

# FLAX & KALE



**Brunch**

(CAT / ENG)

# Eat Better Be Happier Live Longer<sup>®</sup>

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 (09 - 12:30h)

## CLASSIC AVO TOAST | 5,95€ (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 | 8,50€ (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 | 7,95€ (G)

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

## PANTUMACA TOAST | 2,95€ (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*

## SCANDAL SCRAMBLE TOAST | 9,95€ (G)

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*

## Toasts 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€

## PULLED JACKFRUIT BRIOCHE ROLL | 6,95€ (PB) (G) (S)

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

## CHICKEN TERIYAKI SANDWICH | 7,50€ (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 | 7,95€ (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 | 10,95€ 

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'espelta 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*

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*

EGGS ROYALE | 14,95€  

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€)



# Sweet options

## AÇAÍ BOWL | 9,95€ (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

## COCONUT MILK YOGURT & FRUITS | 8,95€ (PB)

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

yogurt coconut + 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€

MACA

+ 1€

HYALURONIC ACID

+ 2€

MARINE COLLAGEN\*

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

+ 1,5€

MELENA DE LEÓN / LION'S MANE

+ 1,5€



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# Healthy Indulgences

MOSKITO | 3,50€ (PB)

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

PINK LADY | 3,50€ (PB)

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€ (PB)

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

## PROTEIN BALLS:

RASPBERRY RICE | 2,00€ (PB)

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

MATCHA PEA | 2,00€ (PB)

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

HEMP ORANGE | 2,00€ (PB)

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** | 3,95€ (PB) (G) (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*

**PISTACCHIO COOKIE** | 3,95€ (G) (NEW!)

crema de cheesecake de festucs + xips de xocolata  
*pistachio cheesecake cream + cacao drops*

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

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

**PEANUT BUTTER CHOCO CROISSANT** | 3,95€ (PB) (G) (NEW!)

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

**BANANA RASPBERRY CROISSANT** | 3,95€ (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*

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

pa de plàtans + nous + salsa de "nutella" plant based  
*banana bread + walnuts + plant based "nutella" sauce*

## HOUSEMADE MUFFINS

**RED VELVET MUFFIN** | 3,50€ (PB) (G)

nabius + remolatxa + coco  
*blueberries + beetroot + coconut*

**PEAR & CHOCO MUFFIN** | 3,50€ (PB) (G)

pera + cacau + flocs de civada  
*pear + cacao + oat flakes*

**MATCHA & CHOCO MUFFIN** | 3,50€ (G)

te matcha + xips de xocolata + vainilla  
*matcha tea + chocolate drops + vanilla*



# Per picar i entrants

**KALE CHIPS** | 4,50€ (PB)

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

**HUMMUSÍSSIMO** | 7,95€ (PB) (G)

hummus cremós + oli especiat de pimentó+ piparres + magrana + pa casolà estil focaccia  
*creamy hummus + spiced paprika oil + pickles + pomegranate + homemade focaccia 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** | 12,50€ (PB) (J)

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** | 14,95€ (OF) (J)

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) (J)

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) (J)

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** | 5,50€ (OF) (J)

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*

**BETACAROCREAM** | 5,95€ (PB)

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

**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*



PLANT BASED



OILY FISH



GLUTEN



LIGHT SPICY



# Design your favorite fresh salad bowl

## 1) BASES AMANIDES / SEASONED BASES

HAWAIIAN POKE BOWL | 9,50€ (PB) (G) (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 | 9,50€ (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 | 9,50€ (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 | 5,50€ (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	+ 1,95€
FALAFEL CASOLÀ / HOMEMADE FALAFEL (3 UD)	+ 3,25€

## 3) GOOD CARBS

BULGUR AMB ESPELTA INTEGRAL / BULGUR AND WHOLE GRAIN SPELT	+ 0,95€
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€

## 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€



# 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 | 12,95€

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*

## PLANT BASED PASTRAMI | 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 + "lamb shawarma" + salsa de iogurt + enciam + tomàquet + chimichurri amb toc picant

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

## ALBERGÍNIA STRACCIATELLA TONYINA | 11,95€

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

## DOUBLE SMASHED BURGER | 15,95€ (PB) (G)

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 | 14,50€ (PB)

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€ (G) (NEW!)

raviolos de farina intengral + 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 | 14,95€ (PB) (NEW!) (V)

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 | 19,50€ (OF) (NEW!)

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 | 12,95€ (OF) (V)

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 | 11,95€ (PB) (G)

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*

# 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 + melmelada de mango + cobertura de xocolata blanca  
*crunchy cookie + coconut + mango jam + white chocolate cover*

PISTACCHIO 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, plàtan, etc.) + nous pecanes  
*chocolate and almonds coulant-fondue + fresh fruit (raspberry, blueberries, kiwi, strawberry, banana, etc.) + pecans*

SUNDAE CASOLÀ | 5,95€ (PB)

de vainilla  
*vanilla*



PLANT BASED



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LIGHT SPICY

# FLAX

WELCOME TO THE WORLD'S FIRST FLEXI-  
EXPERIENCE THAT'S AS DELICIOUS AS IT  
GASTRONOMIC OFFERING COMPRI-  
20% HIGH-QUALITY ANIMAL PRO-  
FOR OPTIMAL NUTRITIONAL  
EVERY BITE, ALL WITHIN AN ELE-  
PROUDLY STAY TRUE TO OUR  
WHICH IS ROOTED IN HEALTH, PLEA-  
COMMITMENT. JOIN US AT FLAX & KALE  
NOURISHES YOUR BODY AND HONORS



TARIAN RESTAURANT. WE'VE CRAFTED AN  
IS HEALTHY. OUR APPROACH RESULTS IN A  
SED OF 80% PLANT-BASED RECIPES AND  
TEINS. EACH MEAL IS DESIGNED  
VALUE, MAXIMIZING FLAVOR IN  
GANT AND FRESH SPACE. WE  
FAMILY CULINARY HERITAGE,  
SURE, INNOVATION, BALANCE, AND  
AND EMBRACE A LIFESTYLE THAT  
THE WORLD AROUND YOU. **EAT BETTER®**

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