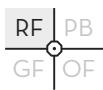


# Eat better Be happier Live longer



FLAX & KALE PASSAGE is a Healthy Flexitarian restaurant. All the dishes are designed not only to maximize the organoleptical pleasure, but also considering their nutritional value. 80% of our offer is *plant-based* and the remaining 20% are recipes that contain oily fish. We have traveled the whole world in search of inspiration and later created a menu which can be described in one word: INNOVATION.

*Welcome to the fascinating world of Tasty + Healthy + Sustainable food!*



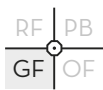
## RAW FOOD

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

All Flax & Kale dishes are gluten-free (**GF**). We have the certificate "Restauració Sense Gluten" given by Celiacs Association from Catalunya, which guarantees that the whole menu is safe for people with celiac disease.



## 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. Our Alaskan wild salmon comes from sustainable fishing, which helps to keep healthy our oceans' ecosystems.



All **IT'S PLANT-BASED** proteins are developed by our R&D team in our workshop.



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.

**FLAX & KALE**  
P A S S A G E

If you're allergic or intolerant to any kind of food, please, notify us immediately.  
Check the full allergen information at the end of the menu.

# TO NIBBLE & STARTERS

**UMAMI ALMONDS** | 4,95€  
RF | PB  
GF | OF  
Marcona almonds + white miso + white sesame + black garlic + ginger

**KALE CHIPS ORIGINAL RECIPE** | 4,50€  
RF | PB  
GF | OF  
dehydrated kale + cashews + nutritional yeast + turmeric

**KALE CHIPS THAI STYLE** | 4,50€  
RF | PB  
GF | OF  
dehydrated kale + cayenne + Goji berries + ginger + coriander + peanuts | 🌶️

**CRUNCHY YELLOWFIN TACO** | 5,50€  
RF | PB  
GF | OF  
crunchy nixtamalized corn taco + marinated yellowfin tuna dice  
+ white cabbage + coriander + spring onion + housemade spicy pink sauce  
+ avocado + sesame seeds | 🌶️

**CRUNCHY SALMON TACO** | 5,50€  
RF | PB  
GF | OF  
crunchy nixtamalized corn taco + marinated Alaskan wild salmon dice  
+ avocado + nori seaweed + romaine lettuce + tartare sauce with *jalapeños*

**CRUNCHY HIRAMASA TACO** | 5,50€  
RF | PB  
GF | OF  
crunchy nixtamalized corn taco + marinated hiramasa (kingfish) dice  
+ radishes + romaine lettuce + dill + ponzu sauce + sweet wasabi sauce | 🌶️

**MANGO & AVOCADO TARTARE** | 10,95€  
RF | PB  
GF | OF  
mango + avocado + red onion + semi-dry tomato + seaweed caviar  
+ white sesame + chives + tartare special dressing

**SUPERFOOD PLANT-BASED DUMPLINGS** | 10,95€ / 6 PIECES  
RF | PB  
GF | OF  
'bbq pulled pork' jackfruit + truffled funghi + '*carn d'olla*' plant-based | 🌶️

**'BBQ PULLED PORK' BAO** | 5,50€ / PIECE  
RF | PB  
GF | OF  
healthy bao + jackfruit + red cabbage *sauerkraut* + peanuts + chili jam mayo  
+ coriander | 🌶️

**GREENPACHO** | 7,95€ **NEW**  
RF | PB  
GF | OF  
green tomatoes + green pepper + cucumber + ginger + avocado + basil + olive oil

**PLANT-BASED KETO FOIE** | 12,95€ **NEW**  
RF | PB  
GF | OF  
*plant-based 'foie'* + housemade keto bread + red fruit coulis

## ❁ CHEF'S NOTES

- *hiramasa*: mild flavour fish that has a creamy and firm texture, excellent to be eaten raw.
- *jackfruit*: the world's biggest fruit, when prepared it looks like shredded pork.
- *keto*: (or ketogenic) is a high-fat, low-carbohydrate and adequate-protein dietary therapy.

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

# SHARING COURSES



## CRUNCHY TACOS ASSORTMENT | 15,50€ / 3 PIECES

1 pc. crunchy yellowfin taco + 1 pc. crunchy salmon taco + 1 pc. crunchy hiramasa taco



## KUALA LUMPUR'S STREET AUBERGINE | 6,50€

miso marinated crunchy aubergine skewers + spring onion + yakiniku sauce



## ROASTED VEGGIES & ROOTS PLATTER | 8,95€

broccoli with Mediterranean herbs + spiced sweet potato and carrots  
+ tender cauliflower with black garlic and ginger + peanut sauce  
+ housemade grape chutney with thyme



## HUMMUSÍSSIMO | 14,95€

JOSPER NEW

creamy hummus + Creamy 'cheese' & tahini plant-based yogurt sauce + grilled & spiced it's plant-based 'chicken' + pickles + tepid nut and grape salad + semi-dried tomato + white tahini + *za'atar* + housemade pita bread



## BRAISED BROCCOLI, MUHAMMARA & YEMENI ZHUG SAUCE | 6,95€

JOSPER NEW

grilled spiced broccoli + Syrian muhammara\* of roasted peppers, semi-dried tomato and almonds + Yemeni *zhug*\* sauce of spices and coriander + pomegranate *pico de gallo*



## BRAISED ROMANESCO, TUPINAMBO, OYSTER MUSHROOM & CHIMICHURRI | 7,95€

JOSPER NEW

grilled romanesco + Jerusalem artichoke shells + oyster mushroom + *chimichurri* sauce + sweet pepper + salicornia + seaweed caviar + Jerusalem artichoke cream + housemade sweet paprika pink sauce

# ARTISAN PASTA & FLATBREADS



## ZUCCHINI & KALE PESTO FLATBREAD | 12,50€

marinated zucchini + carrot sauce + rocket + avocado + *parmigiano teresiano*



## 'CHICKEN' PAD THAI | 14,50€

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



## ASIAN CACIO & PEPE\* | 14,95€

NEW

Asian rice cakes + Sichuan pepper + it's plant-based cured 'cheese' + truffle oil + sakura cress + salsify

### ❁ CHEF'S NOTES

- *muhammara*: slightly spicy dip made of peppers and nuts originating from Syria.
- *cacio & pepe*: "cheese & pepper" in several Italian dialects.
- *Yemeni zhug*: tasty sauce made from a mixture of spices and aromatic herbs from Yemen.

# SALADS & BOWLS

RF | PB  
GF | OF

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

kale + cherry tomatoes + avocado + mixed sprouts + nori seaweed + mango + radishes + chipotle vinaigrette | 🌶️

RF | PB  
GF | OF

## KALE CAESAR SALAD | 13,50€

kale + romaine lettuce + plant-based parmesan + it's plant-based 'chicken' + croutons + plant-based Caesar sauce + plant-based 'bacon'

RF | PB  
GF | OF

## MIDDLE EASTERN SALAD | 12,95€

spinach + escarole + caviar lentils + roasted pumpkin + crispy tempeh + almonds + pomegranate + cherry tomato + tahini vinaigrette + sesame

RF | PB  
GF | OF

## YELLOWFIN TUNA & SALMON POKE BOWL | 15,95€

yellowfin tuna + Alaskan wild salmon + black rice + white quinoa + avocado + wakame + fermented celeriac + kelp noodles + mango + leafy greens + miso-ginger dressing

RF | PB  
GF | OF

## ALASKAN SALMON BIBIMBAP\* | 15,95€

NEW

raw Alaskan wild salmon dice + Thai black rice + crispy puffed rice + Chinese cabbage + romaine lettuce + pear + pomegranate + seaweed caviar + spring onion + goma wakame seaweed + pickled daikon + *furikake* + *gochujang*\*\* mayonnaise | 🌶️

RF | PB  
GF | OF

## SEASONAL FRUIT AGUACHILE | 12,95€

NEW

seasonal fruit *aguachile*\*\* + avocado + Judas ear mushroom + cucumber + strawberries + Mexican green tomatoes + mixed tomatoes + physalis + nori seaweed + coriander foam + toasted sesame

RF | PB  
GF | OF

## ITALIAN SHAKSHUKA FANTASY | 14,95€ / SERVING FOR TWO

NEW

assorted seasonal tomatoes + *burrata* + toasted hazelnut green pesto + pine nuts + thyme + rosemary + basil + lemon + housemade pita bread

### ❖ CHEF'S NOTES

- *bibimbap*: in Korean it literally means "mixed" (bibim) "rice" (bap).
- *gochujang*: (or red chili paste) is a savory, sweet and spicy fermented condiment popular in Korean cooking.
- *aguachile*: very fresh dish typical of the western coast of Mexico made from chiles and lime.

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

# TERESA' SPECIALTIES

RF | PB  
GF | OF

## BUTTERNUT SQUASH MALAYSIAN CURRY | 15,95€

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

RF | PB  
GF | OF

## KONJAC RISOTTO | 16,95€

konjac rice\*\* + boletus edulis + spinach + green asparagus + artichoke + Alaskan wild salmon

RF | PB  
GF | OF

## MY VEGAN JAPANESE GIRLFRIEND BOWL | 14,95€

black rice + quinoa + 'bbq pulled pork' jackfruit + ackee\*\* plant-based scrambled eggs + yakiniku sauce + coriander | 🌶️

RF | PB  
GF | OF

## BAMBOO STEAMED ALASKAN SALMON | 19,95€

Alaskan wild salmon + teriyaki sauce + barbecue style edamame + black wild rice + young coconut + shiitake

RF | PB  
GF | OF

## RAMEN YA-TERE | 14,95€

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

RF | PB  
GF | OF

## YELLOWFIN TUNA BIBIMBAP\* | 15,95€

NEW

yellowfin tuna *bulgogi*\*\* + poached organic blue egg + brown rice + marinated cucumber + red cabbage + wakame seaweed + sautéed shiitake + *furikake* + mangetout + Korean *doubanjiang* sauce | 🌶️

RF | PB  
GF | OF

## BBQ TAMARIND GLAZED DOGFISH & SSÄMS\* | 16,95€

JOSPER

NEW

marinated & glazed grilled dogfish with housemade tamarind barbecue sauce + lemongrass + toasted coconut + leaves of Tudela buds + coriander + mint + lime

RF | PB  
GF | OF

## MISO GLAZED SPANISH MACKEREL | 14,95€

NEW

miso marinated Spanish mackerel + sautéed bok choy + shiitake + enoki + Teresa's Special Black Garlic Dashi\*\*

### ❁ CHEF'S NOTES

- *konjac*: high in fiber and low in calories and carbohydrates alternative to rice (or pasta).
- *ackee*: fruit native to Africa also known as "egg fruit", because when cooked it has a very similar aspect.
- *ssäms*: Korean version of the Mexican taco in which a vegetable leaf is used to wrap a series of ingredients.
- *bulgogi*: "bul" (fire) and "gogi" (meat) in Korean. Our version uses the same flavours and aromas in its preparation.
- *dashi*: it is used as a broth base in Japanese cuisine and it provides an umami taste to the dishes.

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

# 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.

RF | PB  
GF | OF FOCACCIA | 5,95€

RF | PB  
GF | OF CONTEMPORARY MARINARA | 10,95€  
San Marzano tomato + roasted cherry tomatoes + garlic + basil + oregano  
+ *Teresa's Juicery Green Olive Oil*

RF | PB  
GF | OF MARGHERITA | 11,95€  
San Marzano tomato + it's plant-based mozzarella + basil

RF | PB  
GF | OF BARBECUE | 15,45€  
housemade barbecue sauce + San Marzano tomato + it's plant-based mozzarella  
+ it's plant-based 'meat' + red onion + sweet corn + broccoli + *jalapeño* | 🌶️

RF | PB  
GF | OF TRUFFLE & FUNGHI | 15,95€  
coconut cream + wild herbs (*pizza bianca*) + thistle mushrooms  
+ button mushrooms + shiitake + *shimeji* + rocket

RF | PB  
GF | OF BARCELONA | 15,45€ JOSPER  
grilled aubergine & red peppers + housemade romesco sauce + roasted tomatoes +  
plant-based pickled 'tuna'

RF | PB  
GF | OF CAPRICHOSA | 14,50€ NEW  
San Marzano tomato + boletus edulis + artichokes + Kalamata olives  
+ plant-based 'bacon' + it's plant-based 'mozzarella'

RF | PB  
GF | OF TRADIZIONALE | 15,95€ NEW  
San Marzano tomato + spinach green pesto + cherry tomatoes + pine nuts  
+ it's plant-based 'mozzarella' + semi-dried tomato + fresh spinach and rocket

RF | PB  
GF | OF MISO GLAZED AUBERGINE | 14,95€ JOSPER NEW  
smoky grilled aubergine bianca pizza + miso glaze + Creamy 'cheese' & tahini  
plant-based yogurt sauce + aromatic herbs + peanuts + spring onion

## PLANT-BASED & GLUTEN-FREE BREADS

ORIGINAL | 1,50€

FLUTE WITH TOMATO | 2,50€

NUTS & SEEDS | 2,00€

BASQUET OF ASORTED BREADS | 4,95€

TURMERIC & HEMPS SEEDS | 2,00€

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\*** | 6,50€  
housemade sliced bread with seeds + avocado + lemon + cayenne pepper + flax + chia

**POKE AVO TOAST\*** | 7,95€  
housemade sliced bread with seeds + avocado + cucumber + marinated Alaskan wild salmon + raw onion

\* **TOASTS EXTRAS**

- poached organic blue egg\* | +1,95€
- scrambled organic blue egg\* | +1,95€
- marinated Alaskan wild salmon | +2,45€

**THE SCANDAL SCRAMBLE** | 10,95€  
scrambled organic blue eggs\* + mushrooms + spinach + tomato + feta cheese + carrot + young garlic

**THE PLANT-BASED SCANDAL SCRAMBLE** | 11,45€  
mushrooms + spinach + tomato + carrot + young garlic + ackee + silken tofu + Kala Namak salt

**BAO BAB BENELECTS** | 13,50€  
healthy bao + 'bbq pulled pork' jackfruit + poached organic blue eggs + peanuts + baobab's hollandaise plant-based sauce + chili jam | 🌶️

**MOROCCAN ROASTED PORTOBELLO** | 13,50€  
housemade English muffin + poached organic blue eggs + avocado + portobello + baba ganoush + *dukkah*

**AÇAÍ NA TIGELA** | 8,95€  
**SMOOTHIE:** *açaí do Brasil* + banana + strawberries + cashew plant-based drink + agave syrup  
**TOPPING:** blueberries + seasonal fruits + Crumble Style Granola + hemp seeds + Goji berries | \*peanut butter extra (+0,50€)

# BRUNCH COCKTAILS

**BEYOND MIMOSA** | 6,95€  
cava + orange juice

NEW

**BLOODY MARY** | 7,95€  
Bloody Tere *Signature Recipe* + 1 shot of *Belvedere* vodka

NEW

❖ **CHEF'S NOTES**

- *organic blue eggs:* they are laid by Araucana or Mapuche hens and are characterized by their larger yolk of an intense golden yellow color.

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

# HEALTHY KIDS OPTIONS



## SUPERKIDS | 9,95€

housemade gluten-free bread + it's plant-based burger + ecologic ketchup + kale chips



## JACK SPAGHETTINI SPARROW | 9,95€

rice spaghetti + housemade tomato sauce + it's plant-based 'meatballs'



## FINDING QUINOA NEMO | 9,95€

Alaskan wild salmon + quinoa with vegetables in the wok + leafy greens



## NINJA NUGGETS | 7,95€ | 6 PIECES

baked it's plant-based 'chicken' nuggets + ecologic ketchup

**NEW**



# DESSERTS

**WHITE MISO-GINGER 'CHEESECAKE'** | 6,95€  
cashews + white miso + ginger + activated charcoal and dates jam

**TWO TEXTURES CHOCOLATE CAKE** | 6,95€  
brownie + chocolate mousse + hazelnut ice cream

**TERESA'S MATCHA CHEESECAKE** | 6,95€  
matcha tea + cashews + coconut cream + crunchy gluten-free base with almonds and walnuts

**COOKIES & PASSIONFRUIT CAKE** | 6,95€  
cookie base + passionfruit and cashews mousseline + passionfruit gelée + cocoa nibs + matcha mascarpone

**LEMON PIE** | 6,95€  
oat and almond tartlet + lemon and yuzu cream + coconut and flax cream

**CHEESECAKE** | 6,95€  
it's plant-based cheesecake + wild berries coulis

**THAI FRENCH TOAST** | 6,95€ **JOSPER** **NEW**  
gluten-free brioche French toast grilled in Josper + coconut milk meringue with Thai spices + coconut sugar + seasonal amazake cream + mango-cashew ice cream + candied sesame

**PLANT-BASED LABNEH ICE CREAM** | 6,95€ **NEW**  
plant-based *labneh* ice cream + candied sesame + pistachios + freeze-dried raspberry + toasted pumpkin seeds + pine nuts + pomegranate + extra virgin olive oil + *za'atar* + crispy colourful *tortilla* chips

# ICE CREAMS

**TOASTED HAZELNUT ICE CREAM** | 6,50€  
hazelnuts ice cream + pieces of mango & grape + vegan cookie + hazelnuts & raw cocoa nibs topping

**MANGO CASHEW ICE CREAM** | 6,50€  
mango-cashew ice cream + pieces of mango + Coco Choco Chia Bar + cashews & chia topping

**CHOCO ICE CREAM** | 6,50€  
chocolate ice cream + pieces of papaya & strawberries + Pink Lady + coconut & Goji berries topping

**VANILLA ICE CREAM** | 6,50€  
vanilla ice cream + strawberries + Moskito + pumpkin seeds & freeze-dried raspberries topping

# HEALTHY INDULGENCES

RF | PB  
GF | OF

## MOSKITO | 3,50€

buckwheat flour + cashew mascarpone + plant-based chocolate cover

RF | PB  
GF | OF

## COCO CHOCO CHIA | 3,50€

chia and coconut cream + almonds + raw chocolate

RF | PB  
GF | OF

## PINK LADY | 3,50€

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

RF | PB  
GF | OF

## ENERGY SPICY BAR | 2,50€

almonds + walnuts + raw cocoa + cayenne + pistachios + Goji berries + chia + sesame

RF | PB  
GF | OF

## SUPERFOOD PROTEIN BALLS | 2,00€ / PIECE

**RASPBERRY & RICE PROTEIN STICK BALL:** macadamia nuts + lyophilized  
raspberry + rice protein + cashews + dates + almonds

**MATCHA & PEA PROTEIN STICK BALL:** tea matcha + pistachios + pea protein  
+ cashews + dates + almonds

**ORANGE & HEMP PROTEIN STICK BALL:** orange + raw cocoa + walnuts  
+ hemp protein + cashews + dates + almonds

RF | PB  
GF | OF

## HOUSEMADE MUFFINS | 3,50€ / PIECE

**VEGAN PEAR-CHOCOLATE MUFFIN:** buckwheat flour + caramelized pear  
+ chocolate muffin

**QUINOA-BLUEBERRY MUFFIN:** quinoa and buckwheat flour + hazelnut cream  
+ blueberries

**MATCHA MUFFIN:** buckwheat and whole grain rice flour + almond cream  
+ matcha tea + cacao nibs

**MISO-GINGER MUFFIN:** buckwheat and whole grain rice flour + almond  
cream + coconut milk + ginger + miso

**CHOCOLATE & ORANGE MUFFIN:** buckwheat and whole grain rice flour  
+ hazelnut cream + banana + cocoa + orange

RF | PB  
GF | OF

## VEGAN COOKIE | 3,50€

housemade cookie with raw chocolate chips and walnuts

RF | PB  
GF | OF

## MAPLE-GLAZED DOUGHNUT | 3,50€

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

RF | PB  
GF | OF

## GINGER-TURMERIC DOUGHNUT | 3,50€

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

RF Raw food

PB Plant-based

GF Gluten-free

OF Oily fish

 Spicy

10% VAT included