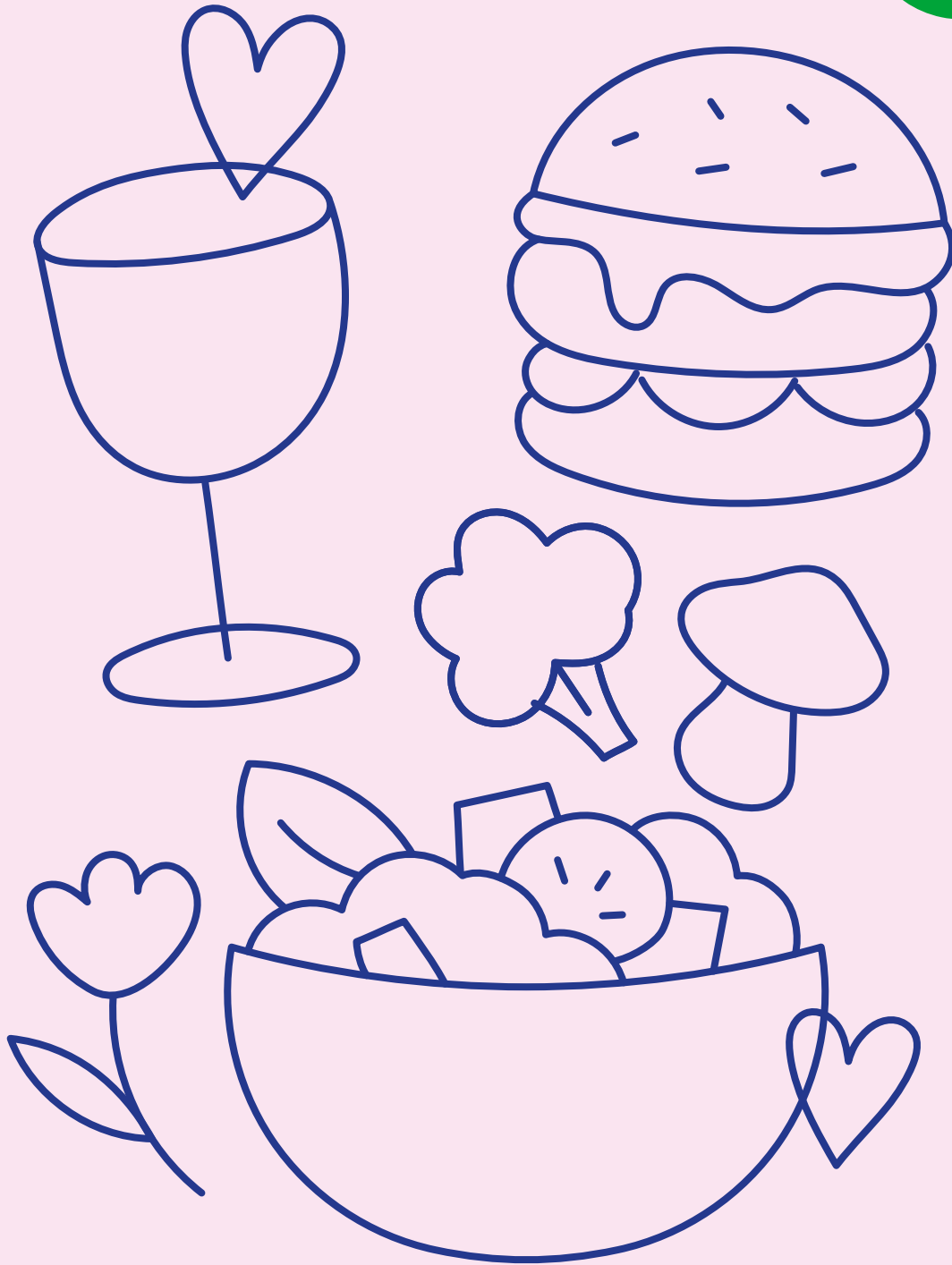


FLAX+KALE



Brunch

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!

Sweet

fluffy choco pancakes 11,95€
housemade plant-based nutella sauce +
miso & almond salted caramel +
strawberries + red berries.

GLUTEN-FREE

açaí do brasil 8,95€
smoothie: banana + strawberries +
cashew plant-based drink + agave syrup.
topping: blueberries + seasonal fruits +
crumble style granola + hemp seeds +
goji berries.

*peanut butter extra +0,50€

PLANT-BASED

GLUTEN-FREE

royal coconut milk parfait 7,50€
housemade coconut plant-based yoghurt
+ crumble style granola + seasonal fruits +
berries.

PLANT-BASED

healthy bakery assortment 13,95€
pink lady + moskito + matcha muffin +
choco muffin.

PLANT-BASED

GLUTEN-FREE

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

Good carbs

***classic avocado toast 6,50€**
whole wheat sliced bread + lemon +
cayenne pepper + flax + chia.

PLANT-BASED

***poke avocado toast 7,95€**
whole wheat sliced bread + marinated
alaskan wild salmon + raw onion +
cucumber.

OILY FISH

* toasts extras:

+ gluten-free bread +1,45€

+ poached organic blue egg +1,95€

+ scrambled organic blue egg +1,95€

+ marinated alaskan wild salmon +2,45€

scrambled savoury croissant 11,95€
+ creamy 'cheese' + organic scrambled
eggs + spring onion + rocket + roasted
tomatoes + green pesto.

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

GLUTEN-FREE

PLANT-BASED

F+K PROTEIN

JOSPER

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

GLUTEN-FREE

OILY FISH

SPICY

crunchy salmon 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

MAINS

Specialties

Brunch specialties

healthy veggie eggs benedict 14,95€

housemade english muffin + boletus edulis + spinach + plant-based truffled hollandaise sauce + roasted seasonal veggies.

JOSPER

baobab benedict 14,95€

healthy bao + 'bbq pulled pork' jackfruit + organic poached eggs + peanuts + baobab's hollandaise plant-based sauce + chili jam.

GLUTEN-FREE

healthy eggs royale 16,95€

housemade english muffin + marinated alaskan wild salmon + plant-based curry hollandaise sauce + roasted seasonal veggies.

OILY FISH

JOSPER

*shakshouka 13,95€

lebanese style tomato sauce + spinach + organic eggs + eggplant + spring onion + coriander + zhug yemení sauce + 5 cereals.

*+housemade gluten-free bread +1,45€

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.

OILY FISH

GLUTEN-FREE

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

japanese bowl 15,95€

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

PLANT-BASED

GLUTEN-FREE

SPICY

yellowfin tuna bibimbap 15,95€

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

GLUTEN-FREE

OILY FISH

SPICY

MAINS

Specialties

World pasta

pad thai 14,50€

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

PLANT-BASED GLUTEN-FREE F+K PROTEIN JOSPER

betacarotene & turmeric cuores 14,50€

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

PLANT-BASED

US-Mex

*truffled mayo burger 15,95€

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

PLANT-BASED F+K PROTEIN JOSPER

tacos al pastor 17,95€

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

PLANT-BASED GLUTEN-FREE SPICY

*tuna wasabi burger 15,95€

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

OILY FISH SPICY JOSPER

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

bbq tamarind glazed dogfish & säams 17,95€

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

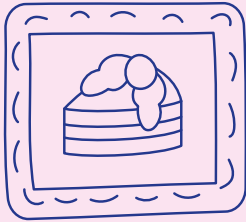
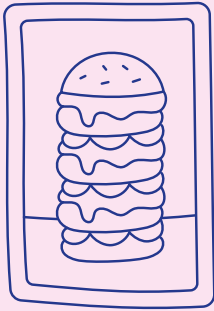
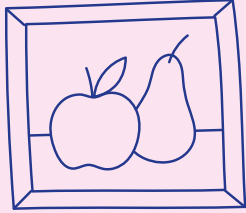
GLUTEN-FREE OILY FISH JOSPER

salmon fishing in alaska 19,95€

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

GLUTEN-FREE OILY FISH JOSPER

MAINS



Kids

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

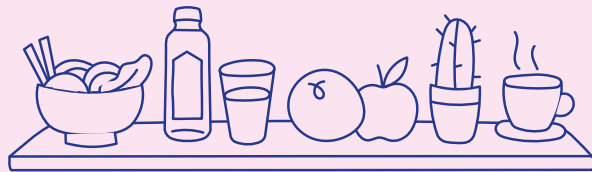
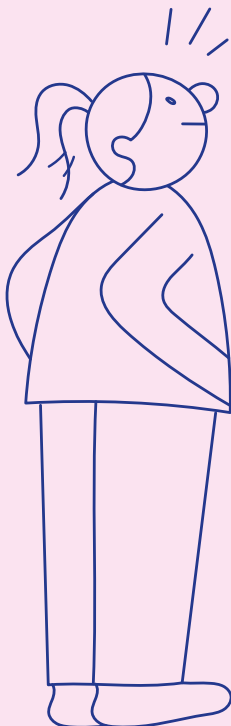
PLANT-BASED F+K PROTEIN JOSPER

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