

# FLAX & KALE



**Brunch**

(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

## CLASSIC AVO TOAST | 5,50€ (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 | 7,95€ (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 | 6,95€ (G)

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

## PANTUMACA TOAST | 2,50€ (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*

## 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€

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

brioche integral de espelta + BBQ 'pulled pork' jackfruit + chucrut de col lombarda + cacahuètes + mayonesa chilli jam + cilantro  
*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 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 | 6,95€ (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

## SHAKSHUKA | 8,95€

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*

## NEW YORK ROLL EGGS | 13,95€

New York rolls + huevos ecológicos azules poché+ pesto de albahaca casero + rúcula + mozzarella

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

## 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*

## SCANDAL SCRAMBLE | 9,95€

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*

## EGGS ROYALE | 13,95€

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€)



# Sweet options

## AÇAÍ BOWL | 8,95€

SMOOTHIE: açai do Brasil + plátano + fresas + bebida casera de anacardos + sirope de agave  
TOPPING: 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  
TOPPING: blueberries + seasonal fruits + crumble style granola + hemp seeds + goji berries

**\*\* extra peanut butter (+0,50€)**

## CHOCO LOVE PANCAKES | 9,95€

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

## ROYAL COCONUT MILK PARFAIT | 8,95€

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

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

## CHÍA TIRAMISÚ | 5,95€

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



PLANT BASED



OILY FISH



GLUTEN



LIGHT SPICY

# Healthy Indulgences

MOSKITO | 3,50€ 

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

PINK LADY | 3,50€ 

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€ 

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

## PROTEIN BALLS:

RASPBERRY RICE | 2,00€ 

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

MATCHA PEA | 2,00€ 

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

HEMP ORANGE | 2,00€ 

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



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# Bakery

**VEGAN CHOCO COOKIE** | 3,50€ (PB) (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*

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

masa de hojaldre+ chocolate blanco de coco + pistacho  
*puff pastry + coconut white chocolate + pistachio*

**CROISSANT DE ESPELTA INTEGRAL** | 1,95€ (PB) (G)

croissant plant based de espelta integral  
*whole grain spelt croissant*

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

croissant de espelta integral relleno de cacahuete y choco  
*whole grain spelt croissant with peanut butter and chocolate*

**BANANA RASPBERRY CROISSANT** | 2,50€ (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*

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

pan de queso + cuajada de limón  
*cheese bread + lemon curd*

**ORANGE GINGER BREAD** | 3,50€ (NEW!)

pan de naranja + cobertura de jengibre + miel + tomillo  
*orange bread with ginger + honey + thyme topping*

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

pan de plátano + chocolate + nueces  
*banana bread + chocolate + walnuts*

## HOUSE MADE MUFFINS

**QUINOA ARÁNDANOS** | 3,50€ (PB)

harina de quinoa + arándanos + azúcar integral de caña  
*quinoa flour + blueberries + whole cane sugar*

**CHOCO PERA** | 3,50€ (PB)

pera + cacao + drops de chocolate + harina de arroz integral  
*pear + cocoa + chocolate drops + brown rice flour*

**MATCHA CHOCO BANANA** | 3,50€ (PB)

plátano + perlitas de chocolate + té matcha  
*banana + chocolate drops + matcha tea*



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# Para picar y entrantes

## KALE CHIPS | 3,95€

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

## HUMMUSÍSSIMO | 7,95€

hummus cremoso + aceite especiado de pimentón + piparras + granada + pan casero estilo pita  
*creamy hummus + spiced paprika oil + pickles + pomegranate + homemade pita 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€

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 | 11,95€

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 | 14,50€

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€

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€

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 | 4,95€

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*

## BETACAROCREMA | 5,95€

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



PLANT BASED



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LIGHT SPICY



# Veggies Platos

## ROASTED BROCCOLI | 5,95€ (PB)

brócoli especiado y asado + salsa muhammara + salsa zhug + granada  
*spiced and roasted broccoli + muhammara sauce + zhug sauce + pomegranate*

## MISO YOLK FUNGHI | 7,95€ (NEW!)

gírgola + champiñón + shiitake + shimeji + seta cardo + pimienta + tomillo + salvia + miso + yema de huevo curada  
*oyster mushroom + mushroom + shiitake + shimeji + mushroom thistle + pepper + thyme + sage + miso + cured egg yolk*

## BERENJENAS MORADAS SICHUAN | 6,95€ (PB) (G) 🌶️

berenjenas lilas + salsa doubanjiang + jengibre + cacahuets braseados + cilantro + sésamo blanco  
*purple eggplant + doubanjiang sauce + ginger + braised peanuts + coriander + white sesame*

## ROASTED CABBAGE PIE | 7,95€ (NEW!)

col especiada y asada + stracciatella + salsa de naranja sanguina y chipotle + almendras + hierbas aromáticas  
*spiced and roasted cabbage + stracciatella + blood orange and chipotle sauce + almonds + aromatic herbs*

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

berenjena glaseada en salsa de miso + pulled jackfruit + chucrut de col lombarda + chilli jam + cilantro + cacahuete tostado + mayonesa 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!)

zanahorias de colores especiadas y asadas + labneh de cabra + salsa de miel y mostaza + nueces pecanas + zaatar + granada  
*spiced and roasted colored carrots + goat labneh + honey mustard sauce + pecans + zaatar + pomegranate*

## ROASTED BONIATOS | 5,95€ (PB)

boniatos asados + salsa de yogur y tahini + granada + perejil + eneldo  
*roasted sweet potatoes + yogurt and tahini sauce + pomegranate + parsley + dill*



# Design your favorite fresh salad bowl

## 1) BASES ALIÑADAS / SEASONED BASES

HAWAIIAN POKE | 8,95€ (PB) (NEW!)

mézclum 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 | 8,95€ (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!)

mézclum 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 | 8,95€ (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 | 4,95€ (PB) (NEW!)

kale macerada + mézclum 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	+ 0,95€
FALAFEL CASERO / HOMEMADE FALAFEL (3 UD)	+ 3,25€
ANCHOAS / ANCHOVIES	+ 4,50€

## 3) GOOD CARBS

BULGUR CON ESPELTA INTEGRAL / BULGUR AND WHOLE GRAIN SPELT	+ 0,95€
MEDIA FOCACCIA / HALF FOCACCIA	+ 1,95€
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€
PAN DE ESPELTA INTEGRAL CON SEMILLAS / WHOLE WHEAT SPELT BREAD WITH SEEDS	+ 0,95€

## 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€



PLANT BASED



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LIGHT SPICY

# Eat better focaccias

FOCACCIA ELABORADA CON PREFERMENTO BIGA DE HARINAS DE TRIGO Y ESPELTA INTEGRAL Y ACEITE DE LINO (OMEGA 3) Y ENRIQUECIDA CON CAÑAMONES (PROTEÍNA)

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

**SALMÓN MARINADO** | 10,95€   

focaccia negra de carbón activado + salmón salvaje de Alaska marinado + "mantequilla" de guisantes + tártara de jalapeños + alcaparrones + menta + ralladura de piel de limón

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

**ANCHOAS Y SALMOREJO** | 10,95€   

focaccia + salmorejo + AOVE + anchoas del Cantábrico + albahaca + limón

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

**"PASTRAMI" DE CÉLERI** | 9,95€   

focaccia negra + "pastrami" de céleri + encurtidos de kombucha + salsa casera de mostaza + rúcula

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

**ROASTED 'LAMB' SHAWARMA** | 10,95€   

focaccia negra + "lamb shawarma" de setas + salsa de yogur + lechuga + tomate + chimichurri con toque picante

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

**BERENJENA STRACCIATELLA TUNA** | 10,95€   

focaccia + berenjenas al horno + stracciatella + atún + tomate semiseco + salsa de limón y queso feta + albahaca + avellana tostada

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



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# Principales


**SUPERTAGLIATELLE** | 15,95€  

supertagliatelle con espirulina + salmón salvaje de Alaska + pesto de kale + queso parmesano + micro mézclum  
*supertagliatelle with spirulina + wild Alaskan salmon + kale pesto + parmesan cheese + micro mézclum*

**DOUBLE SMASHED BURGER** | 15,95€  

pan brioche integral de espelta con carbón activo + double smash burger casera plant based + mayonesa trufada + champiñones salteados + cebolla asada + salsa "cheddar" casera + boniatos con salsa de yogur

*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€ 

tallarines de arroz + shiitake + zanahoria + "pollo" plant based + germinados de soja + cacahuete tostado + daikon encurtido + salsa Pad Thai casera + cebolleta china + lima + cilantro

*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 harina integral + carbón activo + ajo negro + berenjena ahumada + burrata + salsa parmigiana + queso grana padano + aceite de albahaca + piñones

*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 maiz nixtamalizado + "cochinita pibil" de jackfruit + lima + cilantro + granada + cebolla roja encurtida  
*nixtamalized corn tacos + jackfruit "cochinita pibil" + lime + cilantro + pomegranate + pickled red onion*

**WILD SALMON QUINOA** | 18,95€  

salmón salvaje de Alaska + pistacho + quinoa tricolor + verduras asadas + vinagreta de cítricos + cebolleta china  
*wild Alaskan salmon + pistachio + tricolor quinoa + roasted vegetables + citrus vinaigrette + chinese spring onion*

**KOREAN TUNA BIBIMBAP** | 10,95€  

bulgoji de atún yellowfin + huevo azul ecológico poché + arroz integral con furikake + pepino marinado en asazuke + col lombarda + alga goma wakame + shiitake salteado + 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 calabaza ahumada + salsa de yogur plant based + bulgur + espelta + espinacas + mayonesa de harissa + sésamo + 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 atún + konjac + huitlacoche + crema de pimientos amarillos + cebolleta china + kale + levadura nutricional  
*tuna tataki + konjac + huitlacoche + yellow peppers cream + chinese onion + kale + nutritional yeast*

 PLANT BASED

 OILY FISH

 GLUTEN

 LIGHT SPICY

# Postres

**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*

**PISTACCIO 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, chocolate o mango y anacardos  
*vanilla, chocolate or mango and cashews*



PLANT BASED



OILY FISH



GLUTEN



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