

FLAX+KALE

ENG



Food

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!

PLANT-BASED

All the dishes marked with PLANT-BASED 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 GLUTEN-FREE. 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 OILY FISH contains 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.

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 RAW FOOD are raw or have been dehydrated at a temperature below 48°C, in order to maintain all their nutritional properties intact

F+K PROTEIN

All plant-based F+K PROTEINS are developed by our R&D team in our workshop.

JOSPER

All dishes marked with JOSPER are cooked in a hybrid between grill and oven that cooks food with charcoal, providing an unmistakable flavour, aroma and juiciness.

*We cannot guarantee the absence of cross contamination.
If you're allergic or intolerant to any kind of food, please notify us immediately.

STARTERS

Let's get started!

Veggies

kale chips original recipe 4,50€
+ cashews + nutritional yeast + turmeric.

PLANT-BASED GLUTEN-FREE

grilled watermelon 6,50€
+ goat cheese + mizuna + marcona almonds + sweet mint sauce.

GLUTEN-FREE JOSPER

cantaloupe & sockeye tartar 11,95€
cantaloupe melon + alaskan wild salmon + avocado + semi-dried tomato + roe + tonkatsu sauce.

GLUTEN-FREE OILY FISH SPICY

cbd bimi & roasted tomatoes 13,95€
+ 'crème fraîche' with fine herbs + cbd, lemongrass & ginger tincture.

PLANT-BASED GLUTEN-FREE JOSPER

braised broccoli 6,95€
+ syrian muhammara of roasted peppers & almonds + Yemeni zhug sauce + pomegranate.

PLANT-BASED GLUTEN-FREE JOSPER

braised romanesco 7,95€
+ jerusalem artichoke shells + oyster mushroom + salicornia + chimichurri sauce.

PLANT-BASED GLUTEN-FREE JOSPER

szechuan style seared eggplant 7,95€
+ sichuan pepper + doubanjiang sauce made from fermented beans + ginger + braised peanuts.

PLANT-BASED GLUTEN-FREE JOSPER

Good carbs

nachos 13,95€
guacamole + tomato + jalapeño + sweet corn + coahuila-style roasted 'meat' + housemade 'cheddar' sauce.

PLANT-BASED GLUTEN-FREE SPICY F+K PROTEIN

hummusísimo 14,95€
+ grilled 'chicken' + pickles + salad with braised grapes + pine nuts + creamy 'cheese' & tahini sauce + housemade pita bread.

PLANT-BASED GLUTEN-FREE F+K PROTEIN JOSPER

crunchy yellowfin taco 5,50€
+ white cabbage + avocado + housemade spicy cocktail sauce.

GLUTEN-FREE OILY FISH SPICY JOSPER

crunchy salmon taco 5,50€
+ romaine lettuce + nori seaweed + tartare sauce with jalapeños.

GLUTEN-FREE OILY FISH SPICY

crunchy hiramasa taco 5,50€
+ romaine lettuce + radishes + ponzu sauce + sweet wasabi sauce

GLUTEN-FREE OILY FISH SPICY

crunchy taco assortment 15,50€
1 pc. yellowfin tuna + 1 pc. alaskan wild salmon + 1 pc. hiramasa.

GLUTEN-FREE OILY FISH SPICY

***seasonal funghi whole grain spelt toast 8,50€**
+ truffled coconut cream + rocket.

PLANT-BASED

***alaskan wild salmon sashimi whole grainspelt toast 9,50€**
+ pea cream + mint + caviar algae + sakura cress.

OILY FISH

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

MAINS

Speci**lties**

Salads & Bowls

kale caesar 13,50€

romaine lettuce + 'chicken' + matured 'cheese' + croutons + plant-based caesar sauce.

PLANT-BASED GLUTEN-FREE F+K PROTEIN JOSPER

teresa's favourite kale salad 11,95€

avocado + cherry tomatoes + nori seaweed + mango + flax gomasio + chipotle vinaigrette.

PLANT-BASED GLUTEN-FREE

alaskan wild salmon & yellowfin tuna poke bowl 15,95€

+ black rice + white quinoa + avocado + wakame + fermented celery + kelp noodles + mango + miso-ginger sauce.

GLUTEN-FREE OILY FISH

alaskan wild salmon bibimbap 15,95€

black rice + crispy puffed rice + chinese cabbage + pear + pomegranate + seaweed caviar + spring onion + goma wakame seaweed + pickled daikon + furikake + gochujang mayonnaise.

OILY FISH GLUTEN-FREE SPICY

Warm bowls

vegetable & mushroom curry 15,95€

+ turmeric curry sauce + peanuts + coriander + brown basmati rice.

PLANT-BASED GLUTEN-FREE SPICY

yellowfin tuna bibimbap 15,95€

brown rice + organic poached egg + wakame seaweed + shiitake + gochujang sauce + bulgogi sauce.

PLANT-BASED GLUTEN-FREE SPICY

japanese bowl 15,95€

black rice + quinoa + pulled jackfruit + vegetable, silken tofu & ackee scramble + yakiniku sauce + coriander.

PLANT-BASED GLUTEN-FREE SPICY

ramen 14,95€

sweet potato noodles + plant-based chashu + roasted pumpkin + oyster mushroom + nori seaweed + wakame seaweed.

PLANT-BASED GLUTEN-FREE

World pasta

pad thai 14,50€

sautéed vegetables + 'chicken' + roasted peanuts + tamarind + pickled daikon + lime + coriander.

PLANT-BASED GLUTEN-FREE F+K PROTEIN JOSPER

asian cacio & pepe 14,95€

asian rice cakes + cured 'cheese' + truffle oil + sakura cress + salsaify.

PLANT-BASED GLUTEN-FREE

supertagliatelle with spirulina 16,50€

+ alaskan wild salmon + kale pesto + grana padano parmesan.

OILY FISH

betacarotene & turmeric cuores 14,50€

mild pumpkin sauce + macerated pear with beetroot + 'parmesan'

PLANT-BASED

MAINS

Speci**lties**

US-Mex

*big flax burger 15,95€

whole wheat spelt brioche + 'cheddar' + ketchup + mustard + kale + spiced & roasted sweet potatoes with creamy 'cheese', tahini & aromatic herbs.

PLANT-BASED F+K PROTEIN JOSPER

*truffled mayo burger 15,95€

whole wheat spelt brioche with activated charcoal + plant-based+ 'cheddar' + sautéed mushrooms + roasted onion + spiced & roasted sweet potatoes with creamy 'cheese', tahini & aromatic herbs.

PLANT-BASED F+K PROTEIN JOSPER

*alaskan wild salmon mini burgers 16,95€

whole wheat spelt brioche with beetroot + plant-based mayonnaise with old style mustard + tomato + pickled cucumber + spiced & roasted carrots.

OILY FISH JOSPER

*tuna wasabi burger 15,95€

whole wheat spelt brioche with activated charcoal + plant-based wasabi mayonnaise + spiced & roasted carrots.

OILY FISH SPICY JOSPER

tacos al pastor 17,95€

pulled jackfruit + guacamole + pico de gallo + roasted pineapple + cashew & chipotle sour cream.

PLANT-BASED GLUTEN-FREE SPICY

plant-based bbq ribs 19,95€

+ housemade barbecue sauce + grilled corn cob with lime & achiote 'butter'.

PLANT-BASED GLUTEN-FREE F+K PROTEIN JOSPER

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

Fish over charcoal

creamy rice with spirulina 17,95€

+ alaskan wild salmon + blue fish broth + anchovy garum + salicornia.

GLUTEN-FREE OILY FISH JOSPER

salmon fishing in alaska 19,95€

+ low temperature alaskan wild salmon + red quinoa & sautéed vegetables salad + citrus & herb sauce.

GLUTEN-FREE OILY FISH JOSPER

bbq tamarind glazed dogfish & säams 17,95€

+ tamarind barbecue sauce + leaves of tudela buds + mint + lime + coriander + peanuts.

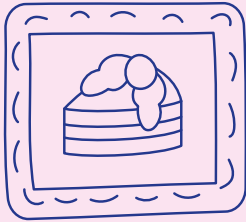
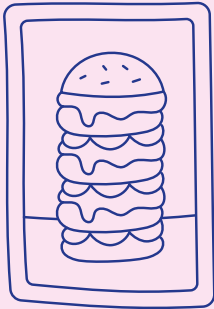
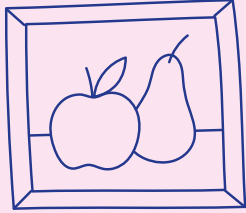
GLUTEN-FREE OILY FISH JOSPER

miso glazed bluefish 17,95€

+ citrus hibiscus sauce + bok choy + aromatic herb + spring onion + shiitake.

OILY FISH JOSPER

MAINS



Kids

superkids burger 9,95€
+ organic ketchup + kale chips.

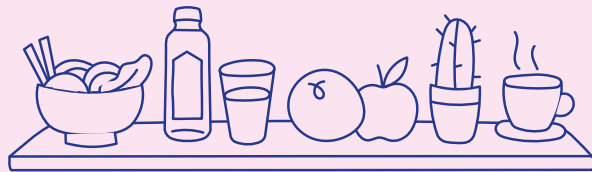
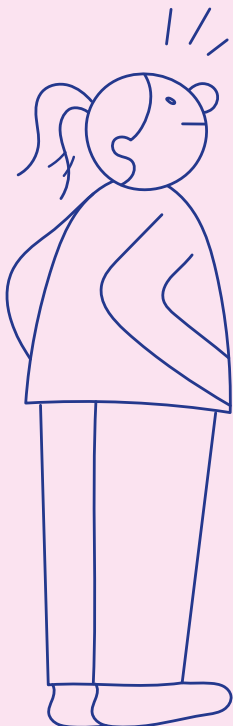
PLANT-BASED F+K PROTEIN JOSPER

jack spaghetini sparrow 9,95€
rice spaghetti + housemade tomato
sauce + 'meatballs'.

PLANT-BASED GLUTEN-FREE F+K PROTEIN

ninja nuggets 7,95€
baked 'chicken' nuggets + organic
ketchup.

PLANT-BASED GLUTEN-FREE F+K PROTEIN



DESSERTS

Desserts

brioche french toast 6,95€
+ coconut milk meringue with thai spices
+ seasonal amazake cream +
mango-cashew ice cream.

PLANT-BASED JOSPER

chocolate & hazelnut mousse cake 6,95€
+ cocoa powder + red fruits.

PLANT-BASED GLUTEN-FREE

two textures chocolate cake 6,95€
brownie + chocolate mousse + hazelnut
ice cream.

PLANT-BASED GLUTEN-FREE

lemon pie 6,95€
lemon and yuzu cream + coconut and
aquafaba cream.

PLANT-BASED GLUTEN-FREE

'cheesecake' 6,95€
+ wild berries coulis.

PLANT-BASED GLUTEN-FREE

cookies & passion fruit cake 6,95€
passion fruit and cashews mousseline +
passion fruit gelée + cocoa nibs + matcha
'mascarpone'.

PLANT-BASED GLUTEN-FREE

carrot cake 6,95€
carrot & walnut cake + 'mascarpone'.

PLANT-BASED GLUTEN-FREE

vanilla ice cream 6,50€
+ strawberries + raspberries + moskito +
cacao nibs.

PLANT-BASED GLUTEN-FREE

mango-cashew sundae 5,95€
+ coconut frosting + grated coconut.

PLANT-BASED GLUTEN-FREE

DESSERTS

Healthy indulgences

moskito 3,50€

buckwheat flour + cashew mascarpone + plant-based chocolate cover.

PLANT-BASED

GLUTEN-FREE

coco choco chia 3,50€

chia and coconut cream + almonds + raw chocolate.

PLANT-BASED

GLUTEN-FREE

pink lady 3,50€

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

PLANT-BASED

GLUTEN-FREE

energy spicy bar 2,50€

almonds + walnuts + raw cocoa + cayenne + pistachios + goji berries + chia + sesame.

PLANT-BASED

GLUTEN-FREE

vegan cookie 3,50€

housemade cookie with raw chocolate chips and walnuts.

PLANT-BASED

GLUTEN-FREE

maple-glazed doughnut 3,50€

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

GLUTEN-FREE

ginger-turmeric doughnut 3,50€

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

GLUTEN-FREE

housemade muffins 3,50€ / ut.

vegan pear-chocolate muffin
buckwheat + caramelized pear + chocolate muffin.

quinoa-blueberry muffin
quinoa and buckwheat + hazelnut cream + blueberries.

matcha muffin
buckwheat and whole grain rice + almond cream + matcha tea + cacao nibs.

miso-ginger muffin
buckwheat and whole grain rice + almond cream + coconut milk + ginger + miso.

chocolate & orange muffin
buckwheat and whole grain rice + hazelnut cream + banana + cocoa + orange.

PLANT-BASED

GLUTEN-FREE

superfood protein balls 2,00€ / ut.

raspberry & rice protein ball
macadamia nuts + lyophilized raspberry + rice protein + cashews + dates + almonds.

matcha & pea protein ball
tea matcha + pistachios + pea protein+ cashews + dates + almonds.

orange & hemp protein ball
orange + raw cocoa + walnuts + hemp protein + cashews + dates + almonds.

PLANT-BASED

GLUTEN-FREE