECO)

## DRINKS

# Specialty coffee

espresso 1,90€

americano 1,90€

macchiato 2,10€

cappuccino 2,40€

latte 2,60€

flat white 2,60€

iced latte 3€

Ask our staff for our plant-based drink options.

Flax+Kale trusts La Marzocco and Right Side Coffee for their know-how and professionalism on this subject. All our coffees are 100% natural, seasonal and specialty coffees.

\* extra coffee shot + 1,00€

# Tea w $\heartsuit$ rld

matcha latte 3,50€

iced matcha latte 3,95€

chai tea latte 3,50€

iced chai tea latte 3,95€

black chai 2,60€ ECO

green (sencha) 2,60€ ECO

red (pu erh) 2,60€ ECO

black (earl grey) 2,60€ ECO

rooibos 2,60€ ECO

masai masala rooibos 2,60€ ECO

digestive tea 2,60€ ECO

We trust Teterum for their organic and sustainable teas.