

FLAX & KALE



Lunch & Dinner

(CAT / ENG)

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 | 3,95€ (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 | 11,95€ (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"*

SWEET POTATO SAVORY CHEESECAKE | 10,95€ (NEW!)

moniato morat + pitaia + grana padano + salsa de formatge de cabra a les fines herbes +
coulis de fruits vermells + nabius
*purple sweet potato + pitaya + grana padano + goat cheese sauce with fine herbs +
red fruit coulis + blueberries*

ASSORTIMENT DE CRUNCHY TACOS | 14,50€ (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 nixtamalitzat + daus de tonyina yellowfin marinada+
col blanca + coriandre + ceba tendra xinesa + salsa rosa casolana picant + alvocat + llavors de sèsam
*nixtamalized 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 | 4,95€ (OF) 🌶️

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

BETACAROCREMA | 5,95€ (PB)

miso + llevat nutricional + carbassa + pastanaga + moniato + taronja + cúrcuma
miso + nutritional yest + pumpkin + carrot + sweet potatoe + orange + turmeric



PLANT BASED



OILY FISH



GLUTEN



LIGHT SPICY

Veggies Platillos

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 | 7,95€ (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) (G) 🌶️

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

ROASTED CABBAGE PIE | 7,95€ (NEW!)

col especiada i rostida + stracciatella + salsa de taronja sanguina i chipotle + ametlles + herbes aromàtiques
spiced and roasted cabbage + stracciatella + blood orange and chipotle sauce + almonds + aromatic herbs

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

albergínia glacejada en salsa de miso + pulled jackfruit + xucriut 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 RAINBOW CARROTS | 7,95€ (NEW!)

pastanagues de colors especiades i rostides + labneh de cabra + salsa de mel i mostassa + nous pecanes + zaatar + magrana
spiced and roasted colored carrots + goat labneh + honey mustard sauce + pecans + zaatar + pomegranate

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



PLANT BASED



OILY FISH



GLUTEN



LIGHT SPICY

Design your favorite fresh salad bowl

1) BASES AMANIDES / SEASONED BASES

HAWAIIAN POKE | 8,95€ (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 | 8,95€ (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 rostit + 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 | 8,95€ (PB) (G)

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 | 4,95€ (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€
CEVICHE DE CORVINA	+ 3,95€
OU DUR O ESCALFAT / HARD-BOILED OR POACHED EGG	+ 0,95€
FALAFEL CASOLÀ / HOMEMADE FALAFEL (3 UD)	+ 3,25€
ANXOVES / ANCHOVIES	+ 4,50€

3) GOOD CARBS

BULGUR AMB ESPELTA INTEGRAL / BULGUR AND WHOLE GRAIN SPELT	+ 0,95€
MITJA FOCACCIA / HALF FOCACCIA	+ 1,95€
ARRÒS NEGRE SALVATGE / WILD BLACK RICE	+ 0,95€
QUINOA TRICOLOR / TRICOLOR QUINOA	+ 1,95€
ARRÒS INTEGRAL / BROWN RICE	+ 0,95€
ARRÒS KONJAC / KONJAC RICE	+ 1,95€
PA D'ESPELTA INTEGRAL AMB LLAVORS / WHOLE WHEAT SPELT BREAD WITH SEEDS	+ 0,95€

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



GLUTEN




LIGHT SPICY

Eat better focaccias

FOCACCIA ELABORADA AMB PREFERMENT BIGA DE FARINES DE BLAT I ESPELTA INTEGRAL, AMB OLI DE LLI (OMEGA 3) I ENRIQUIDA AMB CANYAMONS (PROTEÏNA)

FOCACCIA MADE WITH BIGA PREFERMENT OF WHEAT FLOUR AND WHOLE SPELT, WITH FLAX OIL (OMEGA 3) AND ENRICHED WITH HEMP SEEDS (PROTEIN)

SALMÓ MARINAT | 10,95€   




focaccia + salmó salvatge d'Alaska marinat + "mantega" de pèsols + tàrtara de jalapenyos + tàperes + fonoll + menta + ratlladura de pell de llimona

activated charcoal black foccacia + marinated wild Alaskan salmon + pea "butter" + jalapeño tartare + capers + fennel + mint + lemon zest

ANXOVES Y SALMOREJO | 10,95€   

focaccia + salmorejo + AOVE + anxoves del Cantàbric + alfàbrega + llimona

focaccia + salmorejo + AOVE + Cantabrian anchovies + basil + lemon

"PASTRAMI" DE CÉLERI | 9,95€   

focaccia negra + "pastrami" de céleri + confitats de kombucha + salsa casolana de mostassa + rúcula

black focaccia + celeriac pastrami + kombucha pickles + homemade mustard sauce + arugula

ROASTED 'LAMB' SHAWARMA | 10,95€   

focaccia negra + "lamb shawarma" + salsa de iogurt + enciam + tomàquet + chimichurri amb toc picant

black focaccia + mushroom "lamb shawarma" + yogurt sauce + lettuce + tomato + spicy chimichurri

ALBERGÍNIA STRACCIATELLA TONYINA | 10,95€   



focaccia + albergínies al forn + stracciatella + tonyina + tomàquet semisec + salsa de llimona i formatge feta + alfàbrega + avellana torrada

focaccia + baked eggplants + stracciatella + tuna + semi-dried tomato + lemon and feta sauce + basil + toasted hazelnut


Principals

SUPERTAGLIATELLE | 15,95€  

supertagliatelle amb espirulina + salmó salvatge d'Alaska + pesto de kale + formatge parmesà
supertagliatelle with spirulina + wild Alaskan salmon + kale pesto + parmesan cheese + micro mézclum

DOUBLE SMASHED BURGER | 15,95€  

pa brioix integral d'espelta amb carbó actiu + double smash burger casolana plant based + maionesa trufada + xampinyons saltejats + ceba rostida + salsa "cheddar" casolana + moniatos amb salsa de iogurt
wholegrain spelt brioche with activated charcoal + homemade plant-based double smash burger + truffled mayonnaise + sautéed mushrooms + roasted onion + homemade "cheddar" sauce + sweet potatoes with yogurt sauce

PAD THAI | 12,95€ 

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

BLACK RAVIOLOS PARMIGIANA | 15,95€  



raviolos de farina integral + carbó actiu + all negre + albergínia fumada + burrata + salsa parmigiana + formatge grana padano + oli d'alfàbrega + pinyons
wholegrain ravioli + activated charcoal + black garlic + smoked eggplant + burrata + parmigiana sauce + grana padano cheese + basil oil + pine nuts

COCHINITA PIBIL JACKFRUIT TACOS | 13,95€   

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 | 18,95€  



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 | 10,95€  

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 | 10,95€  

homemade Lebanese falafel + paté de carbassa fumada + salsa de iogurt plant based + bulgur + espelta + espinacs + maionesa de harissa + sèsam + granada
homemade Lebanese falafel + smoked pumpkin pâté + plant-based yogurt sauce + bulgur + spelt + spinach + harissa mayonnaise + sesame + pomegranate

LOW CARBS KONJAC RISOTTO | 14,95€  

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

LION'S MANE GNOCCHIS | 16,95€  

melenas de león + maitake + nyoquis casolans de tupinambo + cabdells rostits + salsa suau de tupinambo
lion's mane + maitake + tupinambo gnocchi + roasted buds + tupinambo sauce



Principals

RAW VEGAN LASAGNA | 15,95€ (PB)

carbassó + salsa de tomàquet fresc i tomàquet sec + baies de goji + "formatge" d'anacards i macadamia + salsa pesto + pico de gallo
zucchini + fresh tomato and sun-dried tomato sauce + goji berries + cashew and macadamia "cheese" + pesto sauce + pico de gallo

LUBINA AL HORNO | 16,95€ (OF) (G) (NEW!)

llobarro al forn + risotto verd de freekeh + glassejat de te vermell i reishi + mojo picón + llima + cruixent de blat de moro
baked sea bass + freekeh green risotto + red tea reishi glaze + mojo picón + lime + corn crisp

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 + melmelada de mango + cobertura de xocolata blanca
crunchy cookie + coconut + mango jam + white chocolate cover

PISTACCIO BAKLAVA CHEESECAKE | 6,95€ (G) (NEW!)

base de baklava de festucs i xarop d'atzavara + runny cheesecake de festucs i te matcha
pistachio baklava base + agave syrup + pistachio and matcha runny cheesecake

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 + pastanaga
buckwheat flour + carrot + cinnamon + plant-based mascarpone

CHOCO & FRUITS VULCANO (min 2 pax) | 15,95€ (G) (NEW!)

coulant-fondue de xocolata i ametlles + fruita fresca (gerds, nabius, kiwi, maduixa, platàn, etc.) + nous pecanes
chocolate and almonds coulant-fondue + fresh fruit (raspberry, blueberries, kiwi, strawberry, banana, etc.) + pecans

SUNDAE CASOLÀ | 5,95€ (PB)

de vainilla, xocolata o mango i anacards
vanilla, chocolate or mango and cashews



PLANT BASED



OILY FISH



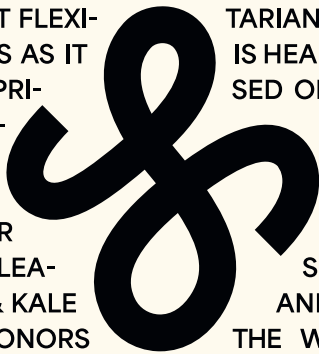
GLUTEN



LIGHT SPICY

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

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