

FLAX & KALE

— street —

flexibowls

10.95€

ensaladas y pokes flexitarianos | salads & flexitarian pokes



kale caesar salad ^{PB | FS | N} | +1.00€

kale + lechuga romana + parmesano* *plant-based* + 'pollo'* *plant-based* + picatostes + salsa César *plant-based* + 'bacon' *plant-based*

kale + romaine lettuce + plant-based parmesa* + plant-based 'chicken'* + croutons + plant-based Caesar sauce + plant-based 'bacon'

tuna poke bowl ^{OF | 🌶️} | +3.00€

atún yellowfin + konjac + aguacate + wakame + nori + pepino en asazuke + chucrut de col lombarda + kale + mezclum + mayonesa de cayena

yellowfin tuna + konjac + avocado + wakame + nori + asazuke cucumber + red cabbage chucrut + kale + leafy greens + cayenne mayonnaise

salmon poke bowl ^{OF} | +3.00€

salmón salvaje de Alaska** + arroz negro + quinoa blanca + aguacate + wakame + apionabo fermentado + kelp noodles + mango + mezclum + salsa miso-ginger

Alaskan wild salmon** + black rice + white quinoa + avocado + wakame + fermented celery + kelp noodles + mango + leafy greens + miso-ginger sauce

flexiplates

13.95€

platos calientes flexitarianos | hot flexitarian dishes



jackfruit tacos al pastor ^{PB | FS | N | 🌶️} | +1.50€

tacos de maíz + jackfruit al pastor + guacamole + pico de gallo + piña asada + salsa sour con chipotle + cilantro + chips de kale

corn tacos + jackfruit al pastor + guacamole + pico de gallo + roasted pineapple + cilantro + sour sauce with chipotle + kale chips



salmon burger ^{FS | N | OF} | +3.00€

pan brioche casero + hamburguesa de salmón salvaje de Alaska** + mayonesa de mostaza y eneldo + boniato asado + chips de kale

housemade brioche bread + Alaskan wild salmon** burger + mustard and dill mayonnaise + roasted sweet potato + kale chips

PB plant-based | **RF** raw food | **FS** frutos secos **N** nuts
OF oily fish | 🌶️ **picante** spicy

TODOS LOS PLATOS SON GLUTEN-FREE
ALL DISHES ARE GLUTEN-FREE

*Todas las proteínas **plant-based** están desarrolladas por nuestro equipo de I+D+i y elaboradas en nuestro obrador.
All **plant-based** proteins are developed by our R&D team in our workshop.

El **salmón salvaje de Alaska se obtiene mediante pesca sostenible, ayudando a mantener la salud de nuestros océanos.
Our **Alaskan wild salmon** is obtained by sustainable fishing, which helps to keep our oceans' ecosystem healthy and strong.

 **TERESA CARLES**
HEALTHY FOODS

www.flaxandkale.com

@flaxandkale

Eat better > Be happier > Live longer