

# FLAX & KALE



**Brunch**

(CAT / ENG)

# Eat Better Be Happier Live Longer®

FLAX & KALE és un Restaurant Healthy Flexitarià. Tots els plats estan dissenyats pensant no solament en el plaer gastronòmic, sinó també en el seu valor nutricional. Un 80% de la nostra oferta és plant-based i el 20% restant són receptes que inclouen peix blau. Actualment existeixen molt pocs dubtes respecte a la correlació entre una alimentació sana i un estat de salut lliure de malalties. Volem alimentar-te millor per tal que siguis més feliç i aconseguis viure més anys amb una salut de ferro.

Benvinguts al fascinant món de l'alimentació Saborosa + Sana + Sostenible!

*\*No podem garantir l'absència de contaminació creuada. Si ets al·lèrgic o intolerant a qualsevol tipus d'aliment, si us plau fes-nos-ho saber.*

*FLAX & KALE is a Healthy Flexitarian Restaurant. All the dishes are crafted 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 include oily fish. Increasingly, scientific evidence supports the correlation between a balanced diet and good 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!*

*\*We cannot guarantee the absence of cross contamination. If you have any food allergies or intolerances, please notify our team.*

# Toasts & Sandwich

CLASSIC AVO TOAST | 5,50€ (PB) (G)

pa de motlle amb llavors + alvocat + caïena + lli + xia + brots germinats  
*whole wheat bread with seeds + avocado + cayenne pepper + flax + chia + sprouts*

POKE AVO TOAST | 7,95€ (OF) (G)

pa de motlle integral + alvocat + cogombre + salmó salvatge d'Alaska  
*whole wheat sliced bread with + avocado + cucumber + wild Alaskan salmon*

AVO HUMMUS EGG TOAST | 6,95€ (G)

hummus + alvocat + tahini + herbes fresques + festucs + salsa zhug  
*hummus + avocado + tahini + fresh herbs + pistachios + zhug sauce*

PANTUMACA TOAST | 2,50€ (PB) (G)

pa d'espelta integral amb llavors + tomàquet + oli d'oliva extra verge  
*whole wheat spelt bread with seeds + tomato + extra virgin olive oil*

## EXTRAS

PA CASOLÀ GLUTEN-FREE / HOMEMADE GLUTEN-FREE BREAD	+ 1,45€
OU BLAU ECOLÒGIC POCHÉ / ORGANIC BLUE EGG POACHED	+ 1,95€
OU BLAU ECOLÒGIC REMENAT / ORGANIC BLUE EGG SCRAMBLED	+ 1,95€
SALMÓ SALVATGE D'ALASKA MARINAT / MARINATED WILD ALASKAN SALMON	+ 3,00€

BBQ PULLED PORK ROLL | 6,95€ (PB) (G) (S)

brioix integral d'espelta + BBQ 'pulled pork' jackfruit + xucrut de col llombarda + cacauets + maionesa chilli jam + coriandre  
*whole wheat spelt brioche + BBQ 'pulled pork' jackfruit + red cabbage sauerkraut + peanuts + chilli jam mayonnaise + coriander*

CHICKEN TERIYAKI SANDWICH | 6,95€ (PB) (G) (NEW!)

flat bread d'orient mitjà + "chicken" teriyaki + ceba + bolets + enciam + col llombarda + salsa "cheddar"  
*middle east flat bread + teriyaki "chicken" + onion + mushrooms + lettuce + red cabbage + "cheddar" sauce*

BREAKFAST BURRITO | 6,95€ (NEW!)

fajita de blat de moro nixtamalitzat + hummus de cigrons + espinacs baby + ou dur eco + xampinyons + salsa chimichurri casolana  
*nixtamalized corn fajita + spiced pumpkin cream + scrambled egg + sautéed assorted mushrooms + baby spinach + homemade chimichurri sauce*



PLANT BASED



OILY FISH



GLUTEN



LIGHT SPICY

# Eggs

## SHAKSHUKA | 8,95€

salsa de tomàquet estil Libanès + ous blaus ecològics + ceba xinesa + coriandre + salsa zhug + pa de 5 cereals

*Lebanese style tomato sauce + organic blue eggs + chinese spring onion + coriander + zhug sauce + 5-grain bread*

## CILBIR TURKISH EGGS | 9,95€

"logurt Grec" estil tzatziqui + oli especiat de pimentó + ous blaus ecològics poché + pa d'espela integral amb llavors + anet + julivert + pinyons

*tzatziqui-style "Greek yogurt" + spiced paprika oil + poached organic blue eggs + whole wheat spelt bread with seeds + dill + parsley + pine nuts*

## NEW YORK ROLL EGGS | 13,95€

New York rolls + ous blaus ecològics poché+ pesto d'alfàbrega casolà + rúcula + mozzarella

*New York rolls + poached blue organic eggs + homemade basil pesto + arugula + mozzarella*

## EGGS BENEDICT | 12,95€

homemade English muffin + bolets saltejats + espinacs + ous blaus ecològics poché + salsa holandesa trufada plant-based + verdures de temporada rostides

*homemade English muffin + sautéed mushrooms + spinach + poached organic blue eggs + plant-based truffled hollandaise sauce + roasted seasonal vegetables*

## SCANDAL SCRAMBLE | 9,95€

ous blaus ecològics remenats + bolets variats + espinacs + tomàquet + alls tendres + formatge feta + pastanaga + pa d'espelta integral amb llavors

*scrambled organic blue eggs + assorted mushrooms + spinach + tomato + spring garlic + feta cheese + carrot + whole wheat spelt bread with seeds*

## EGGS ROYALE | 13,95€

homemade English muffin + salmó salvatge d'Alaska marinat + ous blaus ecològics poché + salsa holandesa al curry plant-based + verdures de temporada rostides

*homemade English muffin + marinated wild Alaskan salmon + poached organic blue eggs + plant-based curried hollandaise sauce + roasted seasonal vegetables*

\* pa casolà gluten-free (+ 1,45€ )

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

\*\* només les clares (+ 1,95€)

\*\* only egg whites (+ 1,95€)



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# Sweet options

## AÇAÍ BOWL | 8,95€ (PB)

SMOOTHIE: açai do Brasil + plàtan + maduixes + beguda casolana d'anacards + xarop d'atzavara  
TOPPINGS: nabius + fruites de temporada + crumble Style Granola + llavors de cànem + baies de Goji

\*\* extra de mantega de cacauet (+0,50€)

SMOOTHIE: açai do Brasil + banana + strawberries + homemade cashew drink + agave syrup

TOPPINGS: blueberries + seasonal fruits + crumble style granola + hemp seeds + goji berries

\*\* extra peanut butter (+0,50€)

## CHOCO LOVE PANCAKES | 9,95€ (G)

pancakes de farina de blat integral + barreja de 3 quinoes + cacau + ous blaus ecològics + crema de xocolata + fruites + gelat d'avellanes casolà

whole wheat flour pancakes + mixture of 3 quinoas + cocoa + organic eggs +

chocolate cream + fruit + almond salted caramel sauce + homemade hazelnut ice cream

## ROYAL COCONUT MILK PARFAIT | 8,95€ (PB)

iogurt casolà de coco + granola casolana + raïm vermell + nabius + maduixes + sèsam garapinyat + nibs de cacau raw + xarop d'auró

homemade yogurt with coconut drink + homemade granola + red grape + blueberries +

strawberries + caramelized sesame + raw cocoa nibs + maple syrup

## XIA TIRAMISÚ | 5,95€ (PB) (NEW!)

xia + flocs de civada + llet d'ametlles + cafè + cacau en pols + crumble style granola + "mascarpone" plant based

chia + oat flakes + almond milk + coffee + cocoa powder + cashew crumble + plant-based mascarpone

### AFEGEIX / ADD :

VEGAN PROTEIN

+ 1€

MARINE COLLAGEN\*

+ 1,5€

MACA

+ 1€

\*sin sabor ni olor :-)/ \*no taste or smell :-)

HYALURONIC ACID

+ 2€

MELENA DE LEÓN / LION'S MANE

+ 1,5€



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# Healthy Indulgences

MOSKITO | 3,50€ 

farina d'arròs + "mascarpone" d'anacards + cobertura de xocolata  
*rice flour + cashew mascarpone + chocolate cover*

PINK LADY | 3,50€ 

farina d'arròs + crema d'anacards i llimona + remolatxa + xocolata blanca  
*rice flour + cashew and lemon cream + beetroot + white chocolate*

MAPLE-GLAZED DOUGHNUT | 3,50€

doughnut de farina d'ametlles (no fregit) + farina de coco + anacards + mel  
*almond flour doughnut (not fried) + coconut flour + cashews + honey*

CHOCO CHIA | 3,50€ 

crema de coco i xia + ametlles + xocolata  
*coconut and chia cream + almonds + chocolate*

## PROTEIN BALLS:

RASPBERRY RICE | 2,00€ 

nous de macadamia + gerd liofilitzat + proteïna d'arròs + anacards + dàtils + ametlles  
*macadamia nuts + -dried raspberries + rice protein + cashews + dates + almonds*

MATCHA PEA | 2,00€ 

te matcha + festucs + proteïna de pèsol + anacards + dàtils + ametlles  
*matcha tea + pistachios + pea protein + cashews + dates + almonds*

HEMP ORANGE | 2,00€ 

taronja + cacau raw + nous + proteïna de cànem + anacards + dàtils + ametlles  
*orange + raw cocoa + walnuts + hemp protein + cashews + dates + almonds*



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# Bakery

**VEGAN CHOCO COOKIE** | 3,50€ (PB) (NEW!)

farina d'arròs integral + cacau + cor de xocolata  
*brown rice flour + cocoa + chocolate heart*

**NEW YORK HOUSEMADE "NUTELLA" ROLL** | 4,50€ (G) (NEW!)

massa de pasta de full + "nutella" casolana + avellanes torrades  
*puff pastry dough + homemade "nutella" + toasted hazelnuts*

**NEW YORK PISTACCIO & WHITE CHOCO ROLL** | 4,50€ (G) (NEW!)

massa de pasta de full + xocolata blanca de coco + festucs  
*puff pastry + coconut white chocolate + pistachio*

**CROISSANT D'ESPELTA INTEGRAL** | 1,95€ (PB) (G)

croissant vegà d'espelta integral  
*whole grain spelt croissant*

**PEANUT BUTTER CHOCO CROISSANT** | 2,50€ (PB) (G) (NEW!)

croissant d'espelta integral farcit de cacauet i xocolata  
*whole grain spelt croissant with peanut butter and chocolate*

**BANANA RASPBERRY CROISSANT** | 2,50€ (PB) (G) (NEW!)

croissant d'espelta integral farcit de mantega de plàtan i cacauet + sèsam garrapinyat + plàtan + maduixes  
*whole spelt croissant + banana and peanut butter + caramelized sesame + banana slices + strawberries*

**LEMON CURD RICOTTA BREAD** | 3,50€ (NEW!)

pa de formatge + quallada de llimona  
*cheese bread + lemon curd*

**ORANGE GINGER BREAD** | 3,50€ (NEW!)

pa de taronja + cobertura de gíngebre + mel + farigola  
*orange bread with ginger + honey + thyme topping*

**BANANA CHOCO BREAD** | 3,50€ (PB) (NEW!)

pa de plàtans + xocolata + nous  
*banana bread + chocolate + walnuts*

## HOUSE MADE MUFFINS

**QUINOA ARÁNDANOS** | 3,50€ (PB)

farina de quinoa + nabius + sucre integral de canya  
*quinoa flour + blueberries + whole cane sugar*

**CHOCO PERA** | 3,50€ (PB)

pera + cacau + xips de xocolata + farina d'arròs integral  
*pear + cocoa + chocolate drops + brown rice flour*

**MATCHA CHOCO BANANA** | 3,50€ (PB)

plàtan + xips de xocolata + te matcha  
*banana + chocolate drops + matcha tea*



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# Per picar i entrants

## KALE CHIPS | 3,95€ (PB)

kale deshidratada + anacards + llevat nutricional + cúrcuma  
*dehydrated kale + cashews + nutritional yeast + turmeric*

## HUMMUSÍSSIMO | 7,95€ (PB)

hummus cremós + oli especiat de pimentó+ piparres + magrana + pa casolà estil pita  
*creamy hummus + spiced paprika oil + pickles + pomegranate + homemade pita bread*

## SÍNDRIA A LA GRAELLA | 6,50€

síndria a la graella + formatge de cabra + mizuna + ametlles marcona + salsa sweet mint  
*grilled watermelon + goat cheese + mizuna + marcona almonds + sweet mint sauce*

## MANGO AVOCADO TÀRTAR | 9,95€ (PB)

mango + alvocat + ceba vermella + tomàquet semisec + sèsam blanc + ceba + salsa tàrtara casolana  
*mango + avocado + red onion + semi-dried tomato + white sesame + chives + homemade tartar sauce*

## NACHOS | 11,95€ (PB) 🌿

nachos de blat de moro nixtamalitzat + guacamole + tomàquet + jalapeny + blat de moro dolç +  
"carn picada" plant based + salsa "cheddar" plant based fos  
*nixtamalized corn nachos + guacamole + tomato + jalapeño + sweet corn + "minced meat" +  
melted "cheddar"*

## ASSORTIMENT DE CRUNCHY TACOS | 14,50€ (OF) 🌿

1 ut. crunchy taco de tonyina + 1 ut. crunchy taco de salmó + 1 ut. crunchy taco de corbina  
*1 pc. crunchy tuna taco + 1 pc. crunchy salmon taco + 1 pc. crunchy corvina taco*

## CRUNCHY TUNA TACO | 4,95€ (OF) 🌿

taco cruixent de farina de blat de moro nixtamalitzat + daus de tonyina yellowfin marinada+  
col blanca + coriandre + ceba tendra xinesa + salsa rosa casolana picant + alvocat + llavors de sèsam  
*nixtamalized cornmeal crispy taco + marinated yellowfin tuna dices + cabbage + cilantro +  
chinese scallion + spicy homemade cocktail sauce + avocado + sesame seeds*

## CRUNCHY SALMON TACO | 4,95€ (OF) 🌿

taco cruixent de farina de blat de moro nixtamalitzat amb remolatxa + daus de salmó salvatge d' Alaska  
marinats + alvocat + enciam romana + salsa tàrtara de jalapenys + salsa ponzu  
*nixtamalized cornmeal crispy taco with beets + marinated wild Alaskan salmon dices + avocado +  
lettuce + jalapeno tartar sauce + ponzu sauce*

## CRUNCHY CORVINA TACO | 4,95€ (OF) 🌿

taco cruixent de farina de blat de moro nixtamalitzat + daus de corvina marinats en aiguachile de  
maracuià + ceba vermella encurtida + coriandre + maionesa de chipotle i naranjilla  
*nixtamalized cornmeal crispy taco + diced corvina marinated in passion fruit aguachile +  
pickled red onion + cilantro + chipotle and naranjilla mayonnaise*

## BETACAROCREMA | 5,95€ (PB)

miso + llevat nutricional + carbassa + pastanaga + moniato + taronja + cúrcuma  
*miso + nutritional yest + pumpkin + carrot + sweet potatoe + orange + turmeric*



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# Veggies Platillos

ROASTED BROCCOLI | 5,95€ (PB)

bròquil especiat i rostit + salsa muhammara + salsa zhug + magrana  
*spiced and roasted broccoli + muhammara sauce + zhug sauce + pomegranate*

MISO YOLK FUNGHI | 7,95€ (NEW!)

gírgola + xampinyó + shiitake + shimeji + gírgola de card + pebre + farigola + salvia + miso + rovell d' ou curat  
*oyster mushroom + mushroom + shiitake + shimeji + mushroom thistle + pepper + thyme + sage + miso + cured egg yolk*

ALBERGÍNIES MORADES SICHUAN | 6,95€ (PB) (G) 🌶️

albergínies liles + salsa doubanjang + gíngebre + cacauets brasejats + coriandre + sèsam blanc  
*purple eggplant + doubanjang sauce + ginger + braised peanuts + coriander + white sesame*

ROASTED CABBAGE PIE | 7,95€ (NEW!)

col especiada i rostida + stracciatella + salsa de taronja sanguina i chipotle + ametlles + herbes aromàtiques  
*spiced and roasted cabbage + stracciatella + blood orange and chipotle sauce + almonds + aromatic herbs*

ALBERGÍNIA JACKFRUIT | 7,95€ (PB) (NEW!) 🌶️

albergínia glacejada en salsa de miso + pulled jackfruit + chucrut de col lombarda + chilli jam + coriandre + cacauet torrat + maionesa plant based  
*eggplant glazed in miso sauce + pulled jackfruit + red cabbage sauerkraut + chilli jam + cilantro + roasted peanut + plant-based mayonnaise*

ROASTED RAINBOW CARROTS | 7,95€ (NEW!)

pastanagues de colors especiades i rostides + labneh de cabra + salsa de mel i mostassa + nous pecanes + zaatar + magrana  
*spiced and roasted colored carrots + goat labneh + honey mustard sauce + pecans + zaatar + pomegranate*

ROASTED BONIATOS | 5,95€ (PB)

moniatos rostits + salsa de iogurt i tahini + magrana + julivert + anet  
*roasted sweet potatoes + yogurt and tahini sauce + pomegranate + parsley + dill*



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# Design your favorite fresh salad bowl

## 1) BASES AMANIDES / SEASONED BASES

HAWAIIAN POKE | 8,95€ (PB) (NEW!)

mesclum de fulles verdes + alvocat + alga wakame + edamame + api fermentat + pera osmotitzada + nap daikon encurtit + salsa especial poke Flax&Kale  
*mixed leafy greens + avocado + wakame gum seaweed + edamame + fermented celeriac + osmosis pear + pickled daikon turnip + Flax&Kale special poke dressing*

PARMESAN KALE LEMON | 8,95€ (OF) (NEW!)

kale + col xinesa + alga + formatge grana padano + portobellos saltejats + nous pecanes + shimejis saltejats + vinagreta lemon parmesan + salsa umami d'anxoves  
*kale + chinese cabbage + seaweed + grana padano cheese + sautéed portobello + pecans + sautéed shimeji mushrooms + lemon parmesan dressing + umami anchovy sauce*

PACIFIC NIKKEI | 8,95€ (PB) (NEW!)

mesclum de fulles verdes + choclos + alvocat + xips de boniato morat + boniato rostit + pico de gallo + coriandre + totopos + maionesa de fruita de la passió  
*mixed leafy greens + corn + avocado + purple sweet potato chips + roasted sweet potato + pico de gallo + cilantro + tortilla chips + passion fruit mayonnaise*

KALE CAESAR | 8,95€ (PB) (G)

kale + enciam romana + alvocat + "formatge parmesà" de fruits secs + crostons + salsa Cèsar plant based  
*kale + romaine lettuce + nuts "parmesan cheese" + croutons + plant-based Caesar sauce + avocado*

EASY SALAD | 4,95€ (PB) (NEW!)

kale macerada + mesclum de fulles verdes + vinagreta de mostassa i llimona  
*macerated kale + mixed leafy greens + mustard and lemon vinaigrette*

## 2) PROTEÏNES

DAUS DE SALMÓ SALVATGE D'ALASKA / WILD ALASKAN SALMON DICES	+ 3,95€
HOMEMADE MARINATED WILD ALASKAN SALMON	+ 3,95€
DAUS DE TONYINA / TUNA DICES	+ 3,95€
TATAKI DE TONYINA / TUNA TATAKI	+ 3,95€
POLLASTRE CRUIXENT PLANT BASED / PLANT BASED CRISPY CHICKEN	+ 3,95€
CEVICHE DE CORVINA	+ 3,95€
OU DUR O ESCALFAT / HARD-BOILED OR POACHED EGG	+ 0,95€
FALAFEL CASOLÀ / HOMEMADE FALAFEL (3 UD)	+ 3,25€
ANXOVES / ANCHOVIES	+ 4,50€

## 3) GOOD CARBS

BULGUR AMB ESPELTA INTEGRAL / BULGUR AND WHOLE GRAIN SPELT	+ 0,95€
MITJA FOCACCIA / HALF FOCACCIA	+ 1,95€
ARRÒS NEGRE SALVATGE / WILD BLACK RICE	+ 0,95€
QUINOA TRICOLOR / TRICOLOR QUINOA	+ 1,95€
ARRÒS INTEGRAL / BROWN RICE	+ 0,95€
ARRÒS KONJAC / KONJAC RICE	+ 1,95€
PA D'ESPELTA INTEGRAL AMB LLAVORS / WHOLE WHEAT SPELT BREAD WITH SEEDS	+ 0,95€

## 4) GUARNICIONS

MIG ALVOCAT ROSTIT A LA GRAELLA / HALF ROASTED AVOCADO	+ 1,95€
HUMMUS	+ 1,50€
STRACCIATELLA	+ 2,95€
FORMATGE DE CABRA A LA GRAELLA / ROASTED GOAT CHEESE	+ 1,95€



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# Eat better focaccias

FOCACCIA ELABORADA AMB PREFERMENT BIGA DE FARINES DE BLAT I ESPELTA INTEGRAL, AMB OLI DE LLI (OMEGA 3) I ENRIQUIDA AMB CANYAMONS (PROTEÏNA)

FOCACCIA MADE WITH BIGA PREFERMENT OF WHEAT FLOUR AND WHOLE SPELT, WITH FLAX OIL (OMEGA 3) AND ENRICHED WITH HEMP SEEDS (PROTEIN)

**SALMÓ MARINAT** | 10,95€   




focaccia + salmó salvatge d'Alaska marinat + "mantega" de pèsols + tàrtara de jalapenyos + tàperes + fonoll + menta + ratlladura de pell de llimona

*activated charcoal black foccacia + marinated wild Alaskan salmon + pea "butter" + jalapeño tartare + capers + fennel + mint + lemon zest*

**ANXOVES Y SALMOREJO** | 10,95€   

focaccia + salmorejo + AOVE + anxoves del Cantàbric + alfàbrega + llimona

*focaccia + salmorejo + AOVE + Cantabrian anchovies + basil + lemon*

**"PASTRAMI" DE CÉLERI** | 9,95€   

focaccia negra + "pastrami" de céleri + confitats de kombucha + salsa casolana de mostassa + rúcula

*black focaccia + celeriac pastrami + kombucha pickles + homemade mustard sauce + arugula*

**ROASTED 'LAMB' SHAWARMA** | 10,95€   

focaccia negra + "lamb shawarma" + salsa de iogurt + enciam + tomàquet + chimichurri amb toc picant

*black focaccia + mushroom "lamb shawarma" + yogurt sauce + lettuce + tomato + spicy chimichurri*

**ALBERGÍNIA STRACCIATELLA TONYINA** | 10,95€   

focaccia + albergínies al forn + stracciatella + tonyina + tomàquet semisec + salsa de llimona i formatge feta + alfàbrega + avellana torrada



*focaccia + baked eggplants + stracciatella + tuna + semi-dried tomato + lemon and feta sauce + basil + toasted hazelnut*




# Principals

**SUPERTAGLIATELLE** | 15,95€  

supertagliatelle amb espirulina + salmó salvatge d'Alaska + pesto de kale + formatge parmesà  
*supertagliatelle with spirulina + wild Alaskan salmon + kale pesto + parmesan cheese + micro mézclum*

**DOUBLE SMASHED BURGER** | 15,95€  




pa brioix integral d'espelta amb carbó actiu + double smash burger casolana plant based + maionesa trufada + xampinyons saltejats + ceba rostida + salsa "cheddar" casolana + moniatos amb salsa de iogurt  
*wholegrain spelt brioche with activated charcoal + homemade plant-based double smash burger + truffled mayonnaise + sautéed mushrooms + roasted onion + homemade "cheddar" sauce + sweet potatoes with yogurt sauce*

**PAD THAI** | 12,95€ 


tallarins d'arròs + shiitake + pastanaga + "pollastre" plant based + germinats de soja + cacauet torrat + daikon encurtit + salsa Pad Thai casolana + ceba xinesa + llima + coriandre  
*rice noodles + shiitake + carrot + plant-based "chicken" + soybean sprouts + roasted peanut + pickled daikon + homemade Pad Thai sauce + chinese spring onion + lime + coriander*

**BLACK RAVIOLOS PARMIGIANA** | 15,95€  

raviolos de farina integral + carbó actiu + all negre + albergínia fumada + burrata + salsa parmigiana + formatge grana padano + oli d'alfàbrega + pinyons  
*wholegrain ravioli + activated charcoal + black garlic + smoked eggplant + burrata + parmigiana sauce + grana padano cheese + basil oil + pine nuts*

**COCHINITA PIBIL JACKFRUIT TACOS** | 13,95€   

tacos de blat de moro nixtamalitzat + "cochinita pibil" de jackfruit + llima + coriandre + magrana + ceba vermella encurtida  
*nixtamalized corn tacos + jackfruit "cochinita pibil" + lime + cilantro + pomegranate + pickled red onion*

**WILD SALMON QUINOA** | 18,95€  

salmó salvatge d'Alaska + festucs + quinoa tricolor + verdures rostides + vinagreta de cítrics + ceba xinesa  
*wild Alaskan salmon + pistachio + tricolor quinoa + roasted vegetables + citrus vinaigrette + chinese spring onion*

**KOREAN TUNA BIBIMBAP** | 10,95€  

bulgoji de tonyina yellowfin + ou blau ecològic poché + arròs integral amb furikake + cogombre marinat en asazuke + col llombarda + alga goma wakame + shiitake saltejat + tirabeque + sweet chili mayo  
*yellowfin tuna bulgoji + poached organic blue egg + brown rice with furikake + cucumber marinated in asazuke + red cabbage + wakame seaweed + sautéed shiitake + sweet chili mayo*

**ANCIENT GRAINS FALAFEL** | 10,95€  

homemade Lebanese falafel + paté de carbassa fumada + salsa de iogurt plant based + bulgur + espelta + espinacs + maionesa de harissa + sèsam + granada  
*homemade Lebanese falafel + smoked pumpkin pâté + plant-based yogurt sauce + bulgur + spelt + spinach + harissa mayonnaise + sesame + pomegranate*

**LOW CARBS KONJAC RISOTTO** | 14,95€  

tatakí de tonyina + konjac + huitlacoche + crema de pebrots grocs + ceba xinesa + kale + llevat nutricional  
*tuna tataki + konjac + huitlacoche + yellow peppers cream + chinese onion + kale + nutritional yeast*



# Postres

**HOUSEMADE 'NUTELLA' CAKE** | 6,95€ (PB) (NEW!)

mousse de cacau i avellanes + crumble d'ametlles  
*cocoa and hazelnut mousse + almond crumble*

**MANGO COCO CAKE** | 6,95€ (PB) (NEW!)

galleta cruixent + coco + mermelada de mango + cobertura de xocolata blanca  
*crunchy cookie + coconut + mango jam + white chocolate cover*

**PISTACCIO BAKLAVA CHEESECAKE** | 6,95€ (G) (NEW!)

base de baklava de festucs i xarop d'atzavara + runny cheesecake de festucs i te matcha  
*pistachio baklava base + agave syrup + pistachio and matcha runny cheesecake*

**LEMON PIE** | 6,95€ (PB) (NEW!)

llimona + yuzu + merenga de coco + te matcha  
*lemon + yuzu + coconut meringue + matcha tea*

**XIA TIRAMISÚ** | 5,95€ (PB) (NEW!)

xia + flocs de civada + llet d'ametlles + cafè + cacau en pols + crumble style granola +  
"mascarpone" plant based  
*almond milk + coconut sugar + chia + oat flakes + cashew crumble + coffee +  
plant-based mascarpone + cocoa powder*

**CARROT CAKE** | 6,95€ (PB)

farina de fajol + pastanaga + canyella + mascarpone plant based + pastanaga  
*buckwheat flour + carrot + cinnamon + plant-based mascarpone*

**CHOCO & FRUITS VULCANO** (min 2 pax) | 15,95€ (G) (NEW!)

coulant-fondue de xocolata i ametlles + fruita fresca (gerds, nabius, kiwi, maduixa, platàn, etc.) +  
nous pecanes  
*chocolate and almonds coulant-fondue + fresh fruit (raspberry, blueberries, kiwi, strawberry,  
banana, etc.) + pecans*

**SUNDAE CASOLÀ** | 5,95€ (PB)

de vainilla, xocolata o mango i anacards  
*vanilla, chocolate or mango and cashews*



PLANT BASED



OILY FISH



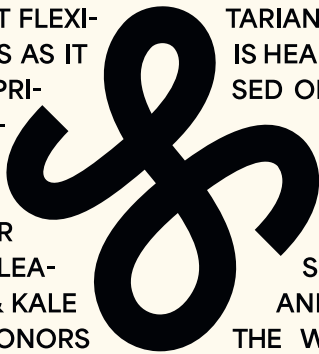
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