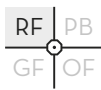


Eat better Be happier Live longer



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 salmon² 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'¹ + melted cheese it's plant-based cheddar style | 🌶️

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

² 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'¹
+ 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 salmon² + 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 hamburger¹ + 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 salmon² 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€

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

NEW



KONJAC RISOTTO & ALASKAN WILD SALMON | 15,95€

konjac rice risotto + boletus edulis + spinach + green asparagus + artichoke + Alaskan wild salmon²

NEW



SALMON FISHING IN ALASKA | 19,95€

slow-baked Alaskan wild salmon² + 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)¹ + young coconut 'bacon' + roasted pumpkin + oyster mushroom + nori seaweed + wakame seaweed + watermelon radish + toasted sesame

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

² 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'¹ + red onion + sweet corn + broccoli + *jalapeño* | 🌶️

HEALTHY KIDS OPTIONS

SUPERKIDS | 9,95€
whole wheat spelt bread* + it's plant-based burger¹ + 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'¹

NINJA NUGGETS | 6,95€ | 6 PIECES
baked it's plant-based 'chicken'¹ 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 salmon² + raw onion

* EXTRAS

- poached organic blue egg | +1,00€
- scrambled organic blue egg | +1,00€
- marinated wild Alaskan salmon² | +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 salmon² 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

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

² 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 salmon² 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



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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

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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!

| 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 ◆—