

If you're allergic or intolerant to any kind of food, please notify us immediately.

# FLAX & KALE

## PASSAGE

ENG

### TO NIBBLE & STARTERS

- ROASTED BONIATOS** | 2,50€  
roasted and spiced sweet potatoes
- ROASTED CARROTS** | 2,50€  
roasted and spiced carrots
- UMAMI ALMONDS** | 4,95€  
Marcona almonds + white miso + white sesame + black garlic + ginger
- KALE CHIPS ORIGINAL RECIPE** | 3,95€  
dehydrated kale + cashews + nutritional yeast + turmeric
- KALE CHIPS THAI STYLE** | 3,95€  
dehydrated kale + cayenne + Goji berries + ginger + cilantro + peanuts | 🌶️
- SALMON SUSHI SANDWICH** | 6,95€  
rice + marinated salmon + avocado + nori seaweed + seaweed caviar + miso-ginger sauce
- CRUNCHY YELLOWFIN TACO** | 4,95€  
crunchy nixtamalized corn taco + marinated yellowfin tuna dice + white cabbage + coriander + spring onion + housemade pink sauce with chipotle + avocado + sesame seeds | 🌶️
- CRUNCHY SALMON TACO** | 4,95€  
crunchy nixtamalized corn taco + marinated Alaskan wild salmon<sup>2</sup> dice + avocado + nori seaweed + romaine lettuce + tartare sauce with *jalapeños*
- CRUNCHY HIRAMASA TACO** | 4,95€  
crunchy nixtamalized corn taco + marinated hiramasa (kingfish) dice + radishes + romaine lettuce + dill + ponzu sauce + sweet wasabi sauce
- MANGO & AVOCADO TARTARE** | 9,95€  
mango + avocado + red onion + semi-dry tomato + seaweed caviar + white sesame + chives + tartare special dressing

### TO SHARE

- CRUNCHY TACOS ASSORTMENT** | 13,95€  
1 pc. crunchy yellowfin taco  
**NEW** 1 pc. crunchy salmon taco  
1 pc. crunchy hiramasa taco
- TENDER PEANUT BUTTER CAULIFLOWER** | 5,95€  
**NEW** super tender cauliflower + black garlic + ginger + peanut sauce
- KUALA LUMPUR'S STREET AUBERGINE** | 5,95€  
**NEW** miso marinated aubergine + yakiniku sauce
- JAFFA STREET CREAMY HUMMUS** | 5,95€  
**NEW** creamy hummus + housemade pita bread
- COCONUT SAVOURY YOGHURT** | 6,95€  
coconut yoghurt + hummus + crunchy chickpeas + veggie dips + housemade nixtamalized corn nachos + avocado

RF Raw food PB Plant-based GF Gluten-free OF Oily fish 🌶️ Spicy

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### SALADS

**TERESA'S FAVORITE KALE SALAD** | 11,95€  
kale + cherry tomatoes + avocado + mixed sprouts + nori seaweed + mango + radishes + chipotle vinaigrette | 🌿

**KALE CAESAR SALAD** | 9,95€  
kale + romaine lettuce + plant-based parmesan + it's plant-based 'chicken'<sup>1</sup> + croutons + plant-based Caesar sauce + plant-based 'bacon'

**MIDDLE-EASTERN SALAD** | 9,95€  
spinach + rocket + caviar lentils + roasted pumpkin + crispy tempeh + almonds + pomegranate + tahina vinaigrette

**SALMON POKE BOWL** | 12,95€  
Alaskan wild salmon<sup>2</sup> + black rice + white quinoa + avocado + wakame + fermented celery + kelp noodles + mango + leafy greens + miso-ginger sauce

**THAI** | 10,95€  
green papaya + daikon + carrot + fennel + cucumber + parsley + mint + coriander + basil + roasted peanuts + citric vinaigrette with *jalapeño* | 🌿

### TERESA'S SPECIALTIES

**BUTTERNUT SQUASH MALAYSIAN CURRY** | 14,00€  
pumpkin + broccoli + zucchini + mushrooms + turmeric curry sauce + peanuts + coconut yoghurt + cilantro + brown basmati rice | 🌿

**KONJAC RISOTTO** | 15,00€  
konjac + boletus edulis + spinach + green asparagus + artichoke + Alaskan wild salmon<sup>2</sup>

**MY VEGAN JAPANESE GIRLFRIEND BOWL** | 13,50€  
black rice + quinoa + 'bbq pulled pork' jackfruit + plant-based scrambled eggs + yakiniku sauce + coriander | 🌿🌿🌿

**SUPERFOOD PLANT-BASED DUMPLINGS** | 10,50€ / 6 UNITS  
'bbq pulled pork' jackfruit + truffled funghi + 'carn d'olla' plant-based | 🌿

**BAMBOO STEAMED ALASKAN SALMON** | 19,50€  
Alaskan wild salmon<sup>2</sup> + teriyaki sauce + wild herbs + edamame + black wild rice

**'BBQ PULLED PORK' BAO** | 4,00€ / UNIT  
healthy bao + jackfruit + red cabbage *sauerkraut* + peanuts + chili jam mayo + cilantro | 🌿

**DOUBLE CHEEZBURGER** | 13,95€  
housemade bread + double it's plant-based 'hamburger'<sup>1</sup> + housemade bbq sauce + pickled cucumber + double it's plant-based cheddar + roasted sweet potatoes

**SALMON MINI BURGERS** | 16,95€  
housemade bread with beetroot + Alaskan wild salmon<sup>2</sup> burger patties (3 pcs.) + roasted sweet potato + plant-based mayonnaise with old style mustard

**RAMEN YA-TERE** | 12,95€  
housemade ramen broth + buckwheat soba noodles + plant-based chashu (nori seaweed, pulled jackfruit)<sup>1</sup> + young coconut 'bacon' + roasted pumpkin + oyster mushroom + nori seaweed + wakame seaweed + watermelon radish + toasted sesame

**'CHICKEN' PAD THAI** | 12,95€  
rice spaghetti + shiitake + carrot + it's plant-based 'chicken'<sup>1</sup> + soybean sprouts + roasted peanuts + pickled daikon + housemade pad thai sauce + spring onion + lime + coriander

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### HEALTHY PIZZA



**FOCACCIA** | 5,95€



**MARINARA** | 10,50€  
San Marzano tomato + garlic + oregano +  
Teresa's Juicery Green Olive Oil



**MARGHERITA** | 11,50€  
San Marzano tomato + plant-based mozzarella  
+ basil



**BARBECUE** | 15,00€  
housemade barbecue sauce + San Marzano  
tomato + plant-based mozzarella +  
it's plant-based 'meat'<sup>1</sup> + red onion +  
sweet corn + broccoli + *jalapeño* | 🌶️



**TRUFFLE & FUNGHI** | 15,50€  
coconut cream + wild herbs (*pizza bianca*)



**JB** | 11,50€  
dried tomato + fresh spinach + plant-based  
mascarpone



**PLANT-BASED QUATTRO** | 15,00€  
San Marzano tomato + plant-based cheddar +  
plant-based blue cheese + plant-based  
mozzarella + *parmigiano teresiano*

### DESSERTS



**WHITE MISO-GINGER CHEESECAKE**<sup>1</sup> | 6,00€  
cashews + white miso + ginger + activated  
carbon and dates jam



**TWO TEXTURES CHOCOLATE CAKE** | 6,00€  
brownie + chocolate mousse + chocolate sauce



**TERESA'S MATCHA CHEESECAKE** | 5,95€  
matcha tea + cashews + coconut cream + crunchy  
gluten-free base with almonds & walnuts



**CHOCO BANANA CAKE** | 6,00€  
chocolate cake + banana + walnuts



**COOKIES & PASSIONFRUIT CAKE** | 4,95€  
cookie base + passionfruit and cashews  
mouseline + passionfruit gelée + cocoa nibs +  
matcha mascarpone



**MANGO PASSION YOGHOURT** | 7,95€  
mango & cashews housemade yogurt + coconut cream



**FRESH YOUNG COCONUT** | 6,50€  
coconut ice cream + pieces of pineapple & mango  
+ Choco Ginseng Don E.T + toasted coconut  
topping



**ALMOND & SWEET POTATO** | 6,50€  
almond & sweet potato ice cream + pieces of  
strawberry & grape + Ginger Turmeric  
Doughnut + gluten-free crumble topping



**TOASTED HAZELNUTS** | 6,50€  
hazelnut ice cream + pieces of mango & grape +  
galleta Princesa del Bell-lloc + hazelnuts & raw  
cocoa nibs topping



**MATCHA!** | 6,50€  
matcha tea ice cream + pieces of banana &  
raspberry + Coco Choco Chia Bar + chia &  
pumpkin seeds topping



**CASHEW CHOCO** | 6,50€  
chocolate ice cream + pieces of papaya &  
strawberry + Pink Lady + coconut & Goji berries  
topping



**VAINILLA MARCONA** | 6,50€  
vanilla ice cream + pieces of strawberry +  
Moskito + pumpkin seeds & freeze-dried  
raspberries topping

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AVAILABLE ONLY ON WEEKENDS

### WEEKEND BRUNCH



**AVOCADO TOAST 2.0** | 5,95€  
housemade sliced bread + avocado + açai sauce + yuzu sauce + pistachios + nutritional yeast + watermelon radish

#### \* TOASTS EXTRAS

- *gluten-free bread* | +1,45€
- *free range poached egg* | +1,95€
- *free range scrambled egg* | +1,95€
- *marinated Alaskan wild salmon<sup>2</sup>* | +2,45€



**THE SCANDAL SCRAMBLE** | 9,00€  
scrambled eggs + mushrooms + spinach + tomato + feta cheese + carrot + young garlic



**THE PLANT-BASED SCANDAL SCRAMBLE** | 11,00€  
mushrooms + spinach + tomato + carrot + young garlic + ackee + silken tofu + Kala Namak salt



**BAO BAB BENEDICTS** | 12,50€  
healthy bao + 'bbq pulled pork' jackfruit + poached eggs + peanuts + baobab's hollandaise plant-based sauce + chili jam | 🌶️

Do you want to have the menu on your mobile?

Scan the code or enter:  
[www.flaxandkale.com](http://www.flaxandkale.com)



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### KOMBUCHA (400 ml.)

**SYMBIOTIC PASSION** | 4,95€  
passion fruit + pineapple + bancha tea

**BLUE MOJITO** | 4,95€  
yuzu + spirulina + mint

**MR. BARRI** | 4,95€  
raspberry + strawberry + camu-camu

**VIRUS KILLER** | 4,95€  
wild herbs + honey

**MOTHER AFRICA** | 4,95€  
ginger + hibiscus + orange

**MASALA CHAI** | 4,95€  
garam masala + ginger

*Do not shake | Not recommended for children under 10  
Not recommended for pregnant women or  
during the breastfeeding period*

### PLANT-BASED DRINKS (250 ml.)

**COCO MASALA CHAI** | 3,95€  
purified water + almonds + coconut sugar +  
young coconut meat + ginger + cardamom +  
cinnamon + aniseed + pepper + vanilla +  
himalayan salt + clove

**MISS AVENA AVELLANA  
MERENGADA** | 3,95€  
purified water + gluten-free oats + hazelnuts +  
agave syrup + lemon zest + cinnamon

**CASHEW CHOCO SHAKE** | 3,95€  
purified water + cashews + agave syrup + raw  
cocoa + coconut sugar + vainilla

**PARTY RECOVERY** | 3,95€  
purified water + strawberry + young coconut  
water + agave syrup + cashew + hemp seeds +  
beetroot

**TURMERIC CHAI** | 3,95€  
purified water + almonds + maple syrup +  
turmeric + young coconut meat + ginger +  
cinnamon + aniseed + vanilla essence +  
cardamom + pepper + himalayan salt + clove

### COLD-PRESSED JUICES (400 ml.)

**GREEN LOVE** | 4,95€  
apple + spinach + cucumber + ginger + celery +  
yellow kiwi + lemon

**GREEN SLIM FIT** | 4,95€  
apple + spinach + fennel + ginger + rocket +  
celery + yellow kiwi + parsley + lemon

**GREEN MEDICINE** | 4,95€  
pear + grape + cucumber + spinach + kale +  
parsley + yellow kiwi + dandelion + lemon

**β CAROTENO** | 4,95€  
carrot + apple + coconut water + lemon juice +  
yellow kiwi

**FOREVER YOUNG** | 4,95€  
carrot + orange + grape + pineapple + yellow  
kiwi + turmeric + lime + lucuma

**PASSION GRAPEFRUIT** | 4,95€  
apple + tangerine + grapefruit + strawberry +  
passion fruit + ginger

**MY SWEET HORNY** | 4,95€  
pineapple + apple + aloe vera + passion fruit + maca

**VIRUS KILLER** | 4,95€  
pear + lemon + osmotized water + ginger +  
honey + echinacea + thyme

**BLUE DIAMOND** | 4,95€  
pineapple + pear + grapes + apple + coconut  
water + yellow kiwi + ginger + lime + mint +  
spirulina

**THE VEGAN VAMPIRE** | 4,95€  
pear + beetroot + carrot + orange + pineapple +  
lemon + ginger

**DETOX** | 4,95€  
carrot + tomato + lettuce + beetroot + cucumber  
+ fennel + spinach + celery + kale

**DIGESTIVE ELIXIR** | 4,95€  
osmotized water + lime + cranberries + maple  
syrup + activated charcoal

**ENERGY BOOST** | 4,95€  
osmotized water + cucumber + lemon + honey  
+ orange blossom water + bee pollen

**SEASONAL JUICE** | 4,95€  
*ask our staff and let yourself be surprised by  
its taste!*

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## SMOOTHIES (400 ml.)

RF | PB | GF | OF  
**ANTIOX** | 4,95€  
orange + kiwi + strawberry

RF | PB | GF | OF  
**BERLÍN** | 4,95€  
orange + mango + strawberry + cranberries +  
beetroot + activated charcoal

RF | PB | GF | OF  
**MOLOKAI** | 4,95€  
mango + coconut water + apple + banana +  
almond butter + spinach + kale + lemon +  
**NEW** basil + mint

## FROZEN HEALTHY SMOOTHIES

RF | PB | GF | OF  
**TERESA'S FAVORITE SMOOTHIE** | 5,95€  
housemade almond plant-based milk +  
strawberries + almond butter + agave syrup +  
vanilla

RF | PB | GF | OF  
**GREEN SMOOTHIE** | 5,95€  
coconut water + coconut plant-based milk +  
kale + melon + apple + spinach + basil + almond  
butter + linen seed + agave syrup

RF | PB | GF | OF  
**BATIDO EL CUBANITO** | 5,95€  
coconut water + coconut plant-based milk +  
raw cocoa + banana + almonds + agave syrup

RF | PB | GF | OF  
**THE REJUVENATOR!** | 5,95€  
orange juice + mango + pineapple +  
strawberries + açai + Goji berries + chia + agave  
syrup

RF | PB | GF | OF  
**TROPICAL SUPERFOODS** | 5,95€  
coconut plant-based milk + banana + papaya +  
mango + pineapple + maca + Goji berries +  
agave syrup

RF | PB | GF | OF  
**HEALTHY FRAPPEMOCHA** | 5,95€  
housemade almond plant-based milk + coffee +  
young coconut meat + dates + raw cocoa +  
agave syrup

## WELLNESS ELIXIRS

**PURIFIED WATER** | 1,95€  
osmosis purified and alkalized low mineral water  
(8pH min.)

**VICHY CATALÁN** | 2,50€

**WHOLE YOUNG COCONUT** | 5,95€  
*ask our staff to open it for you!*

**HOUSEMADE LEMONADE SLUSHY** 500ML | 4,50€  
lemon juice + agave syrup + osmotized water

**GINGER SHOT** 50ML | 3,50€  
100% cold-pressed ginger juice

**ORANGE JUICE** | 4,50€

## TEA WORLD

*\*contains nuts*

**MATCHA LATTE** | 3,50€

**CHAI TEA LATTE** | 3,50€

**BLACK CHAI** | ECO | 2,50€

**GREEN (SENCHA)** | ECO | 2,50€

**RED (PU ERH)** | ECO | 2,50€

**BLACK (EARL GREY)** | ECO | 2,50€

**ROOIBOS** | ECO | 2,50€

**ROOIBOS MASAI MASALA\*** | ECO | 2,50€

**DIGESTIVE TEA** | ECO | 2,50€

## SPECIALTY COFFEE

*extra shot: +0,50€*

**ESPRESSO / BLACK** | 1,80€  
18 ml. of coffee in a cup (9 g. coffee)

**MACCHIATO** | 2,00€  
40 ml. of milk\* + 18 ml. of coffee in a cup (9 g. coffee)

**CAPUCCINO** | 2,30€  
120 ml. of milk\* + 18 ml. of coffee in a cup (9 g. coffee)

**LATTE** | 2,50€  
225 ml. of milk\* + 18 ml. of coffee in a cup (9 g. coffee)

**FLAT WHITE** | 3,30€  
100 ml. of milk\* + 36 ml. of coffee in a cup (9 g. coffee)

*\* Replace it with a plant-based drink (soja / oat-coconut /  
hazelnuts or almond-cashews):*

macchiato: +0,25€ | capuccino: +0,50€ | latte: +0,75€

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## CAVA



<b>ROVELLATS BRUT</b> <i>Rovellats (Penedès)</i>	4,00€	17,95€
<b>ROVELLATS ROSÉ</b> <i>Rovellats (Penedès)</i>	5,00€	20,95€
<b>IMPERIAL GRAN RESERVA</b>   ECO <i>Gramona (Penedès)</i>		25,95€

## BEER

20 CL. 33 CL.

<b>CAÑA ESTRELLA DAMM CLÁSICA</b>	2,50€	3,00€
<b>CLARA HOUSEMADE</b> beer with housemade lemon juice	2,50€	3,00€
<b>INEDIT DAMM</b>		4,75€
<b>FREE DAMM</b>		3,00€
<b>DAURA GLUTEN-FREE</b>		3,60€

## TERESA'S WINE HOUSE



<b>WHITE</b> chardonnay + gewürztraminer	3,50€	14,95€
<b>ROSÉ</b> syrah	3,50€	14,95€
<b>RED</b> merlot + tempranillo + cabernet sauvignon	3,50€	14,95€

## ROSÉ WINE



<b>LA MAR DE ROSA</b>   ECO lledoner   <i>Wineissocial (D.O. Empordà)</i>	4,25€	16,95€
<b>ROSAT</b>   ECO garnacha negra   <i>Herència Altés (D.O. Terra Alta)</i>		16,95€



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## WHITE WINE



<b>CURIÓS</b>   ECO xarel·lo   <i>Albet i Noya (D.O. Penedès)</i>	4,25€	16,95€
<b>PERPLEJO</b>   ECO verdejo   <i>Wineissocial (D.O. Rueda)</i>	4,25€	17,95€
<b>ÓNRA</b>   ECO   BIODYNAMIC garnacha blanca + chenin blanc + sauvignon blanc   <i>La Gravera</i> (D.O. Costers del Segre)		18,95€
<b>CASANOVA</b>   ECO treixadura   <i>Pazo de Casanova (D.O. Ribeiro)</i>		18,95€
<b>HONEYMOON</b>   ECO parellada   <i>Parés Baltà (D.O. Penedès)</i>		19,95€
<b>VORA LA MAR</b>   ECO pansa blanca   <i>Alta Alella (D.O. Alella)</i>		19,95€
<b>MENADE</b>   ECO verdejo   <i>Menade (D.O. Rueda)</i>		19,95€
<b>GESSAMÍ</b>   ECO sauvignon blanc + muscat   <i>Gramona</i> (D.O. Penedès)		19,95€
<b>MENADE SAUVIGNON</b>   ECO sauvignon blanc   <i>Menade</i> (D.O. Castilla y León)		22,95€

  

<b>RED WINE</b>	
<b>CURIÓS</b>   ECO ull de llebre   <i>Albet i Noya (D.O. Penedès)</i>	4,25€ 16,95€
<b>ARTUKE</b>   ECO tempranillo + viura   <i>Artuke (D.O. Rioja)</i>	4,25€ 16,95€
<b>LLEDONER DEL NORD</b>   ECO garnacha negra   <i>Wineissocial</i> (D.O. Empordà)	17,95€
<b>REBELDES</b>   ECO garnacha negra + syrah   <i>Wineissocial</i> (D.O. Montsant)	17,95€
<b>MAS PETIT</b>   ECO   BIODYNAMIC cabernet sauvignon + garnacha   <i>Parés Baltà</i> (D.O. Penedès)	18,95€
<b>SER VIVO Y NATURAL</b>   ECO   NATURAL tempranillo   <i>Hermanos Páramo Arroyo</i> (D.O. Ribera del Duero)	18,95€
<b>CUCA DE LLUM</b>   ECO   NATURAL trepat   <i>Succès (D.O. Conca de Barberà)</i>	19,95€
<b>HABLA DEL SILENCIO</b>   ECO syrah + cabernet sauvignon + tempranillo <i>Habla (D.O. Extremadura)</i>	21,95€