

FLAX & KALE

LIVE LONGER · EAT BETTER · BE HAPPIER ·

Lunch & Dinner

(CAT / ENG)



GLUTEN
FREE

Eat Better Be Happier Live Longer[®]

FLAX & KALE és un Restaurant Healthy Flexitarià. Tots els plats estan dissenyats pensant no solament en el plaer gastronòmic, sinó també en el seu valor nutricional. Un 80% de la nostra oferta és plant-based i el 20% restant són receptes que inclouen peix blau. Actualment existeixen molt pocs dubtes respecte a la correlació entre una alimentació sana i un estat de salut lliure de malalties. Volem alimentar-te millor per tal que siguis més feliç i aconseguis viure més anys amb una salut de ferro.

Benvinguts al fascinant món de l'alimentació Saborosa + Sana + Sostenible!

**No podem garantir l'absència de contaminació creuada. Si ets al·lèrgic o intolerant a qualsevol tipus d'aliment, si us plau fes-nos-ho saber.*

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!

**We cannot guarantee the absence of cross contamination. If you have any food allergies or intolerances, please notify our team.*

Per picar i entrants

KALE CHIPS | 4,50€ (PB)

kale deshidratada + anacards + llevat nutricional + cúrcuma
dehydrated kale + cashews + nutritional yeast + turmeric

HUMMUSÍSSIMO | 7,95€ (PB)

hummus cremós + oli especiat de pimentó + piparres + magrana + pa casolà estil pita
creamy hummus + spiced paprika oil + pickles + pomegranate + homemade pita bread

SÍNDRIA A LA GRAELLA | 6,50€

síndria a la graella + formatge de cabra + mizuna + ametlles marcona + salsa sweet mint
grilled watermelon + goat cheese + mizuna + marcona almonds + sweet mint sauce

MANGO AVOCADO TÀRTAR | 9,95€ (PB)

mango + alvocat + ceba vermella + tomàquet semisec + sèsam blanc + ceba + salsa tàrtara casolana
mango + avocado + red onion + semi-dried tomato + white sesame + chives + homemade tartar sauce

NACHOS | 12,50€ (PB) 🌿

nachos de blat de moro nixtamalitzat + guacamole + tomàquet + jalapeny + blat de moro dolç + "carn picada" plant based + salsa "cheddar" plant based fos
nixtamalized corn nachos + guacamole + tomato + jalapeño + sweet corn + "minced meat" + melted "cheddar"

ASSORTIMENT DE CRUNCHY TACOS | 14,95€ (OF) 🌿

1 ut. crunchy taco de tonyina + 1 ut. crunchy taco de salmó + 1 ut. crunchy taco de corbina
1 pc. crunchy tuna taco + 1 pc. crunchy salmon taco + 1 pc. crunchy corvina taco

CRUNCHY TUNA TACO | 4,95€ (OF) 🌿

taco cruixent de farina de blat de moro morat nixtamalitzat + daus de tonyina yellowfin marinada + col blanca + coriandre + ceba tendra xinesa + salsa rosa casolana picant + alvocat + llavors de sèsam
nixtamalized purple cornmeal crispy taco + marinated yellowfin tuna dices + cabbage + cilantro + chinese scallion + spicy homemade cocktail sauce + avocado + sesame seeds

CRUNCHY SALMON TACO | 4,95€ (OF) 🌿

taco cruixent de farina de blat de moro nixtamalitzat amb remolatxa + daus de salmó salvatge d' Alaska marinats + alvocat + enciam romana + salsa tàrtara de jalapenys + salsa ponzu
nixtamalized cornmeal crispy taco with beets + marinated wild Alaskan salmon dices + avocado + lettuce + jalapeno tartar sauce + ponzu sauce

CRUNCHY CORVINA TACO | 5,50€ (OF) 🌿

taco cruixent de farina de blat de moro morat nixtamalitzat + daus de corvina marinats en aiguachile de maracuià + ceba vermella encurtida + coriandre + maionesa de chipotle i naranjilla
nixtamalized purple cornmeal crispy taco + diced corvina marinated in passion fruit aguachile + pickled red onion + cilantro + chipotle and naranjilla mayonnaise

Veggies Platllos

ROASTED BROCCOLI | 5,95€ (PB)

bròquil especiat i rostit + salsa muhammara + salsa zhug + magrana
spiced and roasted broccoli + muhammara sauce + zhug sauce + pomegranate

MISO YOLK FUNGHI | 8,50€ (NEW!)

gírgola + xampinyó + shiitake + shimeji + gírgola de card + pebre + farigola + salvia + miso + rovell d' ou curat
oyster mushroom + mushroom + shiitake + shimeji + mushroom thistle + pepper + thyme + sage + miso + cured egg yolk

ALBERGÍNIES MORADES SICHUAN | 6,95€ (PB) 🌶️

albergínies liles + salsa doubanjang + gíngebre + cacauets brasejats + coriandre + sèsam blanc
purple eggplant + doubanjang sauce + ginger + braised peanuts + coriander + white sesame

ALBERGÍNIA JACKFRUIT | 7,95€ (PB) (NEW!) 🌶️

albergínia glacejada en salsa de miso + pulled jackfruit + xucrut de col lombarda + chilli jam + coriandre + cacauet torrat + maionesa plant based
eggplant glazed in miso sauce + pulled jackfruit + red cabbage sauerkraut + chilli jam + cilantro + roasted peanut + plant-based mayonnaise

ROASTED BONIATOS | 5,95€ (PB)

moniatos rostits + salsa de iogurt i tahini + magrana + julivert + anet
roasted sweet potatoes + yogurt and tahini sauce + pomegranate + parsley + dill

Els nostres pans sense gluten casolans

ORIGINAL | 1,95€

original

DE CÚRCUMA I LLAVORS DE CÀNEM | 2,50€

with turmeric and hemp

INTEGRAL DE LLAVORS I NOUS | 2,50€

whole grain with seeds and walnuts

CISTELLA DE PANS VARIATS | 6,50€

basket of assorted breads

Design your favorite fresh salad bowl

1) BASES AMANIDES / SEASONED BASES

HAWAIIAN POKE BOWL | 9,50€ (PB) (NEW!)

mesclum de fulles verdes + alvocat + alga wakame + edamame + api fermentat + pera osmotitzada + nap daikon encurtit + salsa especial poke Flax&Kale
mixed leafy greens + avocado + wakame gum seaweed + edamame + fermented celeriac + osmosis pear + pickled daikon turnip + Flax&Kale special poke dressing

PARMESAN KALE LEMON | 9,50€ (OF) (NEW!)

kale + col xinesa + alga + formatge grana padano + portobellos saltejats + nous pecanes + shimejis saltejats + vinagreta lemon parmesan + salsa umami d'anxoves
kale + chinese cabbage + seaweed + grana padano cheese + sautéed portobello + pecans + sautéed shimeji mushrooms + lemon parmesan dressing + umami anchovy sauce

PACIFIC NIKKEI | 8,95€ (PB) (NEW!)

mesclum de fulles verdes + choclos + alvocat + xips de boniato morat + boniato rostít + pico de gallo + coriandre + totopos + maionesa de fruita de la passió
mixed leafy greens + corn + avocado + purple sweet potato chips + roasted sweet potato + pico de gallo + cilantro + tortilla chips + passion fruit mayonnaise

KALE CAESAR | 9,50€ (PB)

kale + enciam romana + alvocat + "formatge parmesà" de fruits secs + crostons + salsa Cèsar plant based
kale + romaine lettuce + nuts "parmesan cheese" + croutons + plant-based Caesar sauce + avocado

EASY SALAD | 5,50€ (PB) (NEW!)

kale macerada + mesclum de fulles verdes + vinagreta de mostassa i llimona
macerated kale + mixed leafy greens + mustard and lemon vinaigrette

2) PROTEÏNES

DAUS DE SALMÓ SALVATGE D'ALASKA / WILD ALASKAN SALMON DICES	+ 3,95€
HOMEMADE MARINATED WILD ALASKAN SALMON	+ 3,95€
DAUS DE TONYINA / TUNA DICES	+ 3,95€
TATAKI DE TONYINA / TUNA TATAKI	+ 3,95€
POLLASTRE CRUIXENT PLANT BASED / PLANT BASED CRISPY CHICKEN	+ 3,95€
OU DUR O ESCALFAT / HARD-BOILED OR POACHED EGG	+ 1,95€
FALAFEL CASOLÀ / HOMEMADE FALAFEL (3 UD)	+ 3,25€

3) GOOD CARBS

MILL I BLAT SARRAÍ / MILLET AND BUCKWHEAT	+ 0,95€
QUINOA TRICOLOR / TRICOLOR QUINOA	+ 1,95€
ARRÒS INTEGRAL / BROWN RICE	+ 0,95€
ARRÒS KONJAC / KONJAC RICE	+ 1,95€

4) GUARNICIONS

MIG ALVOCAT ROSTIT A LA GRAELLA / HALF ROASTED AVOCADO	+ 1,95€
HUMMUS	+ 1,50€
STRACCIATELLA	+ 2,95€
FORMATGE DE CABRA A LA GRAELLA / ROASTED GOAT CHEESE	+ 1,95€



PLANT BASED



OILY FISH



LIGHT SPICY

Eat better pizzas

*Totes les nostres pizzas poden ser veganes si ho desitges. Utilitzem "formatges" fundents i plens de sabor.
*All of our pizzas can be vegan if you wish. We use melting and flavorful 'cheeses'.

MARGHERITA | 11,95€

tomàquet San Marzano + Pecorino Romano + mozzarella "Fior di latte" + alfàbrega + OOVE (oli d'oliva verge extra)

San Marzano tomato + Pecorino Romano + mozzarella 'Fior di latte' + basil + EVOO (extra virgin olive oil)

TRADIZIONALE POMMO D'ORO | 15,50€

crema de tomàquets rostits + mozzarella DOP de búfala + olives kalamata + pesto de kale + tàperes salines + orenga + tomàquets cherry + ruca

roasted tomato cream + buffalo mozzarella DOP + kalamata olives + kale pesto + salted capers + oregano + cherry tomatoes + arugula

*añade anchoas por 4,50€ | *add anchovies for 4,50€

CALZONE DI BOLETUS | 12,95€

mozzarella "Fior di latte" + ceps + carxofa + orenga + tomàquet San Marzano + pebre negre + Grana Padano
mozzarella 'Fior di latte' + porcini mushrooms + artichoke, oregano + San Marzano tomato + black pepper + Grana Padano

WELCOME TO HELL | 13,95€

crema de carbassa fumada i especiada + moniato lila rostit + scamorza affumicata + ceba vermella + bolets portobello + festucs + la nostra salsa "inferno"

smoked and spiced pumpkin cream + roasted purple sweet potato + scamorza affumicata + red onion + portobello mushrooms + pistachio + our 'inferno' sauce

BERENJENA, STRACCIATELLA, TUNA | 15,95€

albergínia + stracciatella + tonyina + tomàquet sec + avellanes torrades + tomàquet San Marzano + mozzarella "Fior di latte" + orenga

eggplant + stracciatella + tuna + sun-dried tomato + toasted hazelnuts + San Marzano tomato + mozzarella 'Fior di latte' + oregano

ROASTED "LAMB" SHAWARMA | 12,95€

"xai shawarma" rostit + chimichurri + salsa de "iogurt" + enciam + pico de gallo + ceba vermella

roasted 'lamb shawarma' + chimichurri + 'yogurt' sauce + lettuce + pico de gallo + red onion

BIANCA TRUFADA | 15,50€

mozzarella "Fior de latte" + Grana Padano + funghi mix a la crema de salvia i pebre (gírgola+ shiitake + shimeji + xampiñon + bolet card) + ou + rúcula + oli trufat

mozzarella 'Fior de latte' + Grana Padano + funghi mix with sage and pepper cream (gígola + shiitake + shimeji + mushroom + oyster mushroom) + egg + arugula + truffled oil

La nova massa de pizza 100% sense gluten de Flax&Kale està feta seguint el mètode de la pizza napolitana. Composta de farines integrals de blat sarraí i cigrons, és alta en fibra i baixa en greixos. S'elabora amb preferment biga, deixant-la fermentar lentament durant 24 hores en fred per ser molt més digerible. En definitiva, hem creat una massa molt més lleugera, digestiva i amb una aportació nutricional més saludable que les pizzas tradicionals.

The new 100% Gluten-Free pizza dough from Flax & Kale is made using the Neapolitan pizza method. Composed of whole-grain buckwheat and chickpea flours, it is high in fiber and low in fat. It is made with a biga preferment, allowing it to ferment slowly for 24 hours in cold to be much more digestible. In short, we have created a dough that is much lighter, more digestible, and offers a healthier nutritional profile than traditional pizzas.

Principals

DOUBLE SMASHED BURGER | 15,95€ (PB)

pa brioix amb farina d'arròs i quinoa i llavors de lli + double smash burger casolana plant based + maionesa trufada + xampinyons saltejats + ceba rostida + salsa "cheddar" casolana + moniatos amb salsa de iogurt

briox bread with rice flour and quinoa and flax seeds + homemade plant-based double smash burger + truffled mayonnaise + sautéed mushrooms + roasted onion + homemade "cheddar" sauce + sweet potatoes with yogurt sauce

PAD THAI | 14,50€ (PB)

tallarins d'arròs + shiitake + pastanaga + "pollastre" plant based + germinats de soja + cacauet torrat + daikon encurtit + salsa Pad Thai casolana + ceba xinesa + llima + coriandre

rice noodles + shiitake + carrot + plant-based "chicken" + soybean sprouts + roasted peanut + pickled daikon + homemade Pad Thai sauce + chinese spring onion + lime + coriander

COCHINITA PIBIL JACKFRUIT TACOS | 14,95€ (PB) (NEW!) 🌿

tacos de blat de moro nixtamalitzat + "cochinita pibil" de jackfruit + llima + coriandre + magrana + ceba vermella encurtida

nixtamalized corn tacos + jackfruit "cochinita pibil" + lime + cilantro + pomegranate + pickled red onion

WILD SALMON QUINOA | 19,50€ (OF) (NEW!)

salmó salvatge d'Alaska + festucs + quinoa tricolor + verdures rostides + vinagreta de cítrics + ceba xinesa

wild Alaskan salmon + pistachio + tricolor quinoa + roasted vegetables + citrus vinaigrette + chinese spring onion

KOREAN TUNA BIBIMBAP | 12,95€ (OF) 🌿

bulgoji de tonyina yellowfin + ou blau ecològic poché + arròs integral amb furikake + cogombre marinat en asazuke + col llombarda + alga goma wakame + shiitake saltejat + tirabeque + sweet chili mayo

yellowfin tuna bulgoji + poached organic blue egg + brown rice with furikake + cucumber marinated in asazuke + red cabbage + wakame seaweed + sautéed shiitake + sweet chili mayo

ANCIENT GRAINS FALAFEL | 11,95€ (PB)

homemade Lebanese falafel + paté de carbassa fumada + salsa de iogurt plant based + mill + blat sarraí + espinacs + maionesa de harissa + sèsam + magrana

homemade Lebanese falafel + smoked pumpkin pâté + plant-based yogurt sauce + millet + buckwheat + spinach + harissa mayonnaise + sesame + pomegranate

LOW CARBS KONJAC RISOTTO | 15,95€ (OF) (NEW!)

tataki de tonyina + konjac + huitlacoche + crema de pebrots grocs + ceba xinesa + kale + llevat nutricional

tuna tataki + konjac + huitlacoche + yellow peppers cream + chinese onion + kale + nutritional yeast

LUBINA AL HORNO | 18,50€ (OF) (NEW!)

llobarro al forn + fals rissotto verd de sorgo + glassejat de te vermell i reishi + mojo picón + llima + cruixent de blat de moro

baked sea bass + fake green sorghum risotto + red tea reishi glaze + mojo picón + lime + corn crisp

FLAX & KALE RAMEN | 16,50€ (PB) (NEW!)

brou casolà concentrat de bolets, algues i verdures rostides + fideus d' arròs + ceba xinesa + ou ecològic marinat + boniato + alga wakame + crispy "chicken skin" de tofu + bolet shiitake rostit + sèsam torrat

concentrated homemade mushrooms broth + seaweed and roasted vegetables + rice noodles + spring onions + marinated organic egg + sweet potato + wakame seaweed + crispy tofu 'chicken skin' + roasted shiitake mushroom + toasted sesame

*afegeix salsa picant per 1,00€ | *add hot sauce for 1,00€ 🌿



Postres

HOUSEMADE 'NUTELLA' CAKE | 6,95€ (PB) (NEW!)

mousse de cacau i avellanes + crumble d'ametlles
cocoa and hazelnut mousse + almond crumble

MANGO COCO CAKE | 6,95€ (PB) (NEW!)

galleta cruixent + coco + mermelada de mango + cobertura de xocolata blanca
crunchy cookie + coconut + mango jam + white chocolate cover

LEMON PIE | 6,95€ (PB) (NEW!)

llimona + yuzu + merenga de coco + te matcha
lemon + yuzu + coconut meringue + matcha tea

XIA TIRAMISÚ | 5,95€ (PB) (NEW!)

xia + flocs de civada + llet d'ametlles + cafè + cacau en pols + crumble style granola +
"mascarpone" plant based
*almond milk + coconut sugar + chia + oat flakes + cashew crumble + coffee +
plant-based mascarpone + cocoa powder*

CARROT CAKE | 6,95€ (PB)

farina de fajol + pastanaga + canyella + mascarpone plant based
buckwheat flour + carrot + cinnamon + plant-based mascarpone

Healthy Indulgences & Bakery

MOSKITO | 3,50€ (PB)

farina d'arròs + "mascarpone" d'anacards + cobertura de xocolata
rice flour + cashew mascarpone + chocolate cover

PINK LADY | 3,50€ (PB)

farina d'arròs + crema d'anacards i llimona + remolatxa + xocolata blanca
rice flour + cashew and lemon cream + beetroot + white chocolate

MAPLE-GLAZED DOUGHNUT | 3,50€

doughnut de farina d'ametlles (no fregit) + farina de coco + anacards + mel
almond flour doughnut (not fried) + coconut flour + cashews + honey

CHOCO CHIA | 3,50€ (PB)

crema de coco i xia + ametlles + xocolata
coconut and chia cream + almonds + chocolate

RASPBERRY RICE | 2,00€ (PB)

nous de macadàmia + gerd liofilitzat + proteïna d'arròs + anacards + dàtils + ametlles
macadamia nuts + -dried raspberries + rice protein + cashews + dates + almonds

MATCHA PEA | 2,00€ (PB)

te matcha + festucs + proteïna de pèsol + anacards + dàtils + ametlles
matcha tea + pistachios + pea protein + cashews + dates + almonds

HEMP ORANGE | 2,00€ (PB)

taronja + cacau raw + nous + proteïna de cànem + anacards + dàtils + ametlles
orange + raw cocoa + walnuts + hemp protein + cashews + dates + almonds

BANANA CHOCO BREAD | 3,50€ (PB) (NEW)

pa de plàtans + nous + salsa de "nutella" plant based
banana bread + walnuts + plant based "nutella" sauce



FLAX

WELCOME TO THE WORLD'S FIRST FLEXI-
EXPERIENCE THAT'S AS DELICIOUS AS IT
GASTRONOMIC OFFERING COMPRI-
20% HIGH-QUALITY ANIMAL PRO-
FOR OPTIMAL NUTRITIONAL
EVERY BITE, ALL WITHIN AN ELE-
PROUDLY STAY TRUE TO OUR
WHICH IS ROOTED IN HEALTH, PLEA-
COMMITMENT. JOIN US AT FLAX & KALE
NOURISHES YOUR BODY AND HONORS



TARIAN RESTAURANT. WE'VE CRAFTED AN
IS HEALTHY. OUR APPROACH RESULTS IN A
SED OF 80% PLANT-BASED RECIPES AND
TEINS. EACH MEAL IS DESIGNED
VALUE, MAXIMIZING FLAVOR IN
GANT AND FRESH SPACE. WE
FAMILY CULINARY HERITAGE,
SURE, INNOVATION, BALANCE, AND
AND EMBRACE A LIFESTYLE THAT
THE WORLD AROUND YOU. **EAT BETTER®**

KALE