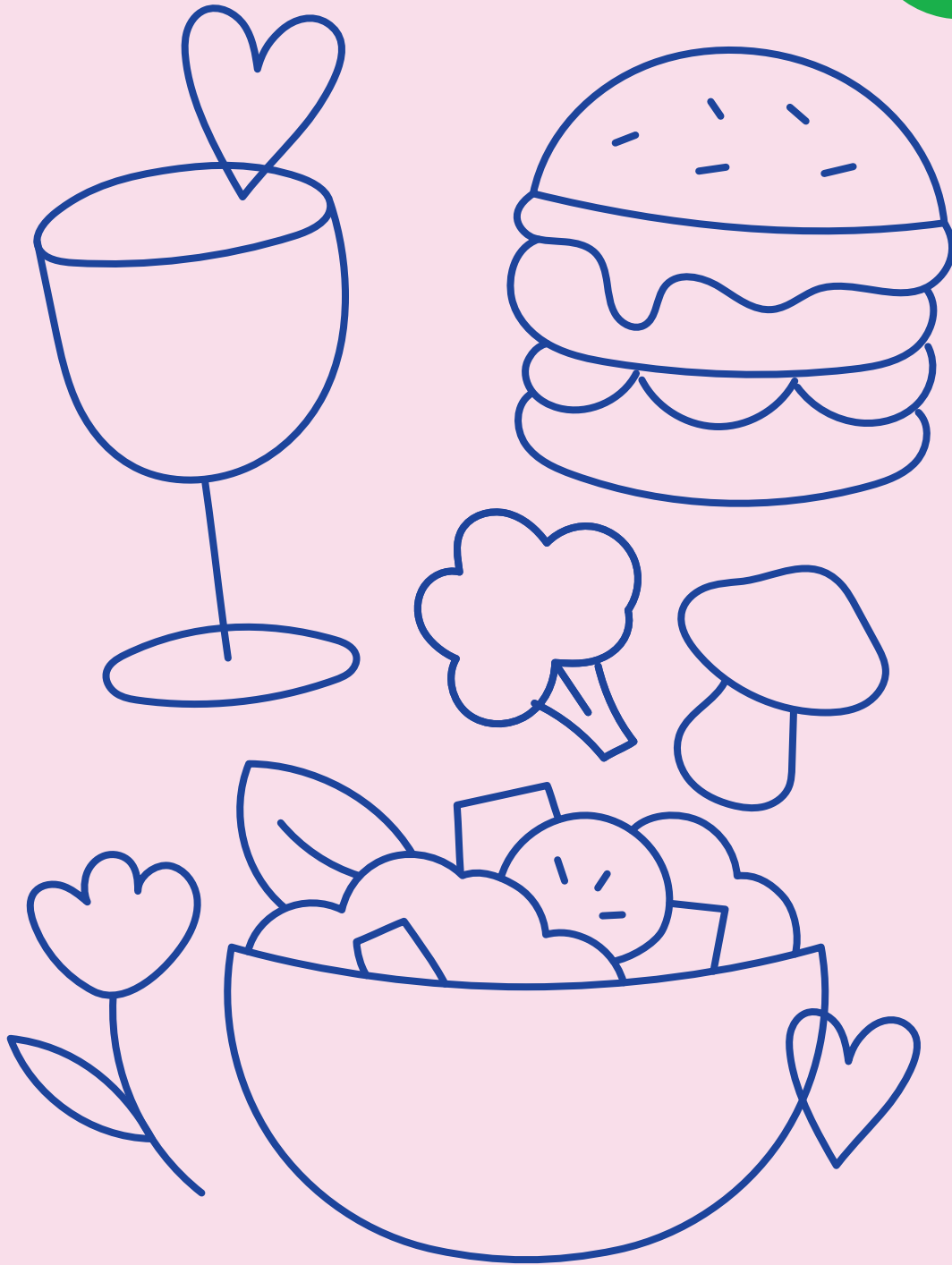


# FLAX+KALE

ENG



Brunch

# 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!

## PLANT-BASED

All the dishes marked with PLANT-BASED 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 GLUTEN-FREE. 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 OILY FISH contains 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.

## 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 RAW FOOD are raw or have been dehydrated at a temperature below 48°C, in order to maintain all their nutritional properties intact

## F+K PROTEIN

All plant-based F+K PROTEINS are developed by our R&D team in our workshop.

## JOSPER

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.

\*We cannot guarantee the absence of cross contamination.  
If you're allergic or intolerant to any kind of food, please notify us immediately.

## STARTERS

# Let's get started!

## Sweet

**fluffy choco pancakes 11,95€**  
housemade plant-based nutella sauce +  
miso & almond salted caramel +  
strawberries + red berries.

GLUTEN-FREE

**açaí do brasil 8,95€**  
smoothie: banana + strawberries +  
cashew plant-based drink + agave syrup.  
topping: blueberries + seasonal fruits +  
crumble style granola + hemp seeds +  
goji berries.

\*peanut butter extra +0,50€

PLANT-BASED

GLUTEN-FREE

**royal coconut milk parfait 7,50€**  
housemade coconut plant-based yoghurt  
+ berry coulis + maple syrup + candied  
sesame + housemade granola + seasonal  
fruits + berries.

PLANT-BASED

GLUTEN-FREE

**healthy bakery assortment 13,95€**  
pink lady + moskito + matcha muffin +  
choco muffin.

PLANT-BASED

GLUTEN-FREE

## Veggies

**kale chips original recipe 4,50€**  
+ cashews + nutritional yeast + turmeric.

PLANT-BASED

GLUTEN-FREE

**grilled watermelon 6,50€**  
+ goat cheese + mizuna + marcona  
almonds + sweet mint sauce.

GLUTEN-FREE

JOSPER

**cantaloupe & sockeye tartar 11,95€**  
cantaloupe melon + alaskan wild salmon +  
avocado + semi-dried tomato + roe +  
tonkatsu sauce.

GLUTEN-FREE

OILY FISH

SPICY

**cbd bimi & roasted tomatoes 8,95€**  
+ 'crème fraîche' with fine herbs + cbd,  
lemongrass & ginger tincture.

PLANT-BASED

GLUTEN-FREE

JOSPER

## Good carbs

**\*classic avocado toast 6,50€**  
whole wheat sliced bread + lemon +  
cayenne pepper + flax + chia.

PLANT-BASED

**\*poke avocado toast 7,95€**  
whole wheat sliced bread + marinated  
alaskan wild salmon + raw onion +  
cucumber.

OILY FISH

\* toasts extras:

+ gluten-free bread +1,45€

+ poached organic blue egg +1,95€

+ scrambled organic blue egg + 1,95€

+ marinated alaskan wild salmon +2,45€

**scrambled savoury croissant 11,95€**  
+ creamy 'cheese' + organic scrambled  
eggs + spring onion + rocket + roasted  
tomatoes + green pesto.

**hummusissimo 14,95€**  
+ grilled 'chicken' + pickles + salad with  
braised grapes + pine nuts + creamy  
'cheese' & tahini sauce + housemade pita  
bread.

GLUTEN-FREE

PLANT-BASED

F-K PROTEIN

JOSPER

**crunchy yellowfin taco 5,50€**  
+ white cabbage + avocado + housemade  
spicy cocktail sauce.

GLUTEN-FREE

OILY FISH

SPICY

**crunchy salmon 5,50€**  
+ romaine lettuce + nori seaweed +  
tartare sauce with jalapeños.

GLUTEN-FREE

OILY FISH

SPICY

**crunchy hiramasa taco 5,50€**  
+ romaine lettuce + radishes + ponzu  
sauce + sweet wasabi sauce

GLUTEN-FREE

OILY FISH

SPICY

**crunchy taco assortment 15,50€**  
1 pc. yellowfin tuna + 1 pc. alaskan wild  
salmon + 1 pc. hiramasa.

GLUTEN-FREE

OILY FISH

SPICY

## MAINS

# Specialties

## Brunch specialties

### healthy veggie eggs benedict 14,95€

housemade english muffin + boletus edulis + spinach + plant-based truffled hollandaise sauce + roasted seasonal veggies.

JOSPER

### baobab benedict 14,95€

healthy bao + 'bbq pulled pork' jackfruit + organic poached eggs + peanuts + baobab's hollandaise plant-based sauce + chili jam.

GLUTEN-FREE

### healthy eggs royale 16,95€

housemade english muffin + marinated alaskan wild salmon + plant-based curry hollandaise sauce + roasted seasonal veggies.

OILY FISH

JOSPER

### shakshouka\* 13,95€

lebanese style tomato sauce + spinach + organic eggs + eggplant + spring onion + coriander + zhug yemení sauce + 5 cereals.

\*+housemade gluten-free bread +1,45€

## Salads & Bowls

### kale caesar 13,50€

romaine lettuce + 'chicken' + matured 'cheese' + croutons + plant-based caesar sauce.

PLANT-BASED

GLUTEN-FREE

F-K PROTEIN

JOSPER

### teresa's favourite kale salad 11,95€

avocado + cherry tomatoes + nori seaweed + mango + flax gomasio + chipotle vinaigrette.

PLANT-BASED

GLUTEN-FREE

### alaskan wild salmon & yellowfin tuna poke bowl 15,95€

+ black rice + white quinoa + avocado + wakame + fermented celery + kelp noodles + mango + miso-ginger sauce.

OILY FISH

GLUTEN-FREE

### alaskan wild salmon bibimbap 15,95€

black rice + crispy puffed rice + chinese cabbage + pear + pomegranate + seaweed caviar + spring onion + goma wakame seaweed + pickled daikon + furikake + gochujang mayonnaise.

OILY FISH

GLUTEN-FREE

SPICY

## Warm bowls

### japanese bowl 15,95€

black rice + quinoa + pulled jackfruit + vegetable, silken tofu & ackee scramble + yakiniku sauce + coriander.

PLANT-BASED

GLUTEN-FREE

SPICY

### yellowfin tuna bibimbap 15,95€

brown rice + organic poached egg + wakame seaweed + shiitake + gochujang sauce + bulgogi sauce.

GLUTEN-FREE

OILY FISH

SPICY

## MAINS

# Speci**lties**

## World pasta

### pad thai 14,50€

sautéed vegetables + 'chicken' + roasted peanuts + tamarind + pickled daikon + lime + coriander.

PLANT-BASED

GLUTEN-FREE

F+K PROTEIN

JOSPER

### betacarotene & turmeric cuores 14,50€

+ mild pumpkin sauce + macerated pear with beetroot + 'parmesan'.

PLANT-BASED

## US-Mex

### \*truffled mayo burger 15,95€

whole wheat spelt brioche with activated charcoal + 'cheddar' + sautéed mushrooms + roasted onion + spiced & roasted sweet potatoes with creamy 'cheese', tahini & aromatic herbs.

PLANT-BASED

F+K PROTEIN

JOSPER

### tacos al pastor 17,95€

pulled jackfruit + guacamole + pico de gallo + roasted pineapple + cashew & chipotle sour cream.

PLANT-BASED

GLUTEN-FREE

SPICY

### \*tuna wasabi burger 15,95€

whole wheat spelt brioche with activated charcoal + plant-based wasabi mayonnaise + spiced & roasted carrots.

OILY FISH

SPICY

JOSPER

### plant-based bbq ribs 19,95€

+ housemade barbecue sauce + grilled corn cob with lime & achiote 'butter'.

PLANT-BASED

GLUTEN-FREE

F+K PROTEIN

JOSPER

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

## Fish over charcoal

### bbq tamarind glazed dogfish & säams 17,95€

+ tamarind barbecue sauce + leaves of tudela buds + mint + lime + coriander + peanuts.

GLUTEN-FREE

OILY FISH

JOSPER

### salmon fishing in alaska 19,95€

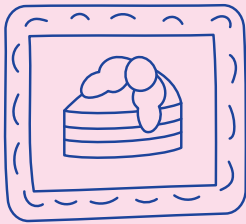
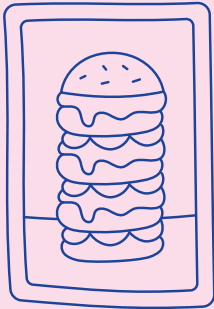
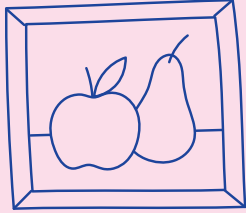
+ low temperature alaskan wild salmon + red quinoa & sautéed vegetables salad + citrus & herb sauce.

GLUTEN-FREE

OILY FISH

JOSPER

## MAINS



### Kids

**superkids burger 9,95€**  
+ organic ketchup + kale chips.

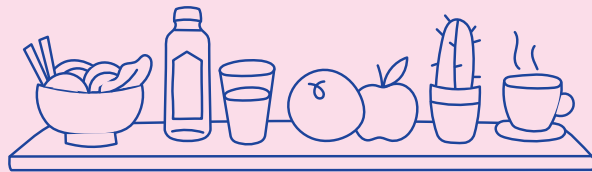
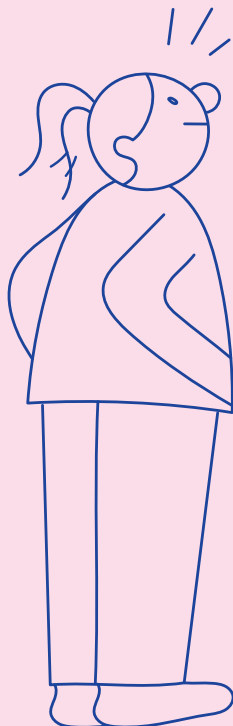
PLANT-BASED F+K PROTEIN JOSPER

**jack spaghettoni sparrow 9,95€**  
rice spaghetti + housemade tomato sauce + 'meatballs'.

PLANT-BASED GLUTEN-FREE F+K PROTEIN

**ninja nuggets 7,95€**  
baked 'chicken' nuggets + organic ketchup.

PLANT-BASED GLUTEN-FREE F+K PROTEIN



## DESSERTS

# Desserts

**brioche french toast 6,95€**  
+ coconut milk meringue with thai spices  
+ seasonal amazake cream +  
mango-cashew ice cream.

PLANT-BASED JOSPER

**chocolate & hazelnut mousse cake 6,95€**  
+ cocoa powder + red fruits.

PLANT-BASED GLUTEN-FREE

**two textures chocolate cake 6,95€**  
brownie + chocolate mousse + vanilla ice  
cream.

PLANT-BASED GLUTEN-FREE

**lemon pie 6,95€**  
lemon and yuzu cream + coconut and  
aquafaba cream.

PLANT-BASED GLUTEN-FREE

**'cheesecake' 6,95€**  
+ wild berries coulis.

PLANT-BASED GLUTEN-FREE

**cookies & passion fruit cake 6,95€**  
passion fruit and cashews mousseline +  
passion fruit gelée + cocoa nibs + matcha  
'mascarpone'.

PLANT-BASED GLUTEN-FREE

**carrot cake 6,95€**  
carrot & walnut cake + 'mascarpone'.

PLANT-BASED GLUTEN-FREE

**vanilla ice cream 6,50€**  
+ strawberries + raspberries + moskito +  
cacao nibs.

PLANT-BASED GLUTEN-FREE

**mango-cashew sundae 5,95€**  
+ coconut frosting + grated coconut.

PLANT-BASED GLUTEN-FREE

## DESSERTS

# Healthy indulgences

### moskito 3,50€

buckwheat flour + cashew mascarpone + plant-based chocolate cover.

PLANT-BASED

GLUTEN-FREE

### coco choco chia 3,50€

chia and coconut cream + almonds + raw chocolate.

PLANT-BASED

GLUTEN-FREE

### pink lady 3,50€

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

PLANT-BASED

GLUTEN-FREE

### energy spicy bar 2,50€

almonds + walnuts + raw cocoa + cayenne + pistachios + goji berries + chia + sesame.

PLANT-BASED

GLUTEN-FREE

### vegan cookie 3,50€

housemade cookie with raw chocolate chips and walnuts.

PLANT-BASED

GLUTEN-FREE

### maple-glazed doughnut 3,50€

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

GLUTEN-FREE

### cinnamon maca roll 3,50€

buckwheat flour + almonds + cinnamon + maca + 'mascarpone'

PLANT-BASED

GLUTEN-FREE

### ginger-turmeric doughnut 3,50€

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

GLUTEN-FREE

### housemade muffins 3,50€ / ut.

vegan pear-chocolate muffin  
buckwheat + caramelized pear + chocolate muffin.

quinoa-blueberry muffin  
quinoa and buckwheat + hazelnut cream + blueberries.

matcha muffin  
buckwheat and whole grain rice + almond cream + matcha tea + cacao nibs.

miso-ginger muffin  
buckwheat and whole grain rice + almond cream + coconut milk + ginger + miso.

chocolate & orange muffin  
buckwheat and whole grain rice + hazelnut cream + banana + cocoa + orange.

PLANT-BASED

GLUTEN-FREE

### superfood protein balls 2,00€ / ut.

raspberry & rice protein ball  
macadamia nuts + lyophilized raspberry + rice protein + cashews + dates + almonds.

matcha & pea protein ball  
tea matcha + pistachios + pea protein + cashews + dates + almonds.

orange & hemp protein ball  
orange + raw cocoa + walnuts + hemp protein + cashews + dates + almonds.

PLANT-BASED

GLUTEN-FREE