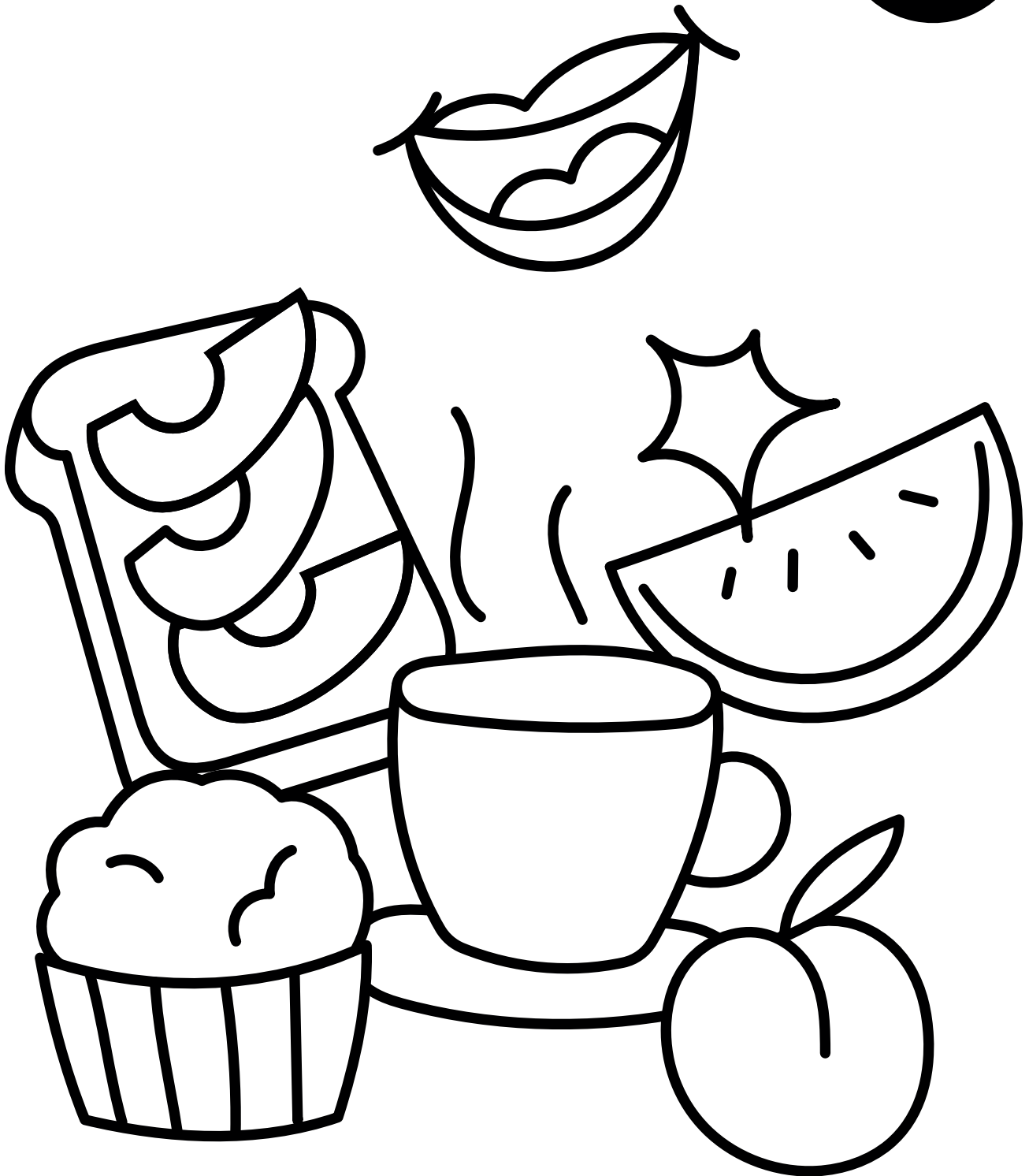


# FLAX+KALE

ENG



Breakfast

# 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 contains 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

## PROTEÍNA F+K

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.

# Breakfast

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## Savoury

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**\*classic avocado toast 3,95€**  
sliced bread with seeds + avocado + cayenne + flax + chia + sprouts.

PLANT-BASED

**Teresa Carles 'pantumaca' toast 2,95€**  
whole spelt bread + tomato + extra virgin olive oil.

PLANT-BASED

**hummus, avocado and poached egg toast 7,50€**  
+ tahini + fresh herbs + pistachio + zhug sauce.

**scandal scramble toast 6,95€**  
whole spelt bread with seeds + our scrambled eggs with vegetables + mushrooms + feta cheese.

**supreme sandwich 5,00€**  
+ mushrooms + herbed goat cheese spread.

**half supreme sandwich 2,50€**  
mushrooms + herbed goat cheese spread.

**shakshouka 5,95€**  
Lebanese-style tomato sauce + spinach + organic egg + eggplant + spring onion + coriander + yemeni zhug sauce + 5 grain bread

\*homemade gluten-free bread +1,45€

**croissant scramble 6,95€**  
whole spelt croissant + scrambled egg + tomato + basil + garlic + spring onion.

**croissant 2,50€**  
whole wheat spelt croissant.

\*margarine +0,50€  
\*red fruits coulis +0,50€  
\*agave syrup +0,50€

PLANT-BASED

**small tuna sandwich 4,95€**  
+ truffled mayonnaise + sun-dried tomatoes + basil + radish + micro mezclum.

## Sweet

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**peanut butter toast 4,95€**  
whole spelt bread with seeds + banana + strawberries + caramelized sesame seeds + pumpkin seeds.

PLANT-BASED

**seasonal fresh fruit salad 4,95€**  
assorted mix of seasonal fruits + chia +toasted coconut + orange juice.

PLANT-BASED GLUTEN-FREE

**homemade coconut yogurt parfait bowl 5,95€**  
+ homemade granola + maple syrup + berries.

PLANT-BASED GLUTEN-FREE

**choco chia pot 4,50€**  
banana + strawberries + kiwi + toasted sesame + chestnut amazake cream + cacao nibs.

PLANT-BASED GLUTEN-FREE

**açaí bowl 8,95€**  
smoothie: banana + strawberries + homemade cashew nut drink + agave syrup + toppings: blueberries + seasonal fruit + crumble style granola + hemp seeds + goji berries.

\*extra cashew butter 0,50€.

PLANT-BASED GLUTEN-FREE

# Healthy indulgences

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## moskito 3,50€

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

PLANT-BASED GLUTEN-FREE

## cinnamon maca roll 3,50€

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

PLANT-BASED GLUTEN-FREE

## pink lady 3,50€

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

PLANT-BASED GLUTEN-FREE

## maple-glazed doughnut 3,50€

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

GLUTEN-FREE

## ginger-turmeric doughnut 3,50€

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

GLUTEN-FREE

## coco choco chia 3,50€

chia and coconut cream + almonds + raw 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

## Housemade muffins

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PLANT-BASED GLUTEN-FREE

### vegan pear-chocolate muffin 3,50€

buckwheat + caramelized pear + chocolate muffin.

### quinoa-blueberry muffin 3,50€

quinoa and buckwheat + hazelnut cream + blueberries.

### matcha muffin 3,50€

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

### miso-ginger muffin 3,50€

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

### chocolate & orange muffin 3,50€

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

## Superfood protein balls

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PLANT-BASED GLUTEN-FREE

### raspberry & rice protein ball 2€

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

### matcha & pea protein ball 2€

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

### orange & hemp protein ball 2€

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

## BREAKFAST

# Specialty coffee

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

\* 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

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**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.

## DRINKS

# Cold-pressed juices

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### green love 4,95€

apple + spinach + cucumber + lemon + parsley + kiwi + ginger.

RAW FOOD PLANT-BASED GLUTEN-FREE

### green slim fit 4,95€

apple + spinach + fennel + rocket + parsley + ginger + kiwi + lemon.

RAW FOOD PLANT-BASED GLUTEN-FREE

### green medicine 4,95€

pear + grapes + cucumber + spinach + kale + parsley + kiwi + lemon.

RAW FOOD PLANT-BASED GLUTEN-FREE

### betacaroteno 4,95€

carrot + apple + coconut water + lemon.

RAW FOOD PLANT-BASED GLUTEN-FREE

### forever young 4,95€

carrot + apple + grape + pineapple + orange.

RAW FOOD PLANT-BASED GLUTEN-FREE

### passion grapefruit 4,95€

tangerine + apple + grapefruit + strawberry + passion fruit + ginger.

RAW FOOD PLANT-BASED GLUTEN-FREE

### bloody tere 4,95€

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

PLANT-BASED GLUTEN-FREE

### my sweet horny 4,95€

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

RAW FOOD PLANT-BASED GLUTEN-FREE

### virus killer 4,95€

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

GLUTEN-FREE

### blue diamond 4,95€

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

RAW FOOD PLANT-BASED GLUTEN-FREE

### the vegan vampire 4,95€

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

RAW FOOD PLANT-BASED GLUTEN-FREE

### detox 4,95€

carrot + lettuce + cucumber + beetroot + tomato + fennel + spinach + kale.

RAW FOOD PLANT-BASED GLUTEN-FREE

### digestive elixir 4,95€

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

PLANT-BASED GLUTEN-FREE

### energy boost 4,95€

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

GLUTEN-FREE

# Smoothies

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### antiox 4,95€

orange + kiwi + strawberry.

RAW FOOD PLANT-BASED GLUTEN-FREE

### berlin 4,95€

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

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

# Wellness elixirs

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### young coconut 5,95€

ask our staff to open it!

### orange juice 4,50€

### ginger shot 3,50€

100% cold-pressed ginger juice.

### housemade Lemonade slushy 4,50€

lemon juice + agave syrup + osmotized water.

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

surcharge terrace 10%

**Eat better**  
**Be happier**  
**Live longer**

**FLAX+KALE**