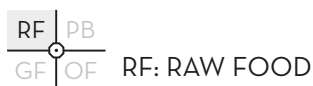


# Eat better Be happier Live longer

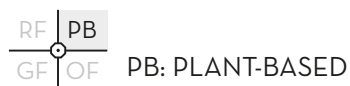


FLAX&KALE is a Healthy Flexitarian Restaurant. All the dishes are designed not only to maximize the organoleptical pleasure, but also considering their nutritional value. 80% of our offer is Plant-Based and the remaining 20% are recipes that contain oily fish. Nowadays there are hardly any doubts about 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.

*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.



Every gluten-free dish is marked with **GF**. This means that all these dishes are flour free or contain other kinds of gluten-free flours (quinoa, almond, buckwheat, coconut...).



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**  
—→ CUINA FLEXITERIANA ←—

If you're allergic or intolerant to any kind of food, please notify us immediately.

# KOMBUCHA LAB

SPARKLING | FERMENTED PROBIOTIC | NATURALLY ENERGIZING

Kombucha is a beverage which is fermented by a cultive of organisms with many health benefits.

Tea and sugar are the base of kombucha because they contain a number of nutrients and compounds that feed the cultive (soby), including nitrogen and tea. SCOBY is the acronym for "symbiotic culture of bacteria and yeasts" also known as "mother".

Among its benefits: helps to reinforce the immune system, balance the intestinal flora, revitalize the body and improve cardiovascular health.

## Kombucha (400 ml.)

Plant-based | Gluten-free | Non pasteurized | Non HPP | Non GMO

		<b>SYMBIOTIC PASSION</b>   4,95€ passion fruit + pineapple + bancha tea
		<b>BLUE MOJITO</b>   4,95€ yuzu + spirulina + mint
		<b>MR. BARRI</b>   4,95€ raspberry + strawberry + camu-camu
		<b>MOTHER AFRICA</b>   4,95€ ginger + hibiscus + orange
		<b>MASALA CHAI</b>   4,95€ garam masala + ginger
		<b>SPICY GIRL</b>   4,95€ lime-lemon + coriander + <i>jalapeño</i>
		<b>DRAGON LEMONADE</b>   4,95€ <b>NEW</b> pitaya + lime + lemon
		<b>ORANGE FANTASY</b>   4,95€ <b>NEW</b> orange + lemon

Do not shake | Not recommended for children under 10 or women who were pregnant or breastfeeding.

# COLD-PRESSED JUICES (400 ml.)

RAW\* | PLANT-BASED\*\* | NON PASTEURIZED | NO ADDED SUGARS\*

\* Except Virus Killer + Energy Boost + Digestive Elixir | \*\* Except Virus Killer + Energy Boost

<div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; gap: 5px;"> <span>RF</span> <span>PB</span> </div> <div style="display: flex; gap: 5px;"> <span>GF</span> <span>OF</span> </div> </div>	 <p><b>GREEN LOVE</b>   4,95€ apple + spinach + cucumber + lemon + parsley + kiwi + ginger</p>
<div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; gap: 5px;"> <span>RF</span> <span>PB</span> </div> <div style="display: flex; gap: 5px;"> <span>GF</span> <span>OF</span> </div> </div>	 <p><b>GREEN SLIM FIT</b>   4,95€ apple + spinach + fennel + rocket + celery + parsley + ginger + kiwi + lemon</p>
<div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; gap: 5px;"> <span>RF</span> <span>PB</span> </div> <div style="display: flex; gap: 5px;"> <span>GF</span> <span>OF</span> </div> </div>	 <p><b>GREEN MEDICINE</b>   4,95€ pear + grapes + cucumber + spinach + kale + parsley + kiwi + lemon</p>
<div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; gap: 5px;"> <span>RF</span> <span>PB</span> </div> <div style="display: flex; gap: 5px;"> <span>GF</span> <span>OF</span> </div> </div>	 <p><b>β CAROTENO</b>   4,95€ carrot + apple + coconut water + lemon</p>
<div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; gap: 5px;"> <span>RF</span> <span>PB</span> </div> <div style="display: flex; gap: 5px;"> <span>GF</span> <span>OF</span> </div> </div>	 <p><b>FOREVER YOUNG</b>   4,95€ carrot + apple + grape + pineapple + orange</p>
<div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; gap: 5px;"> <span>RF</span> <span>PB</span> </div> <div style="display: flex; gap: 5px;"> <span>GF</span> <span>OF</span> </div> </div>	 <p><b>PASSION GRAPEFRUIT</b>   4,95€ tangerine + apple + grapefruit + strawberry + passion fruit + ginger</p>
<div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; gap: 5px;"> <span>RF</span> <span>PB</span> </div> <div style="display: flex; gap: 5px;"> <span>GF</span> <span>OF</span> </div> </div>	 <p><b>MY SWEET HORNY</b>   4,95€ pineapple + apple + passion fruit + aloe vera + maca</p>
<div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; gap: 5px;"> <span>RF</span> <span>PB</span> </div> <div style="display: flex; gap: 5px;"> <span>GF</span> <span>OF</span> </div> </div>	 <p><b>VIRUS KILLER</b>   4,95€ pear + herbal infusion (thyme, lemon verbena, rock tea) + lemon + honey + ginger</p>
<div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; gap: 5px;"> <span>RF</span> <span>PB</span> </div> <div style="display: flex; gap: 5px;"> <span>GF</span> <span>OF</span> </div> </div>	 <p><b>BLUE DIAMOND</b>   4,95€ apple + pineapple + pear + grape + ginger + lemon + spirulina</p>
<div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; gap: 5px;"> <span>RF</span> <span>PB</span> </div> <div style="display: flex; gap: 5px;"> <span>GF</span> <span>OF</span> </div> </div>	 <p><b>THE VEGAN VAMPIRE</b>   4,95€ pear + beetroot + carrot + orange + pineapple + lemon + ginger</p>
<div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; gap: 5px;"> <span>RF</span> <span>PB</span> </div> <div style="display: flex; gap: 5px;"> <span>GF</span> <span>OF</span> </div> </div>	 <p><b>DETOX</b>   4,95€ carrot + lettuce + cucumber + beet + tomato + fennel + spinach + celery + kale</p>
<div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; gap: 5px;"> <span>RF</span> <span>PB</span> </div> <div style="display: flex; gap: 5px;"> <span>GF</span> <span>OF</span> </div> </div>	 <p><b>DIGESTIVE ELIXIR</b>   4,95€ osmotized water + lime + blueberries + maple syrup + activated charcoal</p>
<div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; gap: 5px;"> <span>RF</span> <span>PB</span> </div> <div style="display: flex; gap: 5px;"> <span>GF</span> <span>OF</span> </div> </div>	 <p><b>ENERGY BOOST</b>   4,95€ osmotized water + cucumber + honey + lemon + orange water + flower pollen</p>

# SIGNATURE RECIPES (400 ml.)

PLANT-BASED | GLUTEN-FREE | NON PASTEURIZED | NO ADDED SUGARS

RF | PB  
GF | OF



**BLOODY TERE** | 4,95€  
tomato + lemon + ginger + Tabasco

NEW

# SMOOTHIES (400 ml.)

RAW | PLANT-BASED | NON PASTEURIZED | NO ADDED SUGARS

RF | PB  
GF | OF



**ANTIOX** | 4,95€  
orange + kiwi + strawberry

RF | PB  
GF | OF



**BERLIN** | 4,95€  
orange + mango + strawberry + cranberries + beetroot + activated charcoal

RF | PB  
GF | OF



**MOLOKAI** | 4,95€  
apple + mango + banana + coconut water + spinach + kale  
+ almond cream + basil + mint

# WATER

**PURIFIED WATER** | 1,95€  
osmosis purified and alkalized low mineral water (8pH min.)

**VICHY CATALÁN** | 2,50€

# WELLNESS ELIXIRS

**YOUNG COCONUT WATER** | 4,95€

**HOUSEMADE LEMONADE SLUSHY** <sup>500ML</sup> | 4,50€  
lemon juice + agave syrup + osmotized water

**ORANGE JUICE** | 4,50€

**GINGER SHOT** <sup>50ML</sup> | 3,50€  
100% cold-pressed ginger juice

RF Raw Food PB Plant-based GF Gluten-free OF Oily Fish

10% VAT included

# FROZEN HEALTHY SMOOTHIES

RF | PB  
GF | OF

## TERESA'S FAVORITE SMOOTHIE | 5,95€

housemade almond plant-based drink + strawberries + almond butter  
+ agave syrup + vanilla

RF | PB  
GF | OF

## BATIDO EL CUBANITO | 5,95€

coconut water + coconut plant-based milk + raw cocoa + banana  
+ almonds + agave syrup

RF | PB  
GF | OF

## THE REJUVENATOR! | 5,95€

orange juice + mango + pineapple + strawberries + *açaí* + Goji berries  
+ chia + agave syrup

RF | PB  
GF | OF

## TROPICAL SUPERFOODS | 5,95€

coconut plant-based milk + banana + papaya + mango + pineapple  
+ maca + Goji berries + agave syrup

RF | PB  
GF | OF

## VANILLA SUNDAE | 4,95€

plant-based vanilla sundae + red berry coulis + strawberries

NEW

RF | PB  
GF | OF

## CHOCOLATE SUNDAE | 4,95€

plant-based chocolate sundae + coconut frosting + cherry + toasted hazelnuts

NEW

RF | PB  
GF | OF

## MANGO & CASHEW SUNDAE | 4,95€

plant-based mango and cashew ice cream+ coconut frosting + grated coconut

NEW

RF | PB  
GF | OF

## AÇAÍ BOWL | 8,95€

SMOOTHIE: *açaí do Brasil* + banana + strawberries + cashew plant-based  
drink + agave syrup

TOPPING: blueberries + watermelon + housemade Brazil nut crumble  
+ hemp seeds + Goji berries

# BEER





CAÑA ESTRELLA DAMM CLÁSICA	20CL 2,50€	33CL 3,00€
CLARA HOUSEMADE beer with housemade lemon juice	20CL 2,50€	33CL 3,00€
INEDIT DAMM spiced malt and wheat beer		33CL 4,75€
FREE DAMM 0%	25CL 3,00€	
DAURA GLUTEN-FREE		33CL 3,60€

# CAVA

		
ROVELLATS BRUT <i>Rovellats (Penedès)</i>	4,00€	17,95€
ROVELLATS ROSÉ <i>Rovellats (Penedès)</i>	5,00€	20,95€
IMPERIAL GRAN RESERVA   <sup>ECO</sup> <i>Gramona (Penedès)</i>		25,95€

# TERESA'S WINE HOUSE

		
WHITE chardonnay + gewürztraminer	3,50€	14,95€
ROSÉ syrah	3,50€	14,95€
RED merlot + tempranillo + cabernet sauvignon	3,50€	14,95€

# WHITE WINE



<b>CURIÓS</b>   <sup>ECO</sup> xarel·lo   <i>Albet i Noya (D.O. Penedès)</i>	4,25€	16,95€
<b>PERPLEJO</b>   <sup>ECO</sup> verdejo   <i>Wineissocial (D.O. Rueda)</i>	4,25€	17,95€
<b>ÓNRA</b>   <sup>ECO</sup>   BIODYNAMIC garnacha blanca + chenin blanc + sauvignon blanc <i>La Gravera (D.O. Costers del Segre)</i>		18,95€
<b>CASANOVA</b>   <sup>ECO</sup> treixadura   <i>Pazo de Casanova (D.O. Ribeiro)</i>		18,95€
<b>HONEYMOON</b>   <sup>ECO</sup> parellada   <i>Parés Baltà (D.O. Penedès)</i>		19,95€
<b>VORA LA MAR</b>   <sup>ECO</sup> pansa blanca   <i>Alta Alella (D.O. Alella)</i>		19,95€
<b>MENADE</b>   <sup>ECO</sup> verdejo   <i>Menade (D.O. Rueda)</i>		19,95€
<b>GESSAMÍ</b>   <sup>ECO</sup> sauvignon blanc + muscat   <i>Gramona (D.O. Penedès)</i>		19,95€
<b>MENADE SAUVIGNON</b>   <sup>ECO</sup> sauvignon blanc   <i>Menade (D.O. Castilla y León)</i>		22,95€

# ROSÉ WINE



<b>LA MAR DE ROSA</b>   <sup>ECO</sup> lledoner   <i>Wineissocial (D.O. Empordà)</i>	4,25€	16,95€
<b>ROSAT</b>   <sup>ECO</sup> garnacha negra   <i>Herència Altés (D.O. Terra Alta)</i>		16,95€

# RED WINE



<b>CURIÓS</b>   <sup>ECO</sup> ull de llebre   <i>Albet i Noya (D.O. Penedès)</i>	4,25€	16,95€
<b>ARTUKE</b>   <sup>ECO</sup> tempranillo + viura   <i>Artuke (D.O. Rioja)</i>	4,25€	16,95€
<b>LLEDONER DEL NORD</b>   <sup>ECO</sup> garnacha negra   <i>Wineissocial (D.O. Empordà)</i>		17,95€
<b>REBELDES</b>   <sup>ECO</sup> garnacha negra + syrah   <i>Wineissocial (D.O. Montsant)</i>		17,95€
<b>MAS PETIT</b>   <sup>ECO</sup>   BIODINÀMICO cabernet sauvignon + garnacha   <i>Parés Baltà (D.O. Penedès)</i>		18,95€
<b>SER VIVO Y NATURAL</b>   <sup>ECO</sup>   NATURAL tempranillo   <i>Hermanos Páramo Arroyo (D.O. Ribera del Duero)</i>		18,95€
<b>CUCA DE LLUM</b>   <sup>ECO</sup>   NATURAL trepat   <i>Succès (D.O. Conca de Barberà)</i>		19,95€
<b>HABLA DEL SILENCIO</b>   <sup>ECO</sup> syrah + cabernet sauvignon + tempranillo   <i>Habla (D.O. Extremadura)</i>		21,95€

# HEALTHY COCKTAILS

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

**SCREWDRIVER** | 7,95€  
Orange Fantasy kombucha + 1 shot of *Belvedere* vodka

**SPICY TEQUILA** | 7,95€  
Spicy Girl kombucha + 1 shot of *Volcán de mi tierra* tequila

**SYMBIOTIC VODKA** | 7,95€  
Symbiotic Passion kombucha + 1 shot of *Belvedere* vodka

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

**NEW**



# SPECIALTY COFFEE

## RIGHT SIDE

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.

*coffee extra shot + 1,00€*



**ESPRESSO** | 1,80€  
18 ml. of coffee in a cup (9 g. of coffee)



**AMERICANO** | 1,80€  
90 ml. extra of hot water  
+ 18 ml. of coffee in a cup (9 g. of coffee)



**MACCHIATO** | 2,00€  
40 ml. of milk or plant-based drink\*  
+ 18 ml. of coffee in a cup (9 g. of coffee)



**CAPUCCINO** | 2,30€  
120 ml. of milk or plant-based drink\*  
+ 18 ml. of coffee in a cup (9 g. of coffee)



**LATTE** | 2,50€  
225 ml. of milk or plant-based drink\*  
+ 18 ml. of coffee in a cup (9 g. of coffee)



**FLAT WHITE** | 2,50€  
100 ml. of milk or plant-based drink\*  
+ 36 ml. of coffee in a cup (18 g. of coffee)

\* Ask our staff for our plant-based drink options.

# TEA WORLD

## TETERUM

We trust Teterum for their organic and sustainable teas.

*\*contains nuts*

**MATCHA LATTE** | 3,50€

**BLACK (EARL GREY)** | <sup>ECO</sup> | 2,50€

**CHAI TEA LATTE** | 3,50€

**ROOIBOS** | <sup>ECO</sup> | 2,50€

**BLACK CHAI** | <sup>ECO</sup> | 2,50€

**MASAI MASALA ROOIBOS\*** | <sup>ECO</sup> | 2,50€

**GREEN (SENCHA)** | <sup>ECO</sup> | 2,50€

**DIGESTIVE TEA** | <sup>ECO</sup> | 2,50€

**RED (PU ERH)** | <sup>ECO</sup> | 2,50€