

FLAX & KALE



Breakfast & Snack

(CAST / ENG)

Eat Better Be Happier Live Longer[®]

FLAX & KALE es un Restaurante Healthy Flexitariano. Todos los platos están diseñados pensando no sólo en el mero placer gastronómico, sino también en su valor nutricional. Un 80% de nuestra oferta es plant-based y el restante 20% son recetas que incluyen pescado azul. Pocas dudas existen hoy en día respecto a la correlación entre una alimentación sana y un estado de salud libre de enfermedad. Queremos alimentarte mejor para que tú seas más feliz y logres vivir más años con una salud de hierro.

¡Bienvenidos al fascinante mundo de la alimentación Sabrosa + Sana + Sostenible!

**No podemos garantizar la ausencia de contaminación cruzada. Si usted es alérgico o intolerante a cualquier tipo de alimento, por favor informe al personal de sala.*

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.*

Toasts & Sandwich (09 - 12:30h)

CLASSIC AVO TOAST | 5,95€ (PB) (G)

pan de molde con semillas + aguacate + cayena + lino + chía + brotes germinados
whole wheat bread with seeds + avocado + cayenne pepper + flax + chia + sprouts

POKE AVO TOAST | 8,50€ (OF) (G)

pan de molde integral + aguacate + pepino + salmón salvaje de Alaska
whole wheat sliced bread with + avocado + cucumber + wild Alaskan salmon

AVO HUMMUS EGG TOAST | 7,95€ (G)

hummus + aguacate + tahini + hierbas frescas + pistachos + salsa zhug
hummus + avocado + tahini + fresh herbs + pistachios + zhug sauce

PANTUMACA TOAST | 2,95€ (PB) (G)

pan de espelta integral con semillas + tomate + aceite de oliva extra virgen
whole wheat spelt bread with seeds + tomato + extra virgin olive oil

SCANDAL SCRAMBLE TOAST | 9,95€ (G)

huevos azules ecológicos revueltos + setas variadas + espinacas + tomate + ajos tiernos + queso feta + zanahoria + pan de espelta integral con semillas
scrambled organic blue eggs + assorted mushrooms + spinach + tomato + spring garlic + feta cheese + carrot + whole wheat spelt bread with seeds

EXTRAS

PAN CASERO GLUTEN-FREE / HOMEMADE GLUTEN-FREE BREAD	+ 1,45€
HUEVO AZUL ECOLÓGICO POCHÉ / ORGANIC BLUE EGG POACHED	+ 1,95€
HUEVO AZUL ECOLÓGICO REVUELTO / ORGANIC BLUE EGG SCRAMBLED	+ 1,95€
SALMÓN SALVAJE DE ALASKA MARINADO / MARINATED WILD ALASKAN SALMON	+ 3,00€

PULLED JACKFRUIT BRIOCHE ROLL | 6,95€ (PB) (G) (S)

bricoche integral de espelta + BBQ 'pulled pork' jackfruit + chucrut de col lombarda + cacahuetes + mayonesa chilli jam + cilantro
whole wheat spelt brioche + BBQ 'pulled pork' jackfruit + red cabbage sauerkraut + peanuts + chilli jam mayonnaise + coriander

CHICKEN TERIYAKI SANDWICH | 7,50€ (PB) (G) (NEW!)

flat bread de oriente medio + "chicken" teriyaki + cebolla + setas + lechuga + col lombarda + salsa "cheddar"
middle east flat bread + teriyaki "chicken" + onion + mushrooms + lettuce + red cabbage + "cheddar" sauce

BREAKFAST BURRITO | 7,95€ (NEW!)

fajita de maíz nixtamalizado + crema de calabaza especiada + huevo revuelto + setas variadas salteadas + espinacas baby + salsa chimichurri casera
nixtamalized corn fajita + spiced pumpkin cream + scrambled egg + sautéed assorted mushrooms + baby spinach + homemade chimichurri sauce



PLANT BASED



OILY FISH



GLUTEN



LIGHT SPICY

Eggs (09 - 12:30h)

SHAKSHUKA | 10,95 € 

salsa de tomate estilo Libanés + huevos ecológicos azules + cebolleta china + cilantro + salsa zhug + pan de 5 cereales

Lebanese style tomato sauce + organic blue eggs + chinese spring onion + coriander + zhug sauce + 5-grain bread

CILBIR TURKISH EGGS | 9,95€  

"yogur Griego" estilo tzatziqui + aceite especiado de pimentón + huevos ecológicos azules poché + pan de espelta integral con semillas + eneldo + perejil + piñones

tzatziqui-style "Greek yogurt" + spiced paprika oil + poached organic blue eggs + whole wheat spelt bread with seeds + dill + parsley + pine nuts

EGGS BENEDICT | 12,95€ 

homemade English muffin + setas salteadas + espinacas + huevos azules ecológicos poché + salsa holandesa trufada plant-based + verduras de temporada asadas

homemade English muffin + sautéed mushrooms + spinach + poached organic blue eggs + plant-based truffled hollandaise sauce + roasted seasonal vegetables

EGGS ROYALE | 14,95€  

homemade English muffin + salmón salvaje de Alaska marinado + huevos azules ecológicos poché + salsa holandesa al curry plant-based + verduras de temporada asadas

homemade English muffin + marinated wild Alaskan salmon + poached organic blue eggs + plant-based curried hollandaise sauce + roasted seasonal vegetables

* pan casero gluten-free (+ 1,45€)

* gluten-free homemade bread (+ 1,45€)

** sólo claras (+ 1,95€)

** only egg whites (+ 1,95€)



PLANT BASED



OILY FISH



GLUTEN



LIGHT SPICY

Sweet options (09 - 12:30h)

AÇAÍ BOWL | 9,95€ (PB)

SMOOTHIE: açai do Brasil + plátano + fresas + bebida casera de anacardos + sirope de agave
TOPPINGS: arándanos + frutas de temporada + crumble style granola + cañamones + bayas de goji

** extra de mantequilla de cacahuete (+0,50€)

SMOOTHIE: açai do Brasil + banana + strawberries + homemade cashew drink + agave syrup
TOPPINGS: blueberries + seasonal fruits + crumble style granola + hemp seeds + goji berries

** extra peanut butter (+0,50€)

CHOCO LOVE PANCAKES | 9,95€ (G)

pancakes de harina de trigo integral + mezcla de 3 quinoas + cacao + huevos ecológicos + crema de chocolate + frutas + caramelo salado de almendras + helado de avellanas casero
whole wheat flour pancakes + mixture of 3 quinoas + cocoa + organic eggs + chocolate cream + fruit + almond salted caramel sauce + homemade hazelnut ice cream

COCONUT MILK YOGURT & FRUITS | 8,95€ (PB)

yogur de coco + granola casera + uva roja + arándanos + fresas + sésamo garrapiñado + nibs de cacao raw + sirope de arce

coconut yogurt + homemade granola + red grape + blueberries + strawberries + caramelized sesame + raw cocoa nibs + maple syrup

CHÍA TIRAMISÚ | 5,95€ (PB) (NEW!)

chía + copos de avena + leche de almendras + café + cacao en polvo + crumble style granola + mascarpone plant based

chia + oat flakes + almond milk + coffee + cocoa powder + cashew crumble + plant-based mascarpone

AÑADE / ADD :

VEGAN PROTEIN + 1€

MACA + 1€

HYALURONIC ACID + 2€

MARINE COLLAGEN* + 1,5€

**sin sabor ni olor :-)* / **no taste or smell :-)*

MELENA DE LEÓN / LION'S MANE + 1,5€

(PB) PLANT BASED

(OF) OILY FISH

(G) GLUTEN

 LIGHT SPICY

Para picar y entrantes (16:30 - 19h)

KALE CHIPS | 4,50€ (PB)

kale deshidratada + anacardos + levadura nutricional + cúrcuma
dehydrated kale + cashews + nutritional yeast + turmeric

HUMMUSÍSSIMO | 7,95€ (PB) (G)

hummus cremoso + aceite especiado de pimentón + piparras + granada + pan casero estilo focaccia
creamy hummus + spiced paprika oil + pickles + pomegranate + homemade focaccia bread

SANDÍA A LA PARRILLA | 6,50€

sandía a la parrilla + queso de cabra + mizuna + almendras marcona + salsa sweet mint
grilled watermelon + goat cheese + mizuna + marcona almonds + sweet mint sauce

MANGO AVOCADO TÁRTAR | 9,95€ (PB)

mango + aguacate + cebolla roja + tomate semiseco + sésamo blanco + cebollino + salsa tártara casera
mango + avocado + red onion + semi-dried tomato + white sesame + chives + homemade tartar sauce

NACHOS | 12,50€ (PB) (J)

nachos de maíz nixtamalizado + guacamole + tomate + jalapeño + maíz dulce + "carne picada" + salsa "cheddar" fundido
nixtamalized corn nachos + guacamole + tomato + jalapeño + sweet corn + "minced meat" + melted "cheddar"

SURTIDO DE CRUNCHY TACOS | 14,95€ (OF) (J)

1 ud. crunchy taco de atún + 1 ud. crunchy taco de salmón + 1 ud. crunchy taco de corvina
1 pc. crunchy tuna taco + 1 pc. crunchy salmon taco + 1 pc. crunchy corvina taco

CRUNCHY TUNA TACO | 4,95€ (OF) (J)

taco crujiente de harina de maíz nixtamalizado + dados de atún yellowfin marinados + col blanca + cilantro + cebolleta china + salsa rosa casera picante + aguacate + semillas de sésamo
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) (J)

taco crujiente de harina de maíz nixtamalizado con remolacha + dados de salmón salvaje de Alaska marinados + aguacate + lechuga romana + salsa tártara de jalapeños + salsa ponzu
nixtamalized cornmeal crispy taco with beets + marinated wild Alaskan salmon dices + avocado + lettuce + jalapeño tartar sauce + ponzu sauce

CRUNCHY CORVINA TACO | 5,50€ (OF) (J)

taco crujiente de harina de maíz nixtamalizado + dados de corvina marinados en aguachile de fruta de la pasión + cebolla roja encurtida + cilantro + mayonesa de chipotle y naranjilla
nixtamalized cornmeal crispy taco + diced corvina marinated in passion fruit aguachile + pickled red onion + cilantro + chipotle and naranjilla mayonnaise

BETACAROCREAM | 5,95€ (PB)

miso + levadura nutricional + calabaza + zanahoria + boniato + naranja + cúrcuma
miso + nutritional yeast + pumpkin + carrot + sweet potato + orange + turmeric



Design your favorite fresh salad bowl (16:30 - 19h)

1) BASES ALIÑADAS / SEASONED BASES

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

mézcum de hojas verdes + aguacate + alga goma wakame + edamame + apio nabo fermentado + pera osmotizada + nabo daikon encurtido + 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 china + alga + queso grana padano + portobello salteado + nueces pecanas + shimejis salteados + aliño lemon parmesan + salsa umami de anchoas
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!)

mézcum de hojas verdes + choclos + aguacate + chips de boniato morado + boniato asado + pico de gallo + cilantro + totopos + mayonesa de fruta de la pasión y chipotle
mixed leafy greens + corn + avocado + purple sweet potato chips + roasted sweet potato + pico de gallo + cilantro + tortilla chips + chipotle & passion fruit mayonnaise

KALE CAESAR | 9,50€ (PB) (G)

kale + lechuga romana + "queso parmesano" de frutos secos + picatostes + salsa César plant based + aguacate
kale + romaine lettuce + nuts "parmesan cheese" + croutons + plant-based Caesar sauce + avocado

EASY SALAD | 5,50€ (PB) (NEW!)

kale macerada + mézcum de hojas verdes + vinagreta de mostaza y limón
macerated kale + mixed leafy greens + mustard and lemon vinaigrette

2) PROTEÍNAS

DADOS DE SALMÓN SALVAJE DE ALASKA / WILD ALASKAN SALMON DICES	+ 3,95€
HOMEMADE MARINATED WILD ALASKAN SALMON	+ 3,95€
DADOS DE ATÚN / TUNA DICES	+ 3,95€
TATAKI DE ATÚN / TUNA TATAKI	+ 3,95€
PLANT BASED CRISPY CHICKEN	+ 3,95€
CEVICHE DE CORVINA	+ 3,95€
HUEVO DURO O POCHADO / HARD-BOILED OR POACHED EGG	+ 1,95€
FALAFEL CASERO / HOMEMADE FALAFEL (3 UD)	+ 3,25€

3) GOOD CARBS

BULGUR CON ESPELTA INTEGRAL / BULGUR AND WHOLE GRAIN SPELT	+ 0,95€
ARROZ NEGRO SALVAJE / WILD BLACK RICE	+ 0,95€
QUINOA TRICOLOR / TRICOLOR QUINOA	+ 1,95€
ARROZ INTEGRAL / BROWN RICE	+ 0,95€
KONJAC RICE / KONJAC RICE	+ 1,95€

4) GUARNICIONES

MEDIO AGUACATE ASADO A LA PARRILLA / HALF ROASTED AVOCADO	+ 1,95€
HUMMUS	+ 1,50€
STRACCIATELLA	+ 2,95€
QUESO DE CABRA A LA PARRILLA / ROASTED GOAT CHEESE	+ 1,95€



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LIGHT SPICY

Healthy Indulgences (All Day)

MOSKITO | 3,50€ (PB)

harina de arroz + "mascarpone" de anacardos + cobertura de chocolate
rice flour + cashew mascarpone + chocolate cover

PINK LADY | 3,50€ (PB)

harina de arroz + crema de anacardos y limón + remolacha + chocolate blanco
rice flour + cashew and lemon cream + beetroot + white chocolate

MAPLE-GLAZED DOUGHNUT | 3,50€

doughnut de harina de almendras (no frito) + harina de coco + anacardos + miel
almond flour doughnut (not fried) + coconut flour + cashews + honey

CHOCO CHIA | 3,50€ (PB)

crema de coco y chía + almendras + chocolate
coconut and chia cream + almonds + chocolate

PROTEIN BALLS:

RASPBERRY RICE | 2,00€ (PB)

nueces de macadamia + frambuesa liofilizada + proteína de arroz + anacardos + dátiles + almendras
macadamia nuts + dried raspberries + rice protein + cashews + dates + almonds

MATCHA PEA | 2,00€ (PB)

té matcha + pistachos + proteína de guisante + anacardos + dátiles + almendras
matcha tea + pistachios + pea protein + cashews + dates + almonds

HEMP ORANGE | 2,00€ (PB)

naranja + cacao raw + nueces + proteína de cáñamo + anacardos + dátiles + almendras
orange + raw cocoa + walnuts + hemp protein + cashews + dates + almonds

 PLANT BASED

 OILY FISH

 GLUTEN

 LIGHT SPICY

Bakery (All Day)

VEGAN CHOCO COOKIE | 3,95€ (PB) (G) (NEW!)
harina de arroz integral + cacao + corazón de chocolate
brown rice flour + cocoa + chocolate heart

NEW YORK HOUSEMADE "NUTELLA" ROLL | 4,50€ (G) (NEW!)
masa de hojaldre + "nutella" homemade + avellanas tostadas
puff pastry dough + homemade "nutella" + toasted hazelnuts

PISTACCHIO COOKIE | 3,95€ (G) (NEW!)
crema de cheesecake de pistacho + chips de chocolate
pistachio cheesecake cream + cacao drops

CROISSANT DE ESPELTA INTEGRAL | 1,95€ (PB) (G)
croissant plant based de espelta integral
whole grain spelt croissant

PEANUT BUTTER CHOCO CROISSANT | 3,95€ (PB) (G) (NEW!)
croissant de espelta integral relleno de cacahuete y choco
whole grain spelt croissant with peanut butter and chocolate

BANANA RASPBERRY CROISSANT | 3,95€ (PB) (G) (NEW!)
croissant de espelta integral integral relleno de mantequilla de plátano y cacahuete +
sésamo garrapiñado + rodajas de plátano + fresas
whole spelt croissant + banana and peanut butter + caramelized sesame + banana slices + strawberries

BANANA CHOCO BREAD | 3,50€ (PB) (NEW!)
pan de plátano + nueces + salsa de "nutella" plant based
banana bread + walnuts + plant based "nutella" sauce

HOUSEMADE MUFFINS

RED VELVET MUFFIN | 3,50€ (PB) (G)
arándanos + remolacha + coco
blueberries + beetroot + coconut

PEAR & CHOCO MUFFIN | 3,50€ (PB) (G)
pera + cacao + copos de avena
pear + cacao + oat flakes

MATCHA & CHOCO MUFFIN | 3,50€ (G)
te matcha + drops de chocolate + vainilla
matcha tea + chocolate drops + vanilla



PLANT BASED



OILY FISH



GLUTEN



LIGHT SPICY

Postres (All Day)

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

mousse de cacao y avellanas + crumble de almendras
cocoa and hazelnut mousse + almond crumble

MANGO COCO CAKE | 6,95€ (PB) (NEW!)

galleta crujiente + coco + mermelada de mango + cobertura de chocolate blanco
crunchy cookie + coconut + mango jam + white chocolate cover

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

base de backlava de pistacho + sirope de agave + cheesecake "runny" de pistacho y té matcha
pistachio baklava base + agave syrup + pistachio and matcha runny cheesecake

LEMON PIE | 6,95€ (PB) (NEW!)

limón + yuzu + merengue de coco + té matcha
lemon + yuzu + coconut meringue + matcha tea

CHÍA TIRAMISÚ | 5,95€ (PB) (NEW!)

chía + copos de avena + leche de almendras + café + cacao en polvo +
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)

harina de trigo sarraceno + zanahoria + canela + mascarpone plant based + zanahoria
buckwheat flour + carrot + cinnamon + plant-based mascarpone

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

coulant-fondue de chocolate y almendras + fruta fresca (frambuesa, arándanos, kiwi, fresa,
platano,etc.) + nueces pecanas
*chocolate and almonds coulant-fondue + fresh fruit (raspberry, blueberries, kiwi, strawberry,
banana, etc.) + pecans*

SUNDAE CASERO | 5,95€ (PB)

de vainilla
vanilla



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LIGHT SPICY

FLAX

SER EL PRIMER RESTAURANTE FLEXITA-DESARROLLAR UNA EXPERIENCIA TAN RESULTADO: UNA OFERTA GASTRO-PLANT-BASED Y UN 20% DE PRO-PLATOS DISEÑADOS A TRAVÉS MAXIMIZANDO EL SABOR EN ELEGANTE Y FRESCO; Y TODO ELLO RIA FAMILIAR CENTRADA EN LA SALUD, EQUILIBRIO Y EL COMPROMISO. ÚNETE CIÓN SANA, PLENA Y SOSTENIBLE CON



RIANO DEL MUNDO NOS HA PERMITIDO DELICIOSA COMO SALUDABLE. NUESTRO NÓMICA CON UN 80% DE RECETAS TEÍNA ANIMAL DE GRAN CALIDAD; DE SU VALOR NUTRICIONAL, CADA BOCADO, EN UN ESPACIO SIN PERDER LA HERENCIA CULINA-EL PLACER, LA INNOVACIÓN, EL A FLAX & KALE Y SIGUE UNA ALIMENTA-EL MUNDO QUE TE RODEA. **EAT BETTER®**

KALE