



FLAX & KALE

brunch
flaxandkale.com

Eat better Be happier Live longer



FLAX&KALE is a Healthy Flexitarian Restaurant. All the dishes are designed 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 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!



RAW 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.



PLANT-BASED

Tots els plats marcats amb **PB** estan elaborats únicament amb ingredients d'origen vegetal. Les plantes, vegetals, fruites, fruits secs i llavors, en el seu estat natural, són els aliments amb una major concentració de vitamines, nutrients i enzims que existeixen a la naturalesa.



GLUTEN-FREE*

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...).



OILY FISH

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. Our Alaskan wild salmon comes from sustainable fishing, which helps to keep healthy our oceans' ecosystems.



All **IT'S PLANT-BASED** proteins are developed by our R&D team in our workshop.

FLAX & KALE
— CUINA FLEXITERIANA —

*We cannot guarantee the absence of cross contamination.

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

TO NIBBLE & STARTERS

KALE CHIPS ORIGINAL RECIPE | 4,50€
RF | PB
GF | OF
dehydrated kale + cashews + nutritional yeast + turmeric

GRILLED WATERMELON | 6,50€
RF | PB
GF | OF
grilled watermelon + goat cheese + mizuna* + mustard leaves + marcona almonds + sweet mint sauce

SALMON SASHIMI TOAST | 9,50€
RF | PB
GF | OF
5 cereals whole grain spelt bread** + green peas cream + Alaskan wild salmon sashimi + mint + grated lemon zest | ***housemade gluten-free bread* (+ 1,45€)

MANGO & AVOCADO TARTARE | 10,95€
RF | PB
GF | OF
mango + avocado + red onion + semi-dry tomato + seaweed caviar + white sesame + chive + tartare special dressing

CRUNCHY YELLOWFIN TACO | 5,50€
RF | PB
GF | OF
nixtamalized corn flour crunchy *tortilla* + marinated yellowfin tuna dice + white cabbage + coriander + spring onion + housemade spicy cocktail sauce + avocado + sesame seeds | 🌶️

CRUNCHY SALMON TACO | 5,50€
RF | PB
GF | OF
nixtamalized corn flour crunchy *tortilla* with beetroot + marinated Alaskan wild salmon dice + avocado + nori seaweed + romaine lettuce + tartare sauce with *jalapeños*

CRUNCHY HIRAMASA TACO | 5,50€
RF | PB
GF | OF
nixtamalized purple corn flour crunchy *tortilla* + marinated hiramasa* (kingfish) dice + radishes + romaine lettuce + dill + ponzu sauce + sweet wasabi sauce | 🌶️

'MORNING GLORY' WATER SPINACH STIR-FRY WITH EDAMAME | 6,50€
RF | PB
GF | OF
'morning glory' water spinach + edamame + toasted sesame

🌿 CHEF'S NOTES

- *mizuna*: a leafy green with a refreshing taste reminding mustard, which is fairly spicy and a bit sweet.
- *hiramasa*: mild flavour fish that has a creamy and firm texture, excellent to be eaten raw.
- *keto*: (or ketogenic) is a high-fat, low-carbohydrate and adequate-protein dietary therapy.

RF Raw food PB Plant-based GF Gluten-free OF Oily fish 🌶️ Spicy 10% VAT included

SHARING COURSES

HUMMUSÍSSIMO | 14,95€
RF | PB
GF | OF
creamy hummus + Creamy 'cheese' & tahini plant-based yogurt sauce + spiced plant-based 'meatballs' + pickles + tepid nut and grape salad + semi-dried tomato + white tahini + *za'atar* + housemade pita bread

CRUNCHY TACOS ASSORTMENT | 15,50€
RF | PB
GF | OF
1 pc. crunchy yellowfin taco + 1 pc. crunchy salmon taco + 1 pc. crunchy hiramasa taco

NACHOS SUPREMOS | 13,95€
RF | PB
GF | OF
housemade nixtamalized corn* nachos + guacamole + tomato + *jalapeño* + sweet corn + it's plant-based 'meat' + melted it's plant-based cheddar style 'cheese' | 🌶️

SZECHUAN STYLE SEARED EGGPLANT | 7,95€ **NEW**
RF | PB
GF | OF
+ sichuan pepper + doubanjiang sauce made from fermented beans + ginger + braised peanuts | 🌶️

SOUPS & CREAMS

KALE DREAM CREAM | 7,95€
RF | PB
GF | OF
puerros + cebolla + patata + kale + tomillo + kale chips

GAZPACHO WITH A HINT OF CUMIN | 7,95€ **NEW**
RF | PB
GF | OF
tomato + cucumber + green bell pepper + garlic + onion + olive oil + cumin

❁ CHEF'S NOTES

- *nixtamalized corn*: cooked corn in an alkaline solution. The chemical changes occurred during the process increase the amount of amino acids, phosphorus and calcium, and fiber.
- *spirulina*: spiral seaweed rich in proteins, nutrients, vitamins and minerals.

RF Raw food PB Plant-based GF Gluten-free OF Oily fish 🌶️ Spicy 10% VAT included

LEAFY GREENS



KALE CAESAR SALAD | 13,50€

kale + romaine lettuce + plant-based parmesan + it's plant-based 'chicken' + croutons + semi-cured plant-based 'cheese' + plant-based Caesar dressing



YELLOWFIN TUNA & SALMON POKE BOWL | 15,95€

yellowfin tuna + Alaskan wild salmon + black rice + white quinoa + avocado + wakame seaweed + fermented celery + kelp noodles + edamame + leafy greens + miso-ginger dressing



ALASKAN SALMON BIBIMBAP* | 15,95€

raw Alaskan wild salmon dice + Thai black rice + crispy puffed rice + Chinese cabbage + romaine lettuce + pear + pomegranate + seaweed caviar + spring onion + goma wakame seaweed + pickled daikon + *furikake* + *gochujang** mayonnaise



LEMON CHILI PARMESAN MINCED KALE SALAD | 11,95€

kale + napa cabbage + wakame + 'cheese' grana padano + sautéed portobello mushrooms + pecans + sautéed shimeji mushrooms + lemon chili parmesan dressing

NEW



FALAFEL HARISSA SALAD | 12,95€

homemade Lebanese falafel + smoked pumpkin spread + plant-based yogurt sauce + bulgur + spelt + spinach + harissa mayonnaise + sesame

NEW

PASTA ARTESANA



'CHICKEN' PAD THAI | 14,50€

rice tagliatelle + shiitake + carrot + it's plant-based 'chicken' + soybean sprouts + roasted peanuts + pickled daikon + housemade pad thai sauce + spring onion + lime + coriander



YAKITUNA | 15,50€

homemade buckwheat noodles + stir-fried vegetables + albacore tuna tataki + yakisoba sauce + katsuobushi + coriander + pickled ginger

NEW

❁ CHEF'S NOTES

- *activated charcoal*: the result of carbonizing and activating vegetable substance. Due to its microporosity, it absorbs and later expels from our organism all the detrimental substances.

TERESA'S SPECIALITIES



SALMON FISHING IN ALASKA | 19,95€

slow-baked Alaskan wild salmon + quinoa salad + citrus and Algerri herbs sauce



TUNA LOVES WASABI BURGER | 15,95€

whole wheat spelt brioche bread** with activated charcoal + tuna burger patty with chive, ginger and wasabi mayonnaise + roasted carrots
** *housemade gluten-free bread (+ 1,45€)*



SALMON MINI BURGERS | 16,95€ | 3 PIECES

whole wheat spelt brioche bread** with cold-pressed beetroot + Alaskan wild salmon burger patties + roasted sweet potato + plant-based mayonnaise with old style mustard | ** *housemade gluten-free bread (+ 1,45€)*



PLANT-BASED TRUFFLE MAYO BURGER | 15,95€

whole wheat spelt brioche bread** with activated charcoal + it's plant-based hamburger + truffled mayonnaise + sautéed mushrooms + roasted onion + it's plant-based 'cheddar' + roasted sweet potatoes with Creamy 'cheese', tahini & aromatic herbs plant-based yogurt sauce | ** *housemade gluten-free bread (+ 1,45€)*



MALAI KOFTA FISHBALLS TIKKA MASSALA | 14,95€

malai kofta fishballs + basmati rice with a hint of cumin + tikka massala sauce + toasted sesame seeds

NEW



YELLOWFIN TUNA BIBIMBAP | 15,95€

yellowfin tuna bulgogi + poached organic blue egg + brown rice + marinated cucumber + red cabbage + wakame seaweed + sautéed shiitake + furikake + mangetout + Korean doubanjiang sauce | 🌶️

NEW



TACOS AL PASTOR | 17,95€ | 6 PIECES

nixtamalized corn tacos** + jackfruit* 'pork' + guacamole + lime + coriander + *pico de gallo* + cashew & chipotle sour cream | ** *add an extra taco (+0,50€)*



RAW VEGAN LASAGNA | 14,95€

raw zucchini + fresh tomatoes and dried tomatoes sauce + baby spinach + cashews and macadamia 'cheese' + basil pesto



PLANT-BASED BBQ RIBS | 15,95€

plant-based BBQ Ribs + ginger BBQ sauce + morning glory & edamame stir-fry

NEW



CREAMY RICE WITH SPIRULINA, SALICORNIA AND SALMON | 17,95€

brown rice + blue fish broth + fresh spirulina paste + anchovy garum + salicornia + Alaskan wild salmon

❖ CHEF'S NOTES

- *activated charcoal*: the result of carbonizing and activating vegetable substance. Due to its microporosity, it absorbs and later expels from our organism all the detrimental substances.
- *organic blue eggs*: laid by Chilean hens, they have a larger yolk of an intense golden yellow colour.
- *konjac*: high in fiber and low in calories and carbohydrates alternative to rice (or pasta).
- *dashi*: it is used as a broth base in Japanese cuisine and it provides an umami taste to the dishes.
- *jackfruit*: the world's biggest fruit, when prepared it looks like shredded pork.

BRUNCH SPECIALTIES



CLASSIC AVO TOAST* | 6,50€

whole wheat sliced bread + avocado + lemon + cayenne pepper + flax + chia



POKE AVO TOAST* | 7,95€

whole wheat sliced bread + avocado + cucumber + marinated Alaskan wild salmon + raw onion

* TOASTS EXTRAS

- gluten-free bread | +1,45€
- poached organic blue egg* | +1,95€
- scrambled organic blue egg* | +1,95€
- marinated Alaskan wild salmon |



AÇAÍ BOWL | 8,95€

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

TOPPING: blueberries + seasonal fruits + Crumble Style Granola + hemp seeds + Goji berries | ** *peanut butter extra* (+0,50€)



ROYAL COCONUT MILK PARFAIT | 7,50€

housemade coconut plant-based yoghurt + housemade granola + seasonal fruits + berries



SCANDAL SCRAMBLE | 10,95€

scrambled organic blue eggs** + assorted mushrooms + spinach + tomato + green garlic + feta cheese + carrots + 6 cereals whole wheat bread**

** *only egg whites* (+ 1,95€)

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



HEALTHY VEGGIE EGGS BENEDICT | 14,95€

housemade English muffin + boletus edulis + spinach + poached organic blue eggs + plant-based truffled hollandaise sauce + roasted seasonal veggies



HEALTHY EGGS ROYALE | 16,95€

housemade English muffin + marinated Alaskan wild salmon + poached organic blue eggs + plant-based curry hollandaise sauce + roasted seasonal veggies



TUNA TARTAR ROLL | 12,95€

whole wheat spelt brioche bun + yellowfin tuna + truffled mayonnaise + basil + sesame + semi-dried tomato + romaine lettuce

BRUNCH SPECIALTIES



SHAKSHOUKA | 13,95€

Lebanese style tomato sauce + spinach + organic eggs + eggplant + spring onion + coriander + *zhug* yemeni sauce + 5 cereals bread*

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



CHOCO PANCAKES | 9,95€

NEW

+ housemade plant-based nutella sauce + almond salted caramel sauce + strawberries + red berries



BAO BAB BENEDICTS | 13,50€

NEW

healthy bao + 'bbq pulled pork' jackfruit + poached organic blue eggs + peanuts + baobab's holandaise plant-based sauce + chili jam | 🌶️



HUMMUS, AVOCADO AND POACHED EGG TOAST | 7,50€

+ tahini + fresh herbs + pistachios + zhug sauce



CHOCO CHIA POT | 4,50€

banana + strawberries + kiwi + toasted sesame + chestnut amazake cream + cacao nibs



PEANUT BUTTER TOAST | 4,95€

whole spelt bread with seeds + banana + strawberries + caramelized sesame seeds + pumpkin seeds

HEALTHY KIDS OPTIONS



SUPERKIDS | 9,95€

whole wheat spelt bread** + it's plant-based burger + organic ketchup + kale chips | ** *housemade gluten-free bread* (+ 1,45€)



JACK SPAGHETTINI SPARROW | 9,95€

rice spaghetti + housemade tomato sauce + it's plant-based 'meatballs'



FINDING QUINOA NEMO | 9,95€

Alaskan wild salmon + quinoa with vegetables in the wok + leafy greens



NINJA NUGGETS | 7,95€ | 6 PIECES

baked it's plant-based 'chicken' nuggets + organic ketchup

RF Raw food

PB Plant-based

GF Gluten-free

OF Oily fish

 Spicy

10% VAT included

DESSERTS

TWO TEXTURES CHOCO CAKE | 6,95€
brownie + chocolate mousse + hazelnut ice cream

COOKIES & PASSIONFRUIT CAKE | 6,95€
cookie base + passionfruit and cashews mousseline + passionfruit gelée
+ cocoa nibs + matcha mascarpone

LEMON PIE | 6,95€
oat and almond tartlet + lemon and yuzu cream + coconut and flax cream

'CHEESECAKE' | 6,95€
it's plant-based 'cheesecake' + wild berries coulis

CARROT CAKE | 6,95€
carrot and walnut cake + plant-based mascarpone

THAI FRENCH TOAST | 6,95€
brioche French toast + coconut milk meringue with Thai spices + coconut sugar
+ seasonal amazake cream + mango-cashew ice cream + candied sesame

CHOCOLATE & HAZELNUT MOUSSE CAKE | 6,95€
chocolate & hazelnut mousse + cocoa powder + red fruits

ICE CREAMS

TOASTED HAZELNUT ICE CREAM | 6,50€
plant-based hazelnut ice cream + banana & blueberries + Ginger Turmeric
Doughnut + cocoa nibs and hazelnuts topping

VANILLA SUNDAE | 5,95€
plant-based vanilla ice cream + red fruit coulis + strawberries

CHOCOLATE SUNDAE | 5,95€
plant-based chocolate ice cream + coconut frosting + toasted hazelnut

MANGO & CASHEW SUNDAE | 5,95€
plant-based mango & cashew ice cream + coconut frosting + grated coconut

HEALTHY INDULGENCES

RF | PB
GF | OF

MOSKITO | 3,50€

buckwheat flour + cashew mascarpone + plant-based chocolate cover

RF | PB
GF | OF

COCO CHOCO CHIA | 3,50€

chia and coconut cream + almonds + raw chocolate

RF | PB
GF | OF

PINK LADY | 3,50€

buckwheat flour + cashew and lemon cream + beetroot + plant-based white chocolate

RF | PB
GF | OF

ENERGY SPICY BAR | 2,50€

almonds + walnuts + raw cocoa + cayenne + pistachios + Goji berries + chia + sesame

RF | PB
GF | OF

SUPERFOOD PROTEIN BALLS | 2,00€ / PIECE

RASPBERRY & RICE PROTEIN STICK BALL: macadamia nuts + lyophilized raspberry + rice protein + cashews + dates + almonds

MATCHA & PEA PROTEIN STICK BALL: tea matcha + pistachios + pea protein + cashews + dates + almonds

ORANGE & HEMP PROTEIN STICK BALL: orange + raw cocoa + walnuts + hemp protein + cashews + dates + almonds

RF | PB
GF | OF

HOUSEMADE MUFFINS | 3,50€ / PIECE

VEGAN PEAR-CHOCOLATE MUFFIN: buckwheat + caramelized pear + chocolate muffin

QUINOA-BLUEBERRY MUFFIN: quinoa and buckwheat + hazelnut cream + blueberries | *contains nuts*

MATCHA MUFFIN: buckwheat and whole grain rice + almond cream + matcha tea + cacao nibs | *contains nuts*

MISO-GINGER MUFFIN: buckwheat and whole grain rice + almond cream + coconut milk + ginger + miso | *contains nuts*

CHOCOLATE & ORANGE MUFFIN: buckwheat and whole grain rice + hazelnut cream + banana + cocoa + orange | *contains nuts*

RF | PB
GF | OF

VEGAN COOKIE | 3,50€

housemade cookie with raw chocolate chips and walnuts

RF | PB
GF | OF

MAPLE-GLAZED DOUGHNUT | 3,50€

almond flour doughnut (not fried) + coconut flour + cashews + honey + maple syrup glaze

RF | PB
GF | OF

GINGER-TURMERIC DOUGHNUT | 3,50€

almond flour doughnut (not fried) + buckwheat flour + walnuts + ginger + cashews + turmeric + plant-based chocolate