

FLAX & KALE

LIVE LONGER · EAT BETTER · BE HAPPIER ·



Breakfast & Snack

(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.*

Toasts & Sandwich (09 - 12:30h)

CLASSIC AVO TOAST | 5,50€ (PB) (G)

pa de motlle amb llavors + avocat + caiena + lli + xia + brots germinats
whole wheat bread with seeds + avocado + cayenne pepper + flax + chia + sprouts

POKE AVO TOAST | 7,95€ (OF) (G)

pa de motlle integral + avocat + cogombre + salmó salvatge d'Alaska
whole wheat sliced bread with + avocado + cucumber + wild Alaskan salmon

AVO HUMMUS EGG TOAST | 6,95€ (G)

hummus + avocat + tahini + herbes fresques + festucs + salsa zhug
hummus + avocado + tahini + fresh herbs + pistachios + zhug sauce

PANTUMACA TOAST | 2,50€ (PB) (G)

pa d'espelta integral amb llavors + tomàquet + oli d'oliva extra verge
whole wheat spelt bread with seeds + tomato + extra virgin olive oil

Toasts Extras:

PA CASOLÀ GLUTEN-FREE / HOMEMADE GLUTEN-FREE BREAD	+ 1,45€
OU BLAU ECOLÒGIC POCHÉ / ORGANIC BLUE EGG POACHED	+ 1,95€
OU BLAU ECOLÒGIC REMENAT / ORGANIC BLUE EGG SCRAMBLED	+ 1,95€
SALMÓ SALVATGE D'ALASKA MARINAT / MARINATED WILD ALASKAN SALMON	+ 3,00€

BBQ PULLED PORK ROLL | 6,95€ (PB) (G) (S)

brioix integral d'espelta + BBQ 'pulled pork' jackfruit + xucret de col llombarda + cacauets + maionesa chilli jam + coriandre
whole wheat spelt brioche + BBQ 'pulled pork' jackfruit + red cabbage sauerkraut + peanuts + chilli jam mayonnaise + coriander

CHICKEN TERIYAKI SANDWICH | 6,95€ (PB) (G) (NEW!)

flat bread d'orient mitjà + "chicken" teriyaki + ceba + bolets + enciam + col llombarda + salsa "cheddar"
middle east flat bread + teriyaki "chicken" + onion + mushrooms + lettuce + red cabbage + "cheddar" sauce

BREAKFAST BURRITO | 6,95€ (NEW!)

fajita de blat de moro nixtamalitzat + hummus de cigrons + espinacs baby + ou dur eco + xampinyons + salsa chimichurri casolana
nixtamalized corn fajita + spiced pumpkin cream + scrambled egg + sautéed assorted mushrooms + baby spinach + homemade chimichurri sauce



Eggs (09 - 12:30h)

SHAKSHUKA | 8,95€

salsa de tomàquet estil libanès + ous blaus ecològics + ceba xinesa + coriandre + salsa zhug + pa de 5 cereals

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

CILBIR TURKISH EGGS | 9,95€

"logurt grec" estil tzatziqui + oli especiat de pimentó + ous blaus ecològics poché + pa d'espelta integral amb llavors + anet + julivert + pinyons

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

NEW YORK ROLL EGGS | 13,95€

New York rolls + ous blaus ecològics poché+ pesto d'alfàbrega casolà + rúcula + mozzarella

New York rolls + poached blue organic eggs + homemade basil pesto + arugula + mozzarella

EGGS BENEDICT | 12,95€

homemade English muffin + bolets saltejats + espinacs + ous blaus ecològics poché + salsa holandesa trufada plant-based + verdures de temporada rostides

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

SCANDAL SCRAMBLE | 9,95€

ous blaus ecològics remenats + bolets variats + espinacs + tomàquet + alls tendres + formatge feta + pastanaga + pa d'espelta integral amb llavors

scrambled organic blue eggs + assorted mushrooms + spinach + tomato + spring garlic + feta cheese + carrot + whole wheat spelt bread with seeds

EGGS ROYALE | 13,95€

homemade English muffin + salmó salvatge d'Alaska marinat + ous blaus ecològics poché + salsa holandesa al curry plant-based + verdures de temporada rostides

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

* pa casolà gluten-free (+ 1,45€)

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

** només les clares (+ 1,95€)

** only egg whites (+ 1,95€)



Sweet options (09 - 12:30h)

AÇAÍ BOWL | 8,95€ (PB)

SMOOTHIE: açai do Brasil + plàtan + maduixes + beguda casolana d'anacards + xarop d'atzavara
TOPPING: nabius + fruites de temporada + crumble Style Granola + llavors de cànem + baies de Goji

** extra de mantega de cacauet (+0,50€)

SMOOTHIE: açai do Brasil + banana + strawberries + homemade cashew drink + agave syrup

TOPPING: blueberries + seasonal fruits + crumble style granola + hemp seeds + goji berries

** extra peanut butter (+0,50€)

CHOCO LOVE PANCAKES | 9,95€ (G)

pancakes de farina de blat integral + barreja de 3 quinoes + cacau + ous blaus ecològics + crema de xocolata + fruites + gelat d'avellanes casolà

whole wheat flour pancakes + mixture of 3 quinoas + cocoa + organic eggs +

chocolate cream + fruit + almond salted caramel sauce + homemade hazelnut ice cream

ROYAL COCONUT MILK PARFAIT | 8,95€ (PB)

iogurt casolà de coco + granola casolana + raïm vermell + nabius + maduixes + sèsam garapinyat + nibs de cacau raw + xarop d'auró

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

XIA TIRAMISÚ | 5,95€ (PB) (NEW!)

xia + flocs de civada + llet d'ametlles + cafè + cacau en pols + crumble style granola + "mascarpone" plant based

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

AFEGEIX / ADD :

VEGAN PROTEIN	+ 1€	MARINE COLLAGEN*	+ 1,5€
MACA	+ 1€	*sin sabor ni olor :- / *no taste or smell :-)	
HYALURONIC ACID	+ 2€	MELENA DE LEÓN / LION'S MANE	+ 1,5€



PLANT BASED



OILY FISH



GLUTEN



LIGHT SPICY

Per picar i entrants (16:30 - 19h)

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"*

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

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

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€



Eat better focaccias (16:30 - 19h)

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 focaccia + 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



PLANT BASED



OILY FISH



GLUTEN



LIGHT SPICY

Healthy Indulgences (16:30 - 19h)

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

PROTEIN BALLS:

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



Bakery (All Day)

VEGAN CHOCO COOKIE | 3,50€ (PB) (NEW!)

farina d'arròs integral + cacau + cor de xocolata
brown rice flour + cocoa + chocolate heart

NEW YORK HOUSEMADE "NUTELLA" ROLL | 4,50€ (G) (NEW!)

massa de pasta de full + "nutella" casolana + avellanes torrades
puff pastry dough + homemade "nutella" + toasted hazelnuts

NEW YORK PISTACCIO & WHITE CHOCO ROLL | 4,50€ (G) (NEW!)

massa de pasta de full + xocolata blanca de coco + festucs
puff pastry + coconut white chocolate + pistachio

CROISSANT D'ESPELTA INTEGRAL | 1,95€ (PB) (G)

croissant vegà d'espelta integral
whole grain spelt croissant

PEANUT BUTTER CHOCO CROISSANT | 2,50€ (PB) (G) (NEW!)

croissant d'espelta integral farcit de cacauet i xocolata
whole grain spelt croissant with peanut butter and chocolate

BANANA RASPBERRY CROISSANT | 2,50€ (PB) (G) (NEW!)

croissant d'espelta integral farcit de mantega de plàtan i cacauet + sèsam garrapinyat + plàtan + maduixes
whole spelt croissant + banana and peanut butter + caramelized sesame + banana slices + strawberries

LEMON CURD RICOTTA BREAD | 3,50€ (NEW!)

pa de formatge + quallada de llimona
cheese bread + lemon curd

ORANGE GINGER BREAD | 3,50€ (NEW!)

pa de taronja + cobertura de gíngebre + mel + farigola
orange bread with ginger + honey + thyme topping

BANANA CHOCO BREAD | 3,50€ (PB) (NEW!)

pa de plàtans + xocolata + nous
banana bread + chocolate + walnuts

HOUSE MADE MUFFINS

QUINOA ARÁNDANOS | 3,50€ (PB)

farina de quinoa + nabius + sucre integral de canya
quinoa flour + blueberries + whole cane sugar

CHOCO PERA | 3,50€ (PB)

pera + cacau + xips de xocolata + farina d'arròs integral
pear + cocoa + chocolate drops + brown rice flour

MATCHA CHOCO BANANA | 3,50€ (PB)

plàtan + xips de xocolata + te matcha
banana + chocolate drops + matcha tea



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GLUTEN



LIGHT SPICY

Postres (All Day)

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

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



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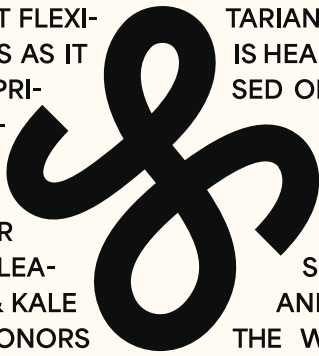
GLUTEN



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