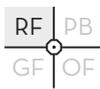


# Eat better Be happier Live longer



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

All the dishes marked with **PB** are elaborated using only veggie-based ingredients. Plants, vegetables, fruits, nuts and seeds, in their natural state, have the largest amount of vitamins, nutrients and enzymes in nature.



## 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.

**FLAX&KALE**

\*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 | 3,95€**  
dehydrated kale + cashews + nutritional yeast + turmeric

**KALE CHIPS THAI STYLE | 3,95€**  
dehydrated kale + cayenne + Goji berries + ginger + coriander + peanuts | 🌶️

**UMAMI MARCONA | 4,95€**  
marcona almonds + white miso + white sesame + black garlic + ginger

**CRUNCHY YELLOWFIN TACO | 4,95€** **NEW**  
nixtamalized corn flour crunchy *tortilla* + marinated yellowfin tuna dice  
+ white cabbage + coriander + spring onion + housemade spicy cocktail sauce  
+ avocado + sesame seeds | 🌶️

**CRUNCHY SALMON TACO | 4,95€** **NEW**  
nixtamalized corn flour crunchy *tortilla* + marinated Alaskan wild salmon<sup>2</sup> dice  
+ avocado + nori seaweed + romaine lettuce + tartare sauce with *jalapeños*

**ROASTED BONIATO | 3,95€**  
roasted and spiced sweet potatoes + homemade yoghurt and tahini sauce

**JAFFA STREET CREAMY HUMMUS | 6,95€**  
creamy hummus + pita bread *focaccia* style

**TENDER PEANUT BUTTER CAULIFLOWER | 6,95€**  
tender cauliflower + black garlic + ginger + peanut sauce

**KUALA LUMPUR'S STREET AUBERGINE | 6,95€**  
miso marinated crunchy aubergine skewers + spring onion + yakiniku sauce

**MANGO & AVOCADO TARTARE | 10,95€** **NEW**  
mango + avocado + red onion + semi-dried tomato + seaweed caviar  
+ white sesame + chives + tartare special dressing

**NACHOS SUPREMOS | 13,45€** **NEW**  
housemade nixtamalized corn nachos + guacamole + tomato + *jalapeño* + sweet corn  
+ it's plant-based 'meat'<sup>1</sup> + melted cheese it's plant-based cheddar style | 🌶️

<sup>1</sup> All plant-based proteins are developed by our R&D team in our workshop.

<sup>2</sup> Our Alaskan wild salmon comes from sustainable fishing, which helps to keep healthy our oceans' ecosystems.

# LEAFY GREENS

RF | PB  
GF | OF

## JB'S FAVORITE ITALIAN | 11,95€

lettuce + spinach + rocket + semi-dried tomato + avocado + grana padano  
+ pine nuts + plant-based basil pesto + *muddica atturrata*

RF | PB  
GF | OF

## TERESA'S FAVORITE KALE SALAD | 11,95€

kale + leafy greens + cherry tomatoes + avocado + mixed sprouts + nori seaweed  
+ mango + radishes + chipotle vinaigrette + linen gomasio | 🌶️

RF | PB  
GF | OF

## KALE CAESAR SALAD | 12,95€

kale + romaine lettuce + plant-based parmesan + it's plant-based 'chicken'<sup>1</sup>  
+ croutons + plant-based 'bacon' + plant-based Caesar sauce

RF | PB  
GF | OF

## ROASTED ROOTS & AVOCADO SALAD | 12,95€

roasted and spiced beets and carrots + grilled red onion + avocado  
+ roasted grapes + goat cheese + rocket + mustard and honey vinaigrette

NEW

RF | PB  
GF | OF

## TUNA POKE BOWL | 14,95€

yellowfin tuna + konjac rice + avocado + wakame + nori + asazuke cucumber  
+ red cabbage *chucrut* + kale + leafy greens + housemade spicy cocktail sauce | 🌶️

RF | PB  
GF | OF

## SALMON POKE BOWL | 14,95€

Alaskan wild salmon<sup>2</sup> + black rice + white quinoa + avocado + wakame  
+ fermented celery + kelp noodles + mango + leafy greens + miso-ginger sauce

\*We cannot guarantee the absence of cross contamination.

RF Raw food

PB Plant-based

GF Gluten-free\*

OF Oily fish

🌶️ Spicy

10% VAT included

# TERESA'S SPECIALITIES



## JACKFRUIT TACOS AL PASTOR | 16,95€ / 5 PIECES

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



## OMG! BIG FLAX BURGER | 15,95€

whole wheat spelt brioche bread\* + it's plant-based hamburger<sup>1</sup> + special 'Big Flax' sauce + pickled cucumber + kale + tomato + plant-based 'cheddar' + grilled red onion + roasted sweet potatoes + kale chips  
\*housemade gluten-free bread (+1,45€)



## TUNA LOVES WASABI BURGER | 15,95€

whole wheat spelt brioche bread\* with activated charcoal and sesame seeds + yellowfin tuna burger patty with chives, 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<sup>2</sup> burger patties + roasted sweet potato + plant-based mayonnaise with old style mustard | \*housemade gluten-free bread (+1,45€)



## BUTTERNUT SQUASH MALAYSIAN CURRY | 15,95€

pumpkin + broccoli + zucchini + mushrooms + turmeric curry sauce + peanuts + coconut yoghurt + coriander + brown basmati rice | 🌶️



## 'CHICKEN' PAD THAI | 13,95€

NEW

rice tagliatelle + shiitake + carrot + it's plant-based 'chicken'<sup>1</sup> + soybean sprouts + roasted peanuts + pickled daikon + housemade pad thai sauce + spring onion + lime + coriander



## KONJAC RISOTTO & ALASKAN WILD SALMON | 15,95€

NEW

konjac rice risotto + boletus edulis + spinach + green asparagus + artichoke + Alaskan wild salmon<sup>2</sup>



## SALMON FISHING IN ALASKA | 19,95€

slow-baked Alaskan wild salmon<sup>2</sup> + quinoa salad + citrus and Algerri herbs sauce



## RAMEN YA-TERE | 13,95€

housemade ramen broth + sweet potato noodles + plant-based chashu (nori seaweed, pulled jackfruit)<sup>1</sup> + young coconut 'bacon' + roasted pumpkin + oyster mushroom + nori seaweed + wakame seaweed + watermelon radish + toasted sesame

<sup>1</sup>All plant-based proteins are developed by our R&D team in our workshop.

<sup>2</sup>Our Alaskan wild salmon comes from sustainable fishing, which helps to keep healthy our oceans' ecosystems.

# HEALTHY PIZZA

PLANT-BASED | GLUTEN-FREE\* | NEAPOLITAN STYLE HEALTHY PIZZA

All our pizzas are gluten-free\*, 100% artisanal and cooked in a Neapolitan wood oven, following the know-how of *pizzaioli* masters.

**MARGHERITA** | 12,95€  
San Marzano tomato + plant-based mozzarella + basil

**TRUFFLE & FUNGHI** | 14,45€  
coconut cream + wild herbs (*pizza bianca*) + oyster mushrooms  
+ button mushrooms + shiitake + shimeji + rocket

**JB** | 12,95€  
dried tomatoes + fresh spinach + plant-based mascarpone + cherry tomatoes

**PLANT-BASED QUATTRO** | 13,95€  
San Marzano tomato + plant-based cheddar + plant-based blue cheese  
+ plant-based mozzarella + *parmigiano teresiano*

**BARBECUE** | 14,45€  
housemade barbecue sauce + San Marzano tomato + plant-based mozzarella  
+ it's plant-based 'meat'<sup>1</sup> + red onion + sweet corn + broccoli + *jalapeño* | 🌶️

# HEALTHY KIDS OPTIONS

**SUPERKIDS** | 9,95€  
whole wheat spelt bread\* + it's plant-based burger<sup>1</sup> + 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'<sup>1</sup>

**NINJA NUGGETS** | 6,95€ | 6 PIECES  
baked it's plant-based 'chicken'<sup>1</sup> nuggets + ecologic ketchup

NEW

\*We cannot guarantee the absence of cross contamination.

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

# WEEKEND BRUNCH

ONLY AVAILABLE ON WEEKEND



## CLASSIC AVO TOAST\* | 5,95€

sliced gluten-free bread + avocado + lemon + flax + chia + cayenne



## POKE AVO TOAST\* | 6,95€

sliced gluten-free bread + avocado + cucumber + marinated Alaskan wild salmon<sup>2</sup> + raw onion

### \* EXTRAS

- poached organic blue egg | +1,00€
- scrambled organic blue egg | +1,00€
- marinated wild Alaskan salmon<sup>2</sup> | +2,95€



## AÇAÍ BOWL | 8,95€

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

TOPPING: blueberries + housemade crumble with Brazilian nuts + Goji berries



## ROYAL COCONUT MILK PARFAIT | 7,95€

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



## THE SCANDAL SCRAMBLE | 7,45€

scrambled organic blue eggs + assorted mushrooms + spinach + tomato + green garlic + feta cheese + carrots + gluten-free 'flute' bread with tomato



## HEALTHY EGGS ROYALE WITH ALASKAN WILD SALMON | 14,95€

housemade gluten-free English muffin + wild Alaskan salmon<sup>2</sup> sashimi + poached organic blue eggs + plant-based curry hollandaise sauce + roasted carrots and artichoke



## HEALTHY EGGS BENEDICT | 13,95€

housemade gluten-free English muffin + boletus edulis + spinach + poached organic blue eggs + plant-based truffled hollandaise sauce + roasted carrots and artichoke

<sup>1</sup> All plant-based proteins are developed by our R&D team in our workshop.

<sup>2</sup> Our Alaskan wild salmon comes from sustainable fishing, which helps to keep healthy our oceans' ecosystems.

# HOUSEMADE GLUTEN-FREE BREADS



**POPPY SEEDS** | 2,00€



**TURMERIC & HEMP SEEDS** | 2,00€



**WALNUTS & SEEDS** | 2,00€



**SMALL SALMON SASHIMI SANDWICH ROLL** | 3,95€  
small sandwich with cereals and nuts + Alaskan wild salmon<sup>2</sup> sashimi  
+ pea cream + mint + lemon zest



**SMALL PORTOBELLO SANDWICH ROLL** | 3,95€  
small sandwich with cereals and nuts + portobello mushroom + spinach + dried  
tomato + cashew and macademia ricotta



**SMALL TUNA SANDWICH ROLL** | 3,95€  
small sandwich with cereals and nuts + hummus + spinach + tuna  
+ soy mayonnaise



**TOAST WITH TOMATO** | 2,95€  
bread + tomato + extra virgin olive oil

\*We cannot guarantee the absence of cross contamination.

RF Raw food

PB Plant-based

GF Gluten-free\*

OF Oily fish

 Spicy

10% VAT included

# DESSERTS

**TWO TEXTURES CHOCO CAKE** | 4,95€  
brownie + chocolate mousse + hemp seeds

**COOKIES & PASSIONFRUIT CAKE** | 4,95€  
cookie base + passionfruit and cashews mousseline + passion fruit gelée  
+ cocoa nibs + matcha mascarpone

**LEMON PIE** | 4,95€ **NEW**  
oat and almond tartlet + lemon and yuzu cream + coconut and flax cream

**CHEESECAKE** | 4,95€ **NEW**  
it's plant-based cheesecake + wild berries coulis

**CARROT CAKE** | 4,95€  
carrot and nut cake + plant-based mascarpone

# ICE CREAMS

without topping - *except sundaes* | 4,80€

gluten-free cone (contains egg) | 3,50€

**TOASTED HAZELNUT ICE CREAM** | 5,95€  
plant-based hazelnut ice cream + seasonal fruits + Ginger Turmeric Doughnut  
(contains egg) + cocoa nibs and hazelnuts

**CHOCO ICE CREAM** | 5,95€  
plant-based chocolate ice cream + seasonal fruits + Pink Lady  
+ grated coconut & Goji berries

**VANILLA SUNDAE** | 4,95€ **NEW**  
plant-based vanilla ice cream + red fruit coulis + strawberries

**MANGO & CASHEW SUNDAE** | 4,95€ **NEW**  
plant-based mango & cashew ice cream + coconut frosting + grated coconut

<sup>1</sup> All plant-based proteins are developed by our R&D team in our workshop.

<sup>2</sup> Our Alaskan wild salmon comes from sustainable fishing, which helps to keep healthy our oceans' ecosystems.

# Chef's Notes

**Here we leave you some quick descriptions of different ingredients and cooking processes.**

If you have any questions, please ask to your waiter. We will be glad to help!

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**| MIZUNA** | A specie of leafy green with a refreshing taste reminding mustard, which is fairly spicy and a bit sweet.

**| CHIA** | A flowering plant, whose seeds are an excellent source of fiber and antioxidants, calcium, proteins and fatty acids omega-3.

**| FLAX** | A type of flowering plant, whose seeds contain a large amount of dietary fiber and they are one of the richest vegetable sources of omega-3.

**| KALE** | Vegetable belonging to the cabbage family. It is rich in calcium, Vitamins A, C and K, minerals, antioxidants and fiber. It is considered one of the world's healthiest foods.

**| ACTIVATED CHARCOAL** | Activated charcoal is the result of carbonizing and activating vegetable substance. Due to its microporosity, it absorbs and later expels from our organism all the detrimental substances.

**| COLD-PRESSED** | Grinded at low RPM and cold pressed. This way, the vitamins, enzymes and nutrients are preserved and the oxidation is delayed.

**| SPIRULINA** | Spiral unicellular seaweed rich in proteins, nutrients, vitamins and minerals.

**| TURMERIC** | Orangish yellow root that belongs to the ginger family and have antioxidant and anti-inflammatory properties.

**| MACA** | Plant's root from the Andes which increases strength and resistance, improves sport performance and increases fertility and libido.

**| NUTRITIONAL YEAST** | A variety of yeast which provides a great amount of Vitamin B12, a type of vitamin found only in animal origin food. Moreover, it is gluten and sugar free.

**| GOJI BERRIES** | Native to Himalaya, they are very rich in phytonutrients, antioxidants and vitamins, therefore they improve health, longevity, sight and other organs functioning.

**| QUINOA** | Pseudocereal that contains the 8 essential amino acids, it is rich in vitamins and minerals and has few fats. In addition, it is gluten-free.

**| BOK CHOY** | Vegetable belonging to the cabbage family with antioxidants and anti-inflammatory properties, due to its high levels of Vitamins A, C and K, and other mineral and nutrients besides.

**| 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.

**| BLACK GARLIC** | Crude garlic aged by a process which increases its health benefits. It contains the 8 essential amino acids, improve the body immunity, and regularize sugar, cholesterol and lipids blood levels.

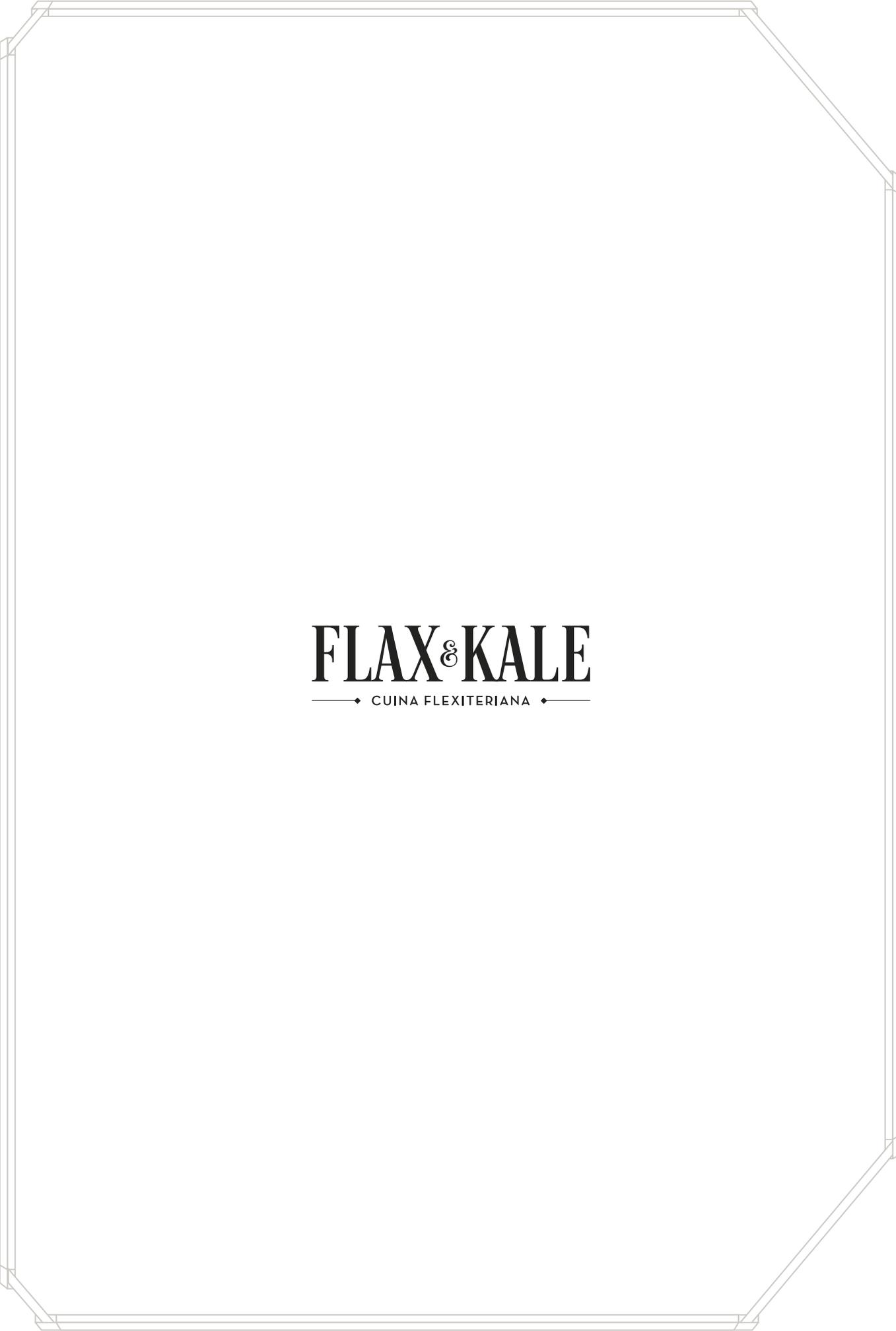
**| CHLORELLA** | Unicellular seaweed and an exceptional source of proteins, omega-3, carbohydrates, vitamins, minerals and chlorophyll. In fact, it is the plant that contains the Earth's biggest amount of chlorophyll.

**| PICKLING** | It's the process of preserving or expanding the lifespan of food by either anaerobic fermentation in brine, immersion in vinegar or in other forms of natural conservants.

**| MISO** | Flavoring paste made with fermented soy and marine salt. It contains enzymes that improve digestion and it is a great source of probiotics. 'Miso' means source of flavor.

**| ORGANIC BLUE EGGS** | Blue eggs are laid by Araucana or Mapuche chickens and are characterized by their larger yolk and an intense golden yellow color. They have a high content of carotenes such as xanthophylls, luteins and zeaxanthin.

**| JACKFRUIT** | The World's biggest fruit. It is rich in vitamin C and protein. Properly prepared, it looks like shredded pork. There's no doubt this is one of the best meat substitutes.



**FLAX & KALE**  
—◆ CUINA FLEXITERIANA ◆—