



NEW

ONLY @F&K TALLERS



SALAD FOR THE GODS | 13,95€

INSPIRED BY PICHIAVO

mykonos salad (spinach + cherry tomato + Kalamata olives + feta cheese + capers + croustons + pine nuts + *za'atar* vinaigrette) + rainbow hummus + pita bread *focaccia* style

FLAX & KALE

Tallers, 74 | 08001 Barcelona

ONLY @F&K PASSAGE

NEW



MULTICOLOR & SUPERFOODS PIZZA | 15,00€

INSPIRED BY MISTERPIRO

San Marzano tomato + plant-based mozzarella with 5 superfoods (matcha + chlorella + turmeric + blue spirulina + betacarotene) + dried tomato + basil



FLAX & KALE
PASSAGE

St. Pere Més Alt, 31 | 08003 BCN

Eat better Be happier Live longer

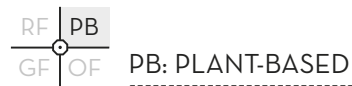


FLAX & KALE PASSAGE is a Healthy Flexitarian restaurant. All the dishes are designed not only to maximize the organoleptical pleasure, but also considering their nutritional value. 80% of our offer is *plant-based* and the remaining 20% are recipes that contain oily fish. We have traveled the whole world in search of inspiration and later created a menu which can be described in one word: INNOVATION.

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



The enzymes and vitamins are sensitive to temperatures above 48°C, dying above 54°C. That's why all the dishes marked with RF are raw or have been dehydrated at a temperature below 48°C, in order to maintain all their nutritional properties intact.



All the dishes marked with PB are elaborated using only veggie-based ingredients. Plants, vegetables, fruits, nuts and seeds, in their natural state, have the largest amount of vitamins, nutrients and enzymes in nature.



All Flax & Kale dishes are gluten-free. We have the certificate "Restauració sense Gluten" given by Celiacs Association from Catalunya, which guarantees that the whole menu is safe for people with celiac disease.



Dishes marked with OF contain oily fish. Those fish contain big amounts of omega-3 essential fatty acids and its nutritional benefits have been widely proved.

FLAX & KALE
P A S S A G E

If you're allergic or intolerant to any kind of food, please, notify us immediately.
Check the full allergen information at the end of the menu.

TO NIBBLE & STARTERS



UMAMI ALMONDS | 4,95€

Marcona almonds + white miso + white sesame + black garlic + ginger



KALE CHIPS ORIGINAL RECIPE | 3,95€

dehydrated kale + cashews + nutritional yeast + turmeric



KALE CHIPS THAI STYLE | 3,95€

dehydrated kale + cayenne + Goji berries + ginger + coriander + peanuts | 🌶️



SALMON SUSHI SANDWICH | 6,95€

rice + marinated Alaskan wild salmon² + avocado + nori seaweed
+ seaweed caviar + miso-ginger sauce



CRUNCHY YELLOWFIN TACO | 4,95€

crunchy nixtamalized corn taco + marinated yellowfin tuna dice
+ white cabbage + coriander + spring onion + housemade spicy pink sauce
+ avocado + sesame seeds | 🌶️



CRUNCHY SALMON TACO | 4,95€

crunchy nixtamalized corn taco + marinated Alaskan wild salmon² dice
+ avocado + nori seaweed + romaine lettuce + tartare sauce with *jalapeños*



CRUNCHY HIRAMASA TACO | 4,95€

crunchy nixtamalized corn taco + marinated hiramasa (kingfish) dice
+ radishes + romaine lettuce + dill + ponzu sauce + sweet wasabi sauce | 🌶️



MANGO & AVOCADO TARTARE | 9,95€

mango + avocado + red onion + semi-dry tomato + seaweed caviar
+ white sesame + chives + tartare special dressing



SUPERFOOD PLANT-BASED DUMPLINGS | 10,50€ / 6 PIECES

'bbq pulled pork' jackfruit + truffled funghi + 'carn d'olla' plant-based | 🌶️



'BBQ PULLED PORK' BAO | 4,00€ / PIECE

healthy bao + jackfruit + red cabbage *sauerkraut* + peanuts + chili jam mayo
+ coriander | 🌶️



KINGFISH SASHIMI | 15,00€

kingfish + ponzu + sweet wasabi cream + watermelon radish

¹All plant-based proteins are developed by our R&D team in our workshop.

²Our Alaskan wild salmon comes from sustainable fishing, which helps to keep healthy our oceans' ecosystems.

SHARING COURSES

RF | PB
GF | OF

CRUNCHY TACOS ASSORTMENT | 13,95€

1 pc. crunchy yellowfin taco + 1 pc. crunchy salmon taco + 1 pc. crunchy hiramasa taco

RF | PB
GF | OF

KUALA LUMPUR'S STREET AUBERGINE | 5,95€

miso marinated crunchy aubergine skewers + spring onion + yakiniku sauce

RF | PB
GF | OF

JAFFA STREET CREAMY HUMMUS | 5,95€

creamy hummus + pita bread focaccia style

RF | PB
GF | OF

COCONUT SAVOURY YOGHURT | 6,95€

coconut yoghurt + hummus + crunchy chickpeas + raw vegetable crudités
+ nixtamalized corn nachos + avocado

RF | PB
GF | OF

ROASTED VEGGIES & ROOTS PLATTER | 7,95€

broccoli with Mediterranean herbs + spiced sweet potato and carrots
+ tender cauliflower with black garlic and ginger + peanut sauce
+ housemade grape chutney with thyme

NEW

ARTISAN PASTA & FLATBREADS

RF | PB
GF | OF

ZUCCHINI & KALE PESTO FLATBREAD | 11,50€

marinated zucchini + carrot sauce + rocket + avocado + *parmigiano teresiano*

RF | PB
GF | OF

YELLOWFIN & GINGER FLATBREAD | 14,00€

tomato + yellowfin tuna carpaccio + miso-ginger sauce + *katsuobushi*
+ *sakura cress*

RF | PB
GF | OF

'CHICKEN' PAD THAI | 12,95€

rice tagliatelle + shiitake + carrot + it's plant-based 'chicken'¹ + soybean sprouts
+ roasted peanuts + pickled daikon + housemade pad thai sauce + spring onion
+ lime + coriander

NEW

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SALADS

RF | PB
GF | OF

TERESA'S FAVORITE KALE SALAD | 11,95€

kale + cherry tomatoes + avocado + mixed sprouts + nori seaweed + mango + radishes + chipotle vinaigrette | 🌶️

RF | PB
GF | OF

KALE CAESAR SALAD | 11,95€

kale + romaine lettuce + plant-based parmesan + it's plant-based 'chicken'¹ + croutons + plant-based Caesar sauce + plant-based 'bacon'

RF | PB
GF | OF

MIDDLE EASTERN SALAD | 11,95€

spinach + escarole + caviar lentils + roasted pumpkin + crispy tempeh + almonds + pomegranate + cherry tomato + tahini vinaigrette + sesame

RF | PB
GF | OF

SALMON POKE BOWL | 13,95€

Alaskan wild salmon² + black rice + white quinoa + avocado + wakame + fermented celeriac + kelp noodles + mango + leafy greens + miso-ginger dressing

RF | PB
GF | OF

THAI | 10,95€

green papaya + daikon + carrot + fennel + cucumber + parsley + mint + coriander + basil + roasted peanuts + citric vinaigrette with *jalapeño* | 🌶️

RF | PB
GF | OF

BURMESE FESTIVAL SALAD | 13,50€ / SERVING FOR TWO

romaine lettuce + lettuce hearts + red cabbage *sauerkraut* + tomato + kelp noodles + wakame + caviar lentils + fermented celeriac + tartare sauce with black garlic

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TERESA' SPECIALTIES

RF | PB
GF | OF

RED MULLET & TOMATO CURRY | 14,00€

red mullets + housemade tomato & red curry sauce + peanuts + anchovy paste
+ black garlic + coriander | 🌶️

RF | PB
GF | OF

BUTTERNUT SQUASH MALAYSIAN CURRY | 14,00€

pumpkin + broccoli + zucchini + mushrooms + turmeric curry sauce + peanuts
+ coconut yoghurt + coriander + brown basmati rice | 🌶️

RF | PB
GF | OF

KONJAC RISOTTO | 15,00€

konjac rice + boletus edulis + spinach + green asparagus + artichoke
+ Alaskan wild salmon²

RF | PB
GF | OF

MY VEGAN JAPANESE GIRLFRIEND BOWL | 13,50€

black rice + quinoa + 'bbq pulled pork' jackfruit + plant-based scrambled eggs
+ yakiniku sauce + coriander | 🌶️

RF | PB
GF | OF

BAMBOO STEAMED ALASKAN SALMON | 19,50€

Alaskan wild salmon² + teriyaki sauce + wild herbs + edamame
+ black wild rice

RF | PB
GF | OF

DOUBLE BLACK COD | 25,50€

miso marinated black cod + bok choy + shiitake + oyster mushroom
+ Teresa's Special Black Garlic Dashi

RF | PB
GF | OF

KINGFISH THAI STREET STYLE | 25,50€

kingfish + chili jam + basil + coriander + hemp seeds + sweet potato + shiitake | 🌶️

RF | PB
GF | OF

SALMON MINI BURGERS | 16,95€ / 3 PIECES

housemade bread with beetroot + Alaskan wild salmon² burger patties
+ roasted sweet potato + plant-based mayonnaise with old style mustard

RF | PB
GF | OF

RAMEN YA-TERE | 12,95€

housemade ramen broth + buckwheat soba noodles + plant-based chashu
(nori seaweed, pulled jackfruit)¹ + young coconut 'bacon' + roasted pumpkin
+ oyster mushroom + nori seaweed + wakame seaweed + watermelon radish
+ toasted sesame

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HEALTHY PIZZA

PLANT-BASED | GLUTEN FREE | NEAPOLITAN STYLE HEALTHY PIZZA

All our pizzas are gluten-free, 100% artisanal and cooked in a Neapolitan wood oven, following the know-how of *pizzaioli* masters.

FOCACCIA | 5,95€



MARINARA | 10,50€
San Marzano tomato + garlic + oregano + Teresa's Juicery Green Olive Oil

MARGHERITA | 11,50€
San Marzano tomato + plant-based mozzarella + basil

BARBECUE | 15,00€
housemade barbecue sauce + San Marzano tomato + plant-based mozzarella + it's plant-based 'meat'¹ + red onion + sweet corn + broccoli + *jalapeño* | 🌶️

TRUFFLE & FUNGHI | 15,50€
coconut cream + wild herbs (*pizza bianca*) + thistle mushrooms + button mushrooms + shiitake + shimeji + rocket

JB | 11,50€
dried tomato + fresh spinach + plant-based mascarpone + cherry tomatoes

PLANT-BASED QUATTRO | 15,00€
San Marzano tomato + plant-based cheddar + plant-based blue cheese + plant-based mozzarella + *parmigiano teresiano*

BARCELONA | 15,50€
grilled aubergine & red peppers + *romesco* sauce + tomato + plant-based pickled 'tuna'

HOUSEMADE GLUTEN-FREE BREADS

ORIGINAL | 1,50€



FLUTE WITH TOMATO | 2,50€



NUTS & SEEDS | 2,00€



BASQUET OF ASSORTED BREAD | 4,95€



TURMERIC & HEMP SEEDS | 2,00€



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

WEEKEND BRUNCH

ONLY AVAILABLE ON WEEKEND

CLASSIC AVO TOAST* | 4,95€
housemade sliced bread with seeds + avocado + lemon + cayenne pepper + flax + chia

POKE AVO TOAST* | 5,95€ **NEW**
housemade sliced bread with seeds + avocado + cucumber + marinated Alaskan wild salmon² + raw onion

- * **TOASTS EXTRAS**
- free range poached egg | +1,95€
 - free range scrambled egg | +1,95€
 - marinated Alaskan² wild salmon | +2,45€

THE SCANDAL SCRAMBLE | 9,00€
scrambled eggs + mushrooms + spinach + tomato + feta cheese + carrot + young garlic

THE PLANT-BASED SCANDAL SCRAMBLE | 11,00€
mushrooms + spinach + tomato + carrot + young garlic + ackee + silken tofu + Kala Namak salt

BAO BAB BENEDICTS | 12,50€
healthy bao + 'bbq pulled pork' jackfruit + poached eggs + peanuts + baobab's hollandaise plant-based sauce + chili jam |

MOROCCAN ROASTED PORTOBELLO | 12,50€
housemade English muffin + poached eggs + avocado + portobello + baba ganoush + crunchy chickpeas + beetroot cream + dukkah

AÇAÍ NA TIGELA | 8,95€
SMOOTHIE: *açaí do Brasil* + banana + strawberries + cashew plant-based drink + agave syrup
TOPPING: blueberries + watermelon + Crumble Style Granola + hemp seeds + Goji berries

BRUNCH COCKTAILS

BEYOND MIMOSA | 5,95€ **NEW**
cava + orange juice

BLOODY MARY | 7,95€ **NEW**
Bloody Tere *Signature Recipe* + 1 shot of *Belvedere* vodka

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HEALTHY KIDS OPTIONS



SUPERKIDS | 9,95€

housemade gluten-free bread + it's plant-based burger¹ + ecologic ketchup + kale chips



JACK SPAGHETTINI SPARROW | 9,95€

rice spaghetti + housemade tomato sauce + it's plant-based 'meatballs'¹



FINDING QUINOA NEMO | 9,95€

Alaskan wild salmon² + quinoa with vegetables in the wok + leafy greens



NINJA NUGGETS | 6,95€ | 6 PIECES

baked it's plant-based 'chicken'¹ nuggets + ecologic ketchup

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DESSERTS



WHITE MISO-GINGER 'CHEESECAKE' | 6,00€

cashews + white miso + ginger + activated charcoal and dates jam



TWO TEXTURES CHOCOLATE CAKE | 6,95€

brownie + chocolate mousse + hazelnut ice cream



TERESA'S MATCHA CHEESECAKE | 5,95€

matcha tea + cashews + coconut cream + crunchy gluten-free base with almonds and walnuts



COOKIES & PASSIONFRUIT CAKE | 4,95€

cookie base + passionfruit and cashews mousseline + passionfruit gelée + cocoa nibs + matcha mascarpone



LEMON PIE | 5,95€

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

NEW



CHEESECAKE | 6,95€

it's plant-based cheesecake + cookie base + wild berries coulis

NEW



TOASTED HAZELNUT ICE CREAM | 6,50€

hazelnuts ice cream + pieces of mango & grape + Galleta Princesa de Bell-lloc hazelnuts & raw cocoa nibs topping



MANGO CASHEW ICE CREAM | 6,50€

mango-cashew ice cream + pieces of mango + Coco Choco Chia Bar + cashews & chia topping

NEW



CHOCO ICE CREAM | 6,50€

chocolate ice cream + pieces of papaya & strawberries + Pink Lady + coconut & Goji berries topping



VANILLA ICE CREAM | 6,50€

vanilla ice cream + strawberries + Moskito + pumpkin seeds & freeze-dried raspberries topping

HEALTHY INDULGENCES



MOSKITO | 3,50€

buckwheat flour + cashew mascarpone + plant-based chocolate cover



COCO CHOCO CHIA | 3,50€

chia and coconut cream + almonds + raw chocolate



PINK LADY | 3,50€

buckwheat flour + cashew and lemon cream + beetroot + plant-based white chocolate

HEALTHY INDULGENCES

RF | PB
GF | OF

ENERGY SPICY BAR | 2,50€

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

RF | PB
GF | OF

SUPERFOOD PROTEIN BALLS | 2,00€ / PIECE

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

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

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

RF | PB
GF | OF

HOUSEMADE MUFFINS | 2,95€ / PIECE

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

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

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

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

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

RF | PB
GF | OF

VEGAN COOKIE | 2,50€

housemade cookie with raw chocolate chips and walnuts

RF | PB
GF | OF

SPELT CROISSANT | 2,50€

spelt flour croissant with non-hydrogenated margarine

RF | PB
GF | OF

MAPLE-GLAZED DOUGHNUT | 2,95€

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

RF | PB
GF | OF

GINGER-TURMERIC DOUGHNUT | 2,95€

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

RF | PB
GF | OF

BLACK WALNUT BANANA CAKE | 3,95€

whole grain rice and buckwheat flour + almond cream + banana + walnuts + chocolate cream

RF | PB
GF | OF

CARROT COCONUT CUPCAKE | 3,95€

rice and buckwheat flour + almond cream + carrot + apple + cinnamon + nutmeg + coconut cream

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

Chef's Notes

Here we leave you some quick descriptions of different ingredients and cooking processes.

If you have any questions, please ask to your waiter. We will be glad to help!

| FLAX | A type of flowering plant, whose seeds contain a large amount of dietary fiber and they are one of the richest vegetable sources of omega 3.

| KALE | Vegetable belonging to the cabbage's family. It is rich in calcium, A, C & K vitamins, minerals, antioxidants and fiber. It is considered one of the world's healthiest foods.

| ACKEE | African fruit very popular in the Caribbean as well. It is commonly known as "egg fruit", since when cooked and served scrambled they look really similar. Ackee is rich in proteins, minerals and vitamins A, B & C.

| JACKFRUIT | The World's biggest fruit. It is rich in vitamin C and protein. Properly prepared, it looks like shredded pork. There's no doubt this is one of the best meat substitutes.

| REISHI | One of the World's most powerful antioxidants and a great anti-inflammatory. In Asia, it is known as "mushroom of immortality".

| MISO | Flavoring paste made with fermented soy and marine salt. It contains enzymes that improve digestion and it is a great source of probiotics. 'Miso' means source of flavor.

| BLACK GARLIC | A variation of white garlic, which is naturally fermented, losing its characteristic smell and flavor during the process and increasing noticeably its nutritional value.

| UMAMI | In Japanese, it means "pleasant savory taste". It is one of the five basic tastes, together with sweetness, sourness, bitterness and saltiness. Umami taste is common in many natural foods and also in food preparations that include few ingredients.

| KINGFISH | Also, known as king mackerel. It is an oily fish, rich in omega-3 fatty acid. It is also a great source of protein, vitamins and minerals. It contains more vitamin B12 than eggs and most of the meat.

| DASHI | Light broth made of only 3 ingredients: kombu seaweed, dried tuna flakes (*katsuobushi*) and water. It is used as a broth base in Japanese cuisine and it provides the umami taste to the dishes.

| 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.

| TURMERIC | Orangish yellow root that belongs to the ginger family and have antioxidant and anti-inflammatory properties.

| NUTRITIONAL YEAST | A variety of yeast which provides a great amount of vitamin B12, a type of vitamin found only in animal origin food. Moreover, it is gluten and sugar free.

| BOK CHOY | Vegetable belonging to the cabbage's family with antioxidants and anti-inflammatory properties, due to its high levels of Vitamins A, C and K, and other mineral and nutrients besides.

| CHIA | A flowering plant, whose seeds are an excellent source of fiber and antioxidants, calcium, proteins and fatty acids omega-3.

| ACTIVATED CHARCOAL | Activated charcoal is the result of carbonizing and activating vegetable substance. Due to its microporosity, it absorbs and later expels from our organism all the detrimental substances.

| QUINOA | Pseudocereal that contains the 8 essential amino acids, it is rich in vitamins and minerals and has few fats. In addition, it is gluten free.