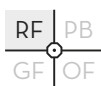


Eat better Be happier Live longer



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

FLAX & KALE
—→ CUINA FLEXITERIANA ←—

If you're allergic or intolerant to any kind of food, please notify us immediately.

KOMBUCHA LAB

SPARKLING | FERMENTED PROBIOTIC | NATURALLY ENERGIZING

Kombucha is a beverage which is fermented by a cultive of organisms with many health benefits.

Tea and sugar are the base of kombucha because they contain a number of nutrients and compounds that feed the cultive (soby), including nitrogen and tea. SCOBY is the acronym for "symbiotic culture of bacteria and yeasts" also known as "mother".

Among its benefits: helps to reinforce the immune system, balance the intestinal flora, revitalize the body and improve cardiovascular health.

Kombucha (400 ml.)

Plant-based | Gluten-free | Non pasteurized | Non HPP | Non GMO

| | |
|--|--|
| | SYMBIOTIC PASSION 4,95€ passion fruit + pineapple + bancha tea |
| | BLUE MOJITO 4,95€ yuzu + spirulina + mint |
| | MR. BARRI 4,95€ raspberry + strawberry + camu-camu |
| | MOTHER AFRICA 4,95€ ginger + hibiscus + orange |
| | WONDER BERRY 4,95€ raspberries + blueberries NEW |
| | SPICY GIRL 4,95€ lime-lemon + coriander + <i>jalapeño</i> |
| | DRAGON LEMONADE 4,95€ pitaya + lime + lemon |
| | ORANGE FANTASY 4,95€ orange + lemon |
| | LEMON FANTASY 4,95€ lime + lemon |
| | KOMBUCOLA 4,95€ secret formula NEW |

Do not shake | Not recommended for children under 10 or women who were pregnant or breastfeeding.

RF Raw Food PB Plant-based GF Gluten-free OF Oily Fish

10% VAT included

COLD-PRESSED JUICES (400 ml.)

RAW* | PLANT-BASED** | NON PASTEURIZED | NO ADDED SUGARS*

* Except Virus Killer + Energy Boost + Digestive Elixir | ** Except Virus Killer + Energy Boost

| | | |
|--------------------|---|---|
| RF PB GF OF |  | GREEN LOVE 4,95€ apple + spinach + cucumber + lemon + parsley + kiwi + ginger |
| RF PB GF OF |  | GREEN SLIM FIT 4,95€ apple + spinach + fennel + rocket + celery + parsley + ginger + kiwi + lemon |
| RF PB GF OF |  | GREEN MEDICINE 4,95€ pear + grapes + cucumber + spinach + kale + parsley + kiwi + lemon |
| RF PB GF OF |  | β CAROTENO 4,95€ carrot + apple + coconut water + lemon |
| RF PB GF OF |  | FOREVER YOUNG 4,95€ carrot + apple + grape + pineapple + orange |
| RF PB GF OF |  | PASSION GRAPEFRUIT 4,95€ tangerine + apple + grapefruit + strawberry + passion fruit + ginger |
| RF PB GF OF |  | MY SWEET HORNY 4,95€ pineapple + apple + passion fruit + aloe vera + maca |
| RF PB GF OF |  | VIRUS KILLER 4,95€ pear + herbal infusion (thyme, lemon verbena, rock tea) + lemon + honey + ginger |
| RF PB GF OF |  | BLUE DIAMOND 4,95€ apple + pineapple + pear + grape + ginger + lemon + spirulina |
| RF PB GF OF |  | THE VEGAN VAMPIRE 4,95€ pear + beetroot + carrot + orange + pineapple + lemon + ginger |
| RF PB GF OF |  | DETOX 4,95€ carrot + lettuce + cucumber + beet + tomato + fennel + spinach + celery + kale |
| RF PB GF OF |  | DIGESTIVE ELIXIR 4,95€ osmotized water + lime + blueberries + maple syrup + activated charcoal |
| RF PB GF OF |  | ENERGY BOOST 4,95€ osmotized water + cucumber + honey + lemon + orange water + flower pollen |

SIGNATURE RECIPES (400 ml.)

PLANT-BASED | GLUTEN-FREE | NON PASTEURIZED | NO ADDED SUGARS

RF | PB
GF | OF



BLOODY TERE | 4,95€
tomato + lemon + ginger + Tabasco

SMOOTHIES (400 ml.)

RAW | PLANT-BASED | NON PASTEURIZED | NO ADDED SUGARS

RF | PB
GF | OF



ANTIOX | 4,95€
orange + kiwi + strawberry

RF | PB
GF | OF



BERLIN | 4,95€
orange + mango + strawberry + cranberries + beetroot + activated charcoal

RF | PB
GF | OF



MOLOKAI | 4,95€
apple + mango + banana + coconut water + spinach + kale
+ almond cream + basil + mint

WATER

PURIFIED WATER | 1,95€
osmosis purified and alkalized low mineral water (8pH min.)

VICHY CATALÁN | 2,60€

WELLNESS ELIXIRS

COCO JOVEN ENTERO *ask our staff to open it!* | 5,95€

NEW

HOUSEMADE LEMONADE SLUSHY | 4,50€
lemon juice + agave syrup + osmotized water

ORANGE JUICE | 4,50€

GINGER SHOT ^{50ML} | 3,50€
100% cold-pressed ginger juice

RF Raw Food PB Plant-based GF Gluten-free OF Oily Fish

10% VAT included

FROZEN HEALTHY SMOOTHIES

RF | PB
GF | OF

TERESA'S FAVORITE SMOOTHIE | 5,95€
housemade almond plant-based drink + strawberries + almond butter
+ agave syrup + vanilla

RF | PB
GF | OF

BATIDO EL CUBANITO | 5,95€
coconut water + coconut plant-based milk + raw cocoa + banana
+ almonds + agave syrup

RF | PB
GF | OF

THE REJUVENATOR! | 5,95€
orange juice + mango + pineapple + strawberries + *açaí* + Goji berries
+ chia + agave syrup

RF | PB
GF | OF

TROPICAL SUPERFOODS | 5,95€
coconut plant-based milk + banana + papaya + mango + pineapple
+ maca + Goji berries + agave syrup

RF | PB
GF | OF

VANILLA SUNDAE | 5,95€
plant-based vanilla sundae + red berry coulis + strawberries

RF | PB
GF | OF

CHOCOLATE SUNDAE | 5,95€
plant-based chocolate sundae + coconut frosting + cherry + toasted hazelnuts

RF | PB
GF | OF

MANGO & CASHEW SUNDAE | 5,95€
plant-based mango and cashew ice cream+ coconut frosting + grated coconut

RF | PB
GF | OF

AÇAÍ BOWL | 8,95€
SMOOTHIE: *açaí do Brasil* + banana + strawberries + cashew plant-based
drink + agave syrup

TOPPING: blueberries + seasonal fruits + housemade Brazil nut crumble
+ hemp seeds + Goji berries | * *peanut butter extra* (+0,50€)

BEER





| | | | |
|--|---------------|---------------|--------------|
| CAÑA ESTRELLA DAMM CLÁSICA | 20CL 2,60€ | 33CL 3,10€ | JAR 6,25€ |
| CLARA HOUSEMADE beer with housemade lemon juice | 20CL 2,60€ | 33CL 3,10€ | JAR 6,25€ |
| INEDIT DAMM spiced malt and wheat beer | | 33CL 4,75€ | |
| FREE DAMM 0% | 25CL 3,10€ | | |
| DAURA GLUTEN-FREE | | 33CL 3,70€ | |

CAVA

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|--|---|---|
| |  |  |
| ROVELLATS BRUT <i>Rovellats (D.O. Penedès)</i> | 4,25€ | 18,50€ |
| ROVELLATS ROSÉ <i>Rovellats (D.O. Penedès)</i> | 5,25€ | 21,50€ |
| IMPERIAL GRAN RESERVA ECO <i>Gramona (D.O. Penedès)</i> | | 26,95€ |

FLAX & KALE WINE

| | | |
|---|---|---|
| |  |  |
| WHITE ECO VEGAN garnacha blanca + chardonnay + muscat de Frontignan <i>(D.O. Penedès)</i> | 3,95€ | 16,50€ |
| RED ECO VEGAN tempranillo + garnacha negra <i>(D.O. Penedès)</i> | 3,95€ | 16,50€ |

WHITE WINE



| | | |
|---|-------|--------|
| CURIÓS ^{ECO} xarel·lo <i>Albet i Noya (D.O. Penedès)</i> | 4,50€ | 17,50€ |
| PERPLEJO ^{ECO} verdejo <i>Alvarez y Díez (D.O. Rueda)</i> | 4,50€ | 18,50€ |
| ÓNRA ^{ECO} BIODYNAMIC garnacha blanca + chenin blanc + sauvignon blanc <i>La Gravera (D.O. Costers del Segre)</i> | | 19,50€ |
| CASANOVA ^{ECO} treixadura <i>Pazo de Casanova (D.O. Ribeiro)</i> | | 19,50€ |
| HONEYMOON ^{ECO} parellada <i>Parés Baltà (D.O. Penedès)</i> | | 20,50€ |
| VORA LA MAR ^{ECO} pansa blanca <i>Alta Alella (D.O. Alella)</i> | | 20,50€ |
| MENADE ^{ECO} verdejo <i>Menade (D.O. Rueda)</i> | | 20,50€ |
| GESSAMÍ ^{ECO} sauvignon blanc + muscat <i>Gramona (D.O. Penedès)</i> | | 20,50€ |
| MENADE SAUVIGNON ^{ECO} sauvignon blanc <i>Menade (D.O. Castilla y León)</i> | | 23,50€ |

ROSÉ WINE



| | | |
|--|-------|--------|
| LA MAR DE ROSA ^{ECO} lledoner <i>Wineissocial (D.O. Empordà)</i> | 4,25€ | 16,50€ |
| BERNAVÍ MORENILLO ^{ECO} morenillo <i>Bodega Bernaví (D.O. Terra Alta)</i> | | 17,50€ |

RED WINE



| | | |
|---|-------|--------|
| CURIÓS ^{ECO} ull de llebre <i>Albet i Noya (D.O. Penedès)</i> | 4,50€ | 17,50€ |
| ARTUKE ^{ECO} tempranillo + viura <i>Artuke (D.O. Rioja)</i> | 4,50€ | 17,50€ |
| LLEDONER DEL NORD ^{ECO} garnacha negra <i>Wineissocial (D.O. Empordà)</i> | | 18,50€ |
| REBELDES ^{ECO} garnacha negra + syrah <i>Bodega Rebeldes (D.O. Montsant)</i> | | 18,50€ |
| MAS PETIT ^{ECO} BIODINÀMICO cabernet sauvignon + garnacha <i>Parés Baltà (D.O. Penedès)</i> | | 19,50€ |
| SER VIVO Y NATURAL ^{ECO} NATURAL tempranillo <i>Hermanos Páramo Arroyo (D.O. Ribera del Duero)</i> | | 19,50€ |
| CUCA DE LLUM ^{ECO} NATURAL trepat <i>Succès (D.O. Conca de Barberà)</i> | | 20,50€ |
| HABLA DEL SILENCIO ^{ECO} syrah + cabernet sauvignon + tempranillo <i>Habla (D.O. Extremadura)</i> | | 22,50€ |

SPECIALTY COFFEE

RIGHT SIDE

Flax & Kale trusts La Marzocco and Right Side Coffee for their know-how and professionalism on this subject. All our coffees are 100% natural, seasonal and specialty coffees.

coffee extra shot + 1,00€



ESPRESSO | 1,90€
18 ml. of coffee in a cup (9 g. of coffee)



AMERICANO | 1,90€
90 ml. extra of hot water
+ 18 ml. of coffee in a cup (9 g. of coffee)



MACCHIATO | 2,10€
40 ml. of milk or plant-based drink*
+ 18 ml. of coffee in a cup (9 g. of coffee)



CAPUCCINO | 2,40€
120 ml. of milk or plant-based drink*
+ 18 ml. of coffee in a cup (9 g. of coffee)



LATTE | 2,60€
225 ml. of milk or plant-based drink*
+ 18 ml. of coffee in a cup (9 g. of coffee)



FLAT WHITE | 2,60€
100 ml. of milk or plant-based drink*
+ 36 ml. of coffee in a cup (18 g. of coffee)

* Ask our staff for our plant-based drink options.

TEA WORLD

TETERUM

We trust Teterum for their organic and sustainable teas.

**contains nuts*

MATCHA LATTE | 3,95€

BLACK (EARL GREY) | ^{ECO} | 2,60€

CHAI TEA LATTE | 3,95€

ROOIBOS | ^{ECO} | 2,60€

BLACK CHAI | ^{ECO} | 2,60€

MASAI MASALA ROOIBOS* | ^{ECO} | 2,60€

GREEN (SENCHA) | ^{ECO} | 2,60€

DIGESTIVE TEA | ^{ECO} | 2,60€

RED (PU ERH) | ^{ECO} | 2,60€