

FLAX+KALE



Drinks

Eat better 
Be happier 
Live longer 

**Welcome to the
fascinating
world of tasty +
healthy +
sustainable
food!**

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.

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

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

DRINKS

Komucha

symbiotic passion 4,95€
passion fruit + pineapple + bancha tea.

PLANT-BASED

dragon lemonade 4,95€
pitaya + lime + lemon.

PLANT-BASED

blue mojito 4,95€
yuzu + spirulina + mint.

PLANT-BASED

orange fantasy 4,95€
orange + lemon.

PLANT-BASED

mother africa 4,95€
ginger + hibiscus + orange.

PLANT-BASED

lemon fantasy 4,95€
lime + lemon.

PLANT-BASED

wonder berry 4,95€
raspberries + blueberries.

PLANT-BASED

kombucola 4,95€
secret formula.

PLANT-BASED

spicy girl 4,95€
lime-lemon + coriander + jalapeño.

PLANT-BASED

Cold pressed juices

green love 4,95€
apple + spinach + cucumber + lemon +
parsley + kiwi + ginger.

RAW FOOD PLANT-BASED GLUTEN-FREE

betacaroteno 4,95€
carrot + apple + coconut water + lemon.

RAW FOOD PLANT-BASED GLUTEN-FREE

green slim fit 4,95€
apple + spinach + fennel + rocket + celery
+ parsley + ginger + kiwi + lemon.

RAW FOOD PLANT-BASED GLUTEN-FREE

forever young 4,95€
carrot + apple + grape + pineapple +
orange.

RAW FOOD PLANT-BASED GLUTEN-FREE

green medicine 4,95€
pear + grapes + cucumber + spinach +
kale + parsley + kiwi + lemon.

RAW FOOD PLANT-BASED GLUTEN-FREE

passion grapefruit 4,95€
tangerine + apple + grapefruit +
strawberry + passion fruit + ginger.

RAW FOOD PLANT-BASED GLUTEN-FREE

DRINKS

my sweet horny 4,95€

pineapple + apple + passion fruit + aloe vera + maca.

RAW FOOD PLANT-BASED GLUTEN-FREE

detox 4,95€

carrot + lettuce + cucumber + beet + tomato + fennel + spinach + celery + kale.

RAW FOOD PLANT-BASED GLUTEN-FREE

virus killer 4,95€

pear + herbal infusion (thyme, lemon verbena, rock tea) + lemon + honey + ginger.

GLUTEN-FREE

digestive elixir 4,95€

osmotized water + lime + blueberries + maple syrup + activated charcoal.

PLANT-BASED GLUTEN-FREE

blue diamond 4,95€

apple + pineapple + pear + grape + ginger + lemon + spirulina.

RAW FOOD PLANT-BASED GLUTEN-FREE

energy boost 4,95€

osmotized water + cucumber + honey + lemon + orange water + flower pollen.

GLUTEN-FREE

the vegan vampire 4,95€

pear + beetroot + carrot + orange + pineapple + lemon + ginger.

RAW FOOD GLUTEN-FREE

Signature rec^{ipes}

bloody tere 4,95€

tomato + lemon + ginger + tabasco.

PLANT-BASED GLUTEN-FREE

Smoothies

antiox 4,95€

orange + kiwi + strawberry.

RAW FOOD PLANT-BASED GLUTEN-FREE

molokai 4,95€

apple + mango + banana + coconut water + spinach + kale + almond butter + basil + mint.

RAW FOOD PLANT-BASED GLUTEN-FREE

berlin 4,95€

orange + mango + strawberry + blueberries + beetroot + activated charcoal

RAW FOOD PLANT-BASED GLUTEN-FREE

Water

mineral natural water 500 ml. 1,95€

sparkling water 500 ml. 2,60€

DRINKS

Wellness elixirs

young coconut 5,95€
ask our staff to open it!

ginger shot 3,50€
100% cold-pressed ginger juice.

orange juice 4,50€

Frozen healthy smoothies

teresa's favourite smoothie 5,95€
housemade almond plant-based drink + strawberries + almond butter + agave syrup + vanilla.

PLANT-BASED GLUTEN-FREE

tropical superfoods 5,95€
coconut plant-based milk + banana + papaya + mango + pineapple + maca + goji berries + agave syrup.

PLANT-BASED GLUTEN-FREE

el cubanito smoothie 5,95€
coconut water + coconut plant-based milk + raw cocoa + banana + almonds + agave syrup.

PLANT-BASED GLUTEN-FREE

mango & cashew sundae 5,95€
plant-based mango and cashew ice cream + coconut frosting + grated coconut.

PLANT-BASED GLUTEN-FREE

the rejuvenator! 5,95€
orange juice + mango + pineapple + strawberries + açai + goji berries + chia + agave syrup.

PLANT-BASED GLUTEN-FREE

açaí do brasil 8,95€
smoothie: açai 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€

PLANT-BASED GLUTEN-FREE

Beer

caña estrella damm clásica
20 cl. 2,60€ | 33 cl. 3,10€

free damm 0% 25 cl. 3,10€

clara casera
20 cl. 2,60€ | 33 cl. 3,10€
beer with housemade lemon juice.

daura gluten-free 33 cl. 3,70€

inedit damm 4,75€
spiced malt and wheat beer.

DRINKS

Red wine

artuke

glass 4,50€ | bottle 17,50€
tempranillo + viura (artuke - d.o. rioja).

ECO

en el camino 22,50€

mencía (michelini i mufatto - d.o. bierzo).

ECO

rebeldes 18,50€

garnacha negra + syrah (bodega rebeldes - d.o. montsant).

ECO

habla del silencio 22,50€

syrah + cabernet sauvignon + tempranillo (habla - d.o. extremadura).

ECO

ser vivo y natural

glass 4,95€ | bottle 19,50€
tempranillo (hermanos páramo arroyo - d.o. ribera del duero).

ECO

fuera del rebaño crianza 33,50€

tempranillo (bodegas bilbainas - d.o. rioja).

ECO

tionio crianza 35,50€

tinta fina (tionio - d.o. ribera del duero).

ECO

microcósmico 21,50€

garnacha negra (bodegas frontonio - d.o. valdejalón).

ECO

Rosé wine

chivite

glass 4,50€ | bottle 19,50€
garnacha negra (las fincas - d.o. 3 riberas).

ECO

romance 20,50€

syrah + cinsault + garnacha negra (chateau de berne - d.o. côtes de provence).

ECO

Flax & Kale wine

blanco

glass 3,95€ | bottle 16,50€
garnacha blanca + chardonnay + muscat de frontignan (d.o. penedès).

ECO

tinto

glass 3,95€ | bottle 16,50€
tempranillo + garnacha negra (d.o. penedès).

ECO

DRINKS

Cava

clos de blancs

glass 4,50€ | bottle 19,50€

xarel·lo + macabeo + parellada (castelo de pedragosa - d.o. cava).

ECO

petit cuvée rosé

glass 4,95€ | bottle 21,50€

pinot noir + trepat (castelo de pedragosa - d.o. cava).

ECO

imperial gran reserva 30€

macabeu + xarel·lo + chardonnay (gramona - d.o. penedès).

ECO

White wine

perplejo

glass 4,50€ | bottle 18,50€

verdejo (alvarez y diez - d.o. rueda).

ECO

a coroa 20,50€

godello (a coroa - d.o. valdeorras).

ECO

ànec mut 19,50€

macabeu + chardonnay + malvasía (r. raventós - d.o. penedès).

ECO

terra de godos 21€

albariño (adega pedralonga - d.o. rías baixas).

ECO

casanova 19,50€

treixadura (pazo de casanova - d.o. ribeiro).

ECO

gessamí 21,50€

sauvignon blanc + muscat (gramona - d.o. penedès).

ECO

menade 20€

verdejo (menade - d.o. rueda).

ECO

menade sauvignon 23,50

sauvignon blanc (menade - d.o. castilla y león).

ECO

rebeldes blanco 20,50€

garnacha blanca + macabeo (bodega rebeldes - d.o. montsant).

ECO

DRINKS

Specialty coffee

espresso 1,90€
americano 1,90€
macchiato 2,10€
cappuccino 2,40€
latte 2,60€
flat white 2,60€
iced latte 3€

* extra coffee shot + 1,00€

Ask our staff for our plant-based drink options.

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.

Tea world

matcha latte 3,50€
iced matcha latte 3,95€
chai tea latte 3,50€
iced chai tea latte 3,95€
black chai 2,60€ ECO
green (sencha) 2,60€ ECO
red (pu erh) 2,60€ ECO
black (earl grey) 2,60€ ECO
rooibos 2,60€ ECO
masai masala rooibos 2,60€ ECO
digestive tea 2,60€ ECO

We trust Teterum for their organic and sustainable teas.