

# FLAX & KALE



## Brunch

(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 aconsegueixis 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 & Sandwiches (09 - 12h)

**CLASSIC AVO TOAST** | 5,95€  

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

**POKE AVO TOAST** | 8,50€  

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

**AVO HUMMUS EGG TOAST** | 8,50€ 

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

**AVO & EGG CROISSANT TOAST** | 11,50€  

croissant d'espelta integral + ou ecològic + sumac + Grana Padano + rúcula + kale + guacamole casolà  
whole spelt croissant + organic egg + sumac + Grana Padano + arugula + kale + homemade guacamole

**CHICKEN TERIYAKI SANDWICH** | 7,95€  

flat bread + "chicken" teriyaki + ceba + bolets + enciam + col llombarda + salsa "cheddar"  
flat bread + teriyaki "chicken" + onion + mushrooms + lettuce + red cabbage + "cheddar" sauce

## AFEGEIX / ADD :

PA CASOLÀ GLUTEN-FREE / HOMEMADE GLUTEN-FREE BREAD	+ 1,45€
OU ECOLÒGIC POCHÉ / ORGANIC EGG POACHED	+ 1,95€
OU ECOLÒGIC REMENAT / ORGANIC EGG SCRAMBLED	+ 1,95€
SALMÓ SALVATGE D'ALASKA MARINAT / MARINATED WILD ALASKAN SALMON	+ 3,50€

suplement terrassa carrer 5%



PLANT BASED



OILY FISH



GLUTEN



LIGHT SPICY

# Eggs

**SHAKSHUKA | 12,50€** 

salsa de tomàquet estil libanès + ous ecològics + ceba xinesa + coriandre + salsa zhug + pa de 5 cereals  
Lebanese style tomato sauce + organic eggs + chinese spring onion + coriander + zhug sauce + 5-grain bread

**EGGS BENEDICT | 12,95€** 

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

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

**EGGS ROYALE | 14,95€**  

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

homemade English muffin + marinated wild Alaskan salmon + poached organic 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€)

suplement terrassa carrer 5%



PLANT BASED



OILY FISH



GLUTEN



LIGHT SPICY

# Sweet options

## AÇAÍ BOWL | 9,95€

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

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

SMOOTHIE: açaí 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€)

## XIA TIRAMISÚ | 5,95€

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

## CHANTILLY APPLE FRENCH TOAST | 8,50€

brioche d'espelta + llet de coco + llimona + taronja + canyella + crema de chantilly de vainilla + poma rostida + crumble casolà + nabius

spelt brioche + coconut milk + lemon + orange + cinnamon + vanilla Chantilly cream + roasted apple + homemade crumble + blueberries

## "ARRÒS" AMB LLET, PRALINÉ DE CARBASSA I XOCOLATA | 6,95€

konjac + arròs + crema de coco especiada + praliné de llavors de carbassa + mousse de xocolata + canyella

konjac + rice + spiced coconut cream + pumpkin seed praliné + chocolate mousse + cinnamon

## AFEGEIX / 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€

suplement terrassa carrer 5%



PLANT BASED



OILY FISH



GLUTEN



LIGHT SPICY

# Healthy Indulgences

MOSKITO | 3,50€ 

farina d' arròs + "mascarpone" d'anacards + cobertura de xocolata  
rice flour + cashew mascarpone + chocolate cover

PINK LADY | 3,50€ 

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€ 

crema de coco i xia + ametlles + xocolata  
coconut and chia cream + almonds + chocolate

## PROTEIN BALLS:

RASPBERRY RICE | 2,00€ 

nous de macadamia + gerd liofilitzat + proteïna d'arròs + anacards + dàtils + ametlles  
macadamia nuts + -dried raspberries + rice protein + cashews + dates + almonds

MATCHA PEA | 2,00€ 

te matcha + festucs + proteïna de pèsol + anacards + dàtils + ametlles  
matcha tea + pistachios + pea protein + cashews + dates + almonds

HEMP ORANGE | 2,00€ 

taronja + cacau raw + nous + proteïna de cànem + anacards + dàtils + ametlles  
orange + raw cocoa + walnuts + hemp protein + cashews + dates + almonds

suplement terrassa carrer 5%

 PLANT BASED

 OILY FISH

 GLUTEN

 LIGHT SPICY

# Bakery

**VEGAN CHOCO COOKIE | 3,95€**  

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

**NEW YORK HOUSEMADE "NUTELLA" ROLL | 4,50€** 

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

**PISTACCHIO COOKIE | 3,95€** 

crema de cheesecake de festucs + xips de xocolata  
pistachio cheesecake cream + cacao drops

**CROISSANT D'ESPELTA INTEGRAL | 1,95€**  

croissant vegà d'espelta integral  
whole grain spelt croissant

**PEANUT BUTTER CHOCO CROISSANT | 3,95€**  

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

**BANANA RASPBERRY CROISSANT | 3,95€**  

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

**BANANA CHOCO BREAD | 3,50€** 

pa de plàtans + nous + salsa de "nutella" plant based  
banana bread + walnuts + plant based "nutella" sauce

## HOUSEMADE MUFFINS

**RED VELVET MUFFIN | 3,50€**  

nabius + remolatxa + coco  
blueberries + beetroot + coconut

**PEAR & CHOCO MUFFIN | 3,50€**  

pera + cacau + flocs de civada  
pear + cacao + oat flakes

**MATCHA & CHOCO MUFFIN | 3,50€** 

te matcha + xips de xocolata + vainilla  
matcha tea + chocolate drops + vanilla

suplement terrassa carrer 5%

 PLANT BASED

 OILY FISH

 GLUTEN

 LIGHT SPICY

# Per picar i entrants

KALE CHIPS | 4,50€ 

kale deshidratada + anacards + llevat nutricional + cúrcuma  
dehydrated kale + cashews + nutritional yeast + turmeric

TOMÀQUETS ROSTITS DE TEMPORADA AMB BURRATA | 13,50€ 

toàquets de temporada + burrata + prèssecs + pesto d'avellanes + llimones rostides + alfàbrega + pinyons  
roasted seasonal cherry tomatoes + fresh burrata + peaches + hazelnut pesto + roasted lemons + basil + pine nuts

TONNO & SPADA CARPACCIO | 14,50€ 

carpaccio de tonyina yellowfin i peix espasa + gingebre + salsa tàrtara + tomàquet ratllat + piparras en vinagre  
yellowfin tuna and swordfish carpaccio + ginger + tartar dressing + grated tomato + pickled piparras

ASSORTIMENT DE CRUNCHY TACOS | 16,50€ 

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 | 5,50€ 

taco crujent 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 | 5,50€ 

taco crujent 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 | 5,95€ 

taco crujent de farina de blat de moro nixtamalitzat + daus de corvina marinats en aiguachile de maracuïà + ceba vermelha 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

ROASTED BONIATOS | 5,95€ 

moniatos rostits + salsa de yogurt i tahini + magrana + julivert + anet  
roasted sweet potatoes + yogurt and tahini sauce + pomegranate + parsley + dill

NACHOS | 12,50€ 

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"

HUMMUSÍSSIMO | 7,95€ 

hummus cremós + oli especial de pimentó+ piparras + magrana + pa casolà estil focaccia  
creamy hummus + spiced paprika oil + pickles + pomegranate + homemade focaccia bread

suplement terrassa carrer 5%

 PLANT BASED

 OILY FISH

 GLUTEN

 LIGHT SPICY

# Design your favorite fresh salad bowl

## 1) BASES AMANIDES / SEASONED BASES

HAWAIIAN POKE BOWL | 9,50€  

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 | 9,50€ 

kale + enciam + alga + formatge grana padano + portobellos saltejats + nous pecanes + shimejis saltejats + vinagreta lemon parmesan + salsa umami d'anxoves  
kale + lettuce + seaweed + grana padano cheese + sautéed portobello + pecans + sautéed shimeji mushrooms + lemon parmesan dressing + umami anchovy sauce

PACIFIC NIKKEI | 9,50€ 

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 | 9,50€  

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 | 5,50€ 

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

+ 4,10€

HOMEMADE MARINATED WILD ALASKAN SALMON

+ 4,20€

DAUS DE TONYINA / TUNA DICES

+ 3,95€

TATAKI DE TONYINA / TUNA TATAKI

+ 4,50€

POLLASTRE CRUIXENT PLANT BASED / PLANT BASED CRISPY CHICKEN

+ 3,95€

CEVICHE DE CORVINA

+ 4,50€

OU DUR O ESCALFAT / HARD-BOILED OR POACHED EGG

+ 1,95€

FALAFEL CASOLÀ / HOMEMADE FALAFEL (3 UD)

+ 3,50€

## 3) GOOD CARBS

BULGUR AMB ESPELTA INTEGRAL / BULGUR AND WHOLE GRAIN SPELT

+ 0,95€

QUINOA TRICOLOR / TRICOLOR QUINOA

+ 1,95€

ARRÒS INTEGRAL / BROWN RICE

+ 0,95€

ARRÒS KONJAC / KONJAC RICE

+ 1,95€

## 4) GUARNICIONS

MIG ALVOCAT ROSTIT A LA GRAELLA / HALF ROASTED AVOCADO

+ 2,10€

HUMMUS

+ 1,50€

STRACCIALELLA

+ 3,10€

FORMATGE DE CABRA A LA GRAELLA / ROASTED GOAT CHEESE

+ 2,50€

suplement terrassa carrer 5%

 PLANT BASED

 OILY FISH

 GLUTEN

 LIGHT SPICY

# Eat better focaccias

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)

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

focaccia + "lamb shawarma" + salsa de iogurt + enciam + tomàquet + chimichurri amb toc picant  
focaccia + mushroom "lamb shawarma" + yogurt sauce + lettuce + tomato + spicy chimichurri

**ALBERGÍNIA STRACCIATELLA TONYINA** | 12,50€  

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

**BLACK & WHITE FUNGHI, TRUFFLE & EGG** | 11,95€  

foccacia negra de carbó actiu + mozzarella fior di latte + bolets amb crema de miso i sàlvia + ou poché + oli de  
tòfona + rúcula + Grana Padano.  
activated charcoal black foccacia + fior di latte mozzarella + mushrooms in miso and sage cream + poached  
egg + truffle oil + arugula + Grana Padano

suplement terrassa carrer 5%

 PLANT BASED

 OILY FISH

 GLUTEN

 LIGHT SPICY

# Principals

**PISTACCHIO STROGOLI AMB CARPACCIO DE TONYINA | 15,95€**   

pasta fresca + crema de festuc i llimona + carpaccio de tonyina yellowfin + pols de festuc + Grana Padano  
fresh pasta + pistachio and lemon cream + yellowfin tuna carpaccio + ground pistachio + Grana Padano

**DOUBLE SMASHED BURGER | 15,95€**  

brioix integral d'espelta amb carbó actiu + burger plant based + maionesa trufada + xampinyons saltejats + ceba rostida + salsa "cheddar" + moniatos amb salsa de yogurt  
wholegrain spelt brioche with activated charcoal + plant-based double smash burger + truffled mayonnaise + sautéed mushrooms + roasted onion + "cheddar" sauce + sweet potatoes with yogurt sauce

**PAD THAI | 14,95€** 

tallarines de arroz + shiitake + zanahoria + "pollo" plant based + germinados de soja + cacahuete tostado + daikon encurtido + salsa Pad Thai casera + cebolla 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 farina integral + carbó actiu + all negre + albergínia fumada + burrata + salsa parmigiana + formatge grana padano + oli d' alfàbrega + pinyons  
wholegrain ravioli + activated charcoal + black garlic + smoked eggplant + burrata + parmigiana sauce + grana padano cheese + basil oil + pine nuts

**COCHINITA PIBIL JACKFRUIT TACOS | 14,95€**  

tacos de blat de moro nixtamalitzat + "cochinita pibil" de jackfruit + llima + coriandre + magrana + ceba vermella encurtida  
nixtamalized corn tacos + jackfruit "cochinita pibil" + lime + cilantro + pomegranate + pickled red onion

**WILD SALMON QUINOA | 19,50€** 

salmó salvatge d'Alaska + festucs + quinoa tricolor + verdures rostides + vinagreta de cítrics + ceba xinesa  
wild Alaskan salmon + pistachio + tricolor quinoa + roasted vegetables + citrus vinaigrette + chinese spring onion

**SPADA TATAKI AMB CREMA DE CANTALOUP | 16,95€**  

tataki de peix espasa + mongetes de Santa Pau + fonoll + crema de meló cantaloup + safrà i ghee + salicòrnia  
swordfish tataki + Santa Pau beans + fennel + cantaloupe melon, saffron and ghee cream + salicornia

**ANCIENT GRAINS FALAFEL | 11,95€**  

homemade Lebanese falafel + paté de carbassa fumada + salsa de yogurt plant based + bulgur + espelta + espinacs + maionesa de harissa + sèsam + granada  
homemade Lebanese falafel + smoked pumpkin pâté + plant-based yogurt sauce + bulgur + spelt + spinach + harissa mayonnaise + sesame + pomegranate

**RAW LASAGNA | 15,95€** 

carbassó + salsa de tomàquet fresc i tomàquet sec + baies de goji + "formatge" d'anacards i macadamia + salsa pesto + pico de gallo  
zucchini + fresh tomato and sun-dried tomato sauce + goji berries + cashew and macadamia "cheese" + pesto sauce + pico de gallo

suplement terrassa carrer 5%

 PLANT BASED

 OILY FISH

 GLUTEN

 LIGHT SPICY

# Postres

**HOUSEMADE 'NUTELLA' CAKE | 6,95€** 

mousse de cacau i avellanes + crumble d'ametlles  
cocoa and hazelnut mousse + almond crumble

**MANGO COCO CAKE | 6,95€** 

galeta crujent + coco + melmelada de mango + cobertura de xocolata blanca  
crunchy cookie + coconut + mango jam + white chocolate cover

**PISTACCHIO BAKLAVA CHEESECAKE | 6,95€** 

base de backlava de festucs i xarop d'atzavara + runny cheesecake de festucs i te matcha  
pistachio backlava base + agave syrup + pistachio and matcha runny cheesecake

**LEMON PIE | 6,95€** 

llimona + yuzu + merenga de coco + te matcha  
lemon + yuzu + coconut meringue + matcha tea

**XIA TIRAMISÚ | 5,95€** 

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€** 

farina de fajol + pastanaga + canyella + mascarpone plant based + pastanaga  
buckwheat flour + carrot + cinnamon + plant-based mascarpone

**SUNDAE CASOLÀ | 5,95€** 

de vainilla  
vanilla

**CHANTILLY APPLE FRENCH TOAST | 8,50€**  

brioche d'espelta + llet de coco + llimona + taronja + canyella + crema de chantilly de vainilla + poma  
rostida + crumble casolà + nabius  
spelt brioche + coconut milk + lemon + orange + cinnamon + vanilla Chantilly cream + roasted apple +  
homemade crumble + blueberries

**"ARRÒS" AMB LLET + PRALINÉ DE CARBASSA I XOCOLATA | 6,95€**  

konjac + arròs + crema de coco especiada + praliné de llavors de carbassa + mousse de xocolata +  
canyella  
konjac + rice + spiced coconut cream + pumpkin seed praliné + chocolate mousse + cinnamon

suplement terrassa carrer 5%

 PLANT BASED

 OILY FISH

 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

FOLLOW US @FLAXANDKALE

[WWW.FLAXANDKALE.COM](http://WWW.FLAXANDKALE.COM)