

Christmas Tasting menu

2020

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FLAX & KALE



group menu  
Christmas 2020

# FLAX & KALE

## PASSAGE

30€  
PERSON

*Welcome glass of cava with kale chips*

### STARTERS to share

**Mango & avocado tartare** <sup>RF|PB|GF</sup> mango + avocado + red onion + semi-dry tomato + seaweed caviar + white sesame + chives + tartare special dressing

**Kuala Lumpur's Street aubergine** <sup>PB|GF</sup> miso marinated aubergine + yakiniku sauce

**'Bbq pulled pork' bao** <sup>PB|GF</sup> 🌿 healthy bao + jackfruit + red cabbage sauerkraut + peanuts + chili jam mayo + cilantro

### MAIN COURSES choose one

**Bamboo steamed Alaskan salmon** <sup>GF|OF</sup> Alaskan wild salmon<sup>2</sup> + teriyaki sauce + wild herbs + edamame + black wild rice

**Butternut squash Malaysian curry** <sup>PB|GF|🌿</sup> pumpkin + broccoli + zucchini + mushrooms + turmeric curry sauce + peanuts + coconut yoghurt + cilantro + brown basmati rice

**Konjac risotto** <sup>GF|OF</sup> konjac + boletus edulis + spinach + green asparagus + artichoke + Alaskan wild salmon<sup>2</sup>

**'Chicken' pad Thai** <sup>PB|GF</sup> 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

### DESSERTS

**Healthy indulgences mix** <sup>PB|GF</sup>

### INCLUDES

One bottle of wine (3 pax)

Purified water

Coffee

Whole grain multicereal bread

### Reservation

935 240 052 | reservas@teresacarles.com

St. Pere més alt 31 - 33, Barcelona

[www.flaxandkale.com](http://www.flaxandkale.com)

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

<sup>1</sup> All plant-based proteins are developed by our R&D team in our workshop.

<sup>2</sup> Our Alaskan wild salmon is obtained by sustainable fishing, which helps to keep our oceans' ecosystems healthy and strong.

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## PASSAGE

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### CHRISTMAS LUNCH /DINNER MENU

*(closed on Christmas Eve & Christmas Day)*

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### RESERVATIONS

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1. Go to our [online](#) reservation platform.
2. Select the number of [guests](#).
3. Choose an available [day and hour](#):

Monday to Sunday: from 12h to 15h  
from 19h to 21h

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Menu available only for groups of [more than 6 people](#).  
We will contact you to confirm the reservation.

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If you have any doubt, please contact us via email or phone:  
[passage@teresacarles.com](mailto:passage@teresacarles.com) / Flax & Kale: 935 24 00 52

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Eat better > Be happier > Live longer

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