

# Eat better Be happier Live longer



FLAX&KALE is a Healthy Flexitarian Restaurant. All the dishes are designed not only to maximize the organoleptical 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!*



The enzymes and vitamins are sensitive to temperatures above 48°C, dying above 54°C. That's why all the dishes marked with **RF** are raw or have been dehydrated at a temperature below 48°C, in order to maintain all their nutritional properties intact.



All the dishes marked with **PB** 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.



Every gluten-free dish is marked with **GF**. This means that all these dishes are flour free or contain other kinds of gluten-free flours (quinoa, almond, buckwheat, coconut...).



Dishes marked with **OF** contain oily fish. Those fish contain big amounts of omega-3 essential fatty acids and its nutritional benefits have been widely proved.

**FLAX & KALE**  
—→ CUINA FLEXITERIANA ←—

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

# TO NIBBLE & STARTERS



**KALE CHIPS ORIGINAL RECIPE** | 3,95€  
dehydrated kale + cashews + nutritional yeast + turmeric



**KALE CHIPS THAI STYLE** | 3,95€  
dehydrated kale + cayenne + Goji berries + ginger + coriander + peanuts | 🌶️



**UMAMI MARCONA** | 4,95€  
marcona almonds + white miso + white sesame + black garlic + ginger



**GRILLED WATERMELON** | 4,95€  
grilled watermelon + goat cheese + mizuna + mustard leaves + marcona almonds + sweet mint sauce



**SALMON SASHIMI TOAST** | 8,95€  
5 cereals whole grain spelt bread\* + green peas cream + Alaskan wild salmon<sup>2</sup> sashimi + mint + grated lemon zest | \*housemade gluten-free bread (+ 1,45€)



**FUNGHI COCONUT TOAST** | 7,95€  
5 cereals whole grain spelt bread\* + seasonal funghi mix toast + white wine + coconut cream + thyme + black truffle | \*housemade gluten-free bread (+ 1,45€)



**GREEK STYLE TOAST** | 8,95€ **NEW**  
5 cereals whole grain spelt bread\* + tarama of mackerel roe + seaweed caviar + beetroot cured Alaskan wild salmon<sup>2</sup> gravlax | \*housemade gluten-free bread (+ 1,45€)



**MANGO & AVOCADO TARTARE** | 9,95€  
mango + avocado + red onion + semi-dry tomato + seaweed caviar + white sesame + chive + tartare special dressing



**TERESA'S PALEO BREAD** | 7,95€  
housemade paleo bread (almond flour + potato starch + pumpkin seeds + dried tomatoes + carrot + zucchini + basil + egg) + 'No Matter with our Batter' (housemade marcona almonds butter + coconut oil + chive) + housemade grape chutney with a touch of thyme

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

<sup>2</sup> Our Alaskan wild salmon comes from sustainable fishing, which helps to keep healthy our oceans' ecosystems.

# TO NIBBLE & STARTERS

RF | PB  
GF | OF

## CRUNCHY YELLOWFIN TACO | 4,95€

nixtamalized corn flour crunchy tortilla + marinated yellowfin tuna dice + white cabbage + coriander + spring onion + housemade cocktail sauce with chipotle + avocado + sesame seeds | 🌶️

RF | PB  
GF | OF

## CRUNCHY SALMON TACO | 4,95€

nixtamalized corn flour crunchy tortilla with beetroot + marinated Alaskan wild salmon<sup>2</sup> dice + avocado + nori seaweed + romaine lettuce + tartare sauce with *jalapeños*

RF | PB  
GF | OF

## CRUNCHY HIRAMASA TACO | 4,95€

nixtamalized purple corn flour crunchy tortilla + marinated hiramasa (kingfish) dice + radishes + romaine lettuce + dill + ponzu sauce + sweet wasabi sauce | 🌶️

# SHARING COURSES

RF | PB  
GF | OF

## LEBANESE MEZZE FEST! | 19,95€

rainbow lebanese hummus (original + blue spirulina + turmeric + beetroot) + crunchy chickpeas + pita bread focaccia style + crispy breadsticks with chia seeds + it's plant-based 'meatballs'<sup>1</sup> + it's plant-based 'moorish'<sup>1</sup> skewers + roasted grapes + ras el hanout olives + baked mushrooms + raw vegetable crudités

RF | PB  
GF | OF

## CRUNCHY TACOS ASSORTMENT | 13,95€

1 pc. crunchy yellowfin taco + 1 pc. crunchy salmon taco + 1 pc. crunchy hiramasa taco

RF | PB  
GF | OF

## NACHOS SUPREMOS | 12,95€

housemade nixtamalized corn nachos + guacamole + tomato + *jalapeño* + sweet corn + *it's plant-based 'meat'*<sup>1</sup> + melted cheese *it's plant-based cheddar* style | 🌶️

NEW

# SOUPS & CREAMS

RF | PB  
GF | OF

## KALE DREAM CREAM | 7,95€

leek + onion + potato + kale + thyme + kale chips

RF | PB  
GF | OF

## TERESA'S ORIGINAL GAZPACHO | 7,95€

tomato + cucumber + green pepper + garlic + onion + olive oil + cumin

NEW

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# LEAFY GREENS



## TERESA'S FAVORITE KALE SALAD | 11,95€

kale + cherry tomatoes + avocado + mixed sprouts + nori seaweed + mango + radishes + chipotle vinaigrette | 🌶️



## KALE CAESAR SALAD | 11,95€

NEW

kale + romaine lettuce + plant-based parmesan + it's plant-based 'chicken'<sup>1</sup> + croutons + plant-based 'bacon'<sup>1</sup> + plant-based Caesar dressing



## YELLOWFIN TUNA & SALMON POKE BOWL | 15,95€

yellowfin tuna + Alaskan wild salmon<sup>2</sup> + black rice + white quinoa + avocado + wakame seaweed + fermented celery + kelp noodles + edamame + leafy greens + miso-ginger dressing



## MYKONOS SALAD | 11,95€

NEW

spinach + rocket + cherry tomatoes + Kalamata olives + feta cheese + capers + croutons + pine nuts + *za'atar* vinaigrette



## ROASTED ROOTS & AVOCADO SALAD | 11,95€

NEW

roasted and spiced beets and carrots + grilled red onion + avocado + roasted grapes + goat cheese + rocket + mustard and honey vinaigrette



## RAW SUPER BOWL | 13,95€

leafy greens + coleslaw raw hummus + orange betacarotene hummus + zucchini tagliatelle with turmeric pesto + cucumber asazuke + cherry tomatoes with basil pesto + cucumber asazuke + cherry tomatoes with basil pesto + pickled red cabbage + sprouts

# HEALTHY PASTA



## SUPERTAGLIATELLE | 15,95€

supertagliatelle with spirulina + Alaskan wild salmon<sup>2</sup> dice + kale pesto + parmesan cheese



## 'CHICKEN' PAD THAI | 12,95€

NEW

rice tagliatelle + shiitake + carrot + it's plant-based 'chicken'<sup>1</sup> + soybean sprouts + roasted peanuts + pickled daikon + housemade pad thai sauce + spring onion + lime + coriander



## ORANGE IS THE NEW HEALTHY CUORE | 12,95€

spelt & turmeric ravioli filled with betacarotenes (carrot, sweet potato, pear, maca, nutritional yeast, almonds flour) + pumpkin soft sauce + macerated pear + beetroot + plant-based parmesan cheese

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# RAW MAIN COURSES



## RAW VEGAN LASAGNA | 13,95€

raw zucchini + fresh tomatoes and dried tomatoes sauce + baby spinach + cashews and macadamia cheese + basil pesto



## RAW ZUCCHINI BLOSSOMS | 13,95€

raw zucchini blossoms filled with cashews and macadamia cream, dried tomato and basil + green peas + green beans + carrot + corn + guacamole + *pico de gallo* + *salmorejo* + Goji berries + radishes

# TERESA'S SPECIALITIES



## SALMON FISHING IN ALASKA | 19,95€

slow-baked Alaskan wild salmon<sup>2</sup> + quinoa salad + citrus and Algerri herbs sauce



## TUNA LOVES WASABI BURGER | 14,95€

whole grain spelt bread\* with activated charcoal and sesame seeds + tuna burger patty with chive, ginger and wasabi mayonnaise + roasted carrots  
\*housemade gluten-free bread (+ 1,45€)



## SALMON MINI BURGERS | 16,95€

spelt brioche bread\* with cold-pressed beetroot + Alaskan wild salmon<sup>2</sup> burger patties (3 pcs.) + roasted sweet potato + plant-based mayonnaise with old style mustard | \*housemade gluten-free bread (+ 1,45€)



## OMG! BIG FLAX BURGER | 14,95€

spelt brioche bread\* + omg! plant-based hamburger<sup>1</sup> + special 'Big Flax' sauce + pickled cucumber + kale + tomato + plant-based cheddar + grilled red onion + roasted sweet potatoes + kale chips | \*housemade gluten-free bread (+ 1,45€)



## NO DIGAS TACOS | 17,95€

nixtamalized corn tacos\* (6 pcs.) + the genuine guacamole + sautéed eggplant, shiitake and white cabbage + *pico de gallo* + cashews & chipotle sour cream  
\*add an extra taco (+0,50€)



## TACOS AL PASTOR | 17,95€

nixtamalized corn tacos\* (6 pcs.) + jackfruit 'pork' + guacamole + lime + coriander + *pico de gallo* + cashew & chipotle sour cream  
\*add an extra taco (+0,50€)

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# TERESA'S SPECIALITIES



## TERESIA COCOSEPIA'S BLACK RICE | 15,95€

thai black rice + edamame + nuts + young coconut meat + black garlic  
+ wild herbs + green peas and chlorella *allioli*



## BUTTERNUT SQUASH MALAYSIAN CURRY | 15,95€

pumpkin + broccoli + zucchini + mushrooms + turmeric curry sauce+ peanuts  
+ coconut yogurt + coriander + brown basmati rice | 🌶️



## CREAMY RICE WITH SPIRULINA, SALICORNIA AND SALMON WINGS | 17,95€

NEW

brown rice + blue fish broth + fresh spirulina paste + anchovy garum  
+ salicornia + Alaskan wild salmon<sup>2</sup>



## LOW CARBS RISOTTO & YELLOWFIN TUNA | 16,95€

konjac and huitlacoche risotto + yellowfin tuna + teriyaki sauce  
+ black and white sesame + kale + yellow pepper emulsion



## DOUBLE BLACK COD | 25,95€

miso marinated black cod + bok choy + shiitake + oyster mushroom  
+ Teresa's special black garlic dashi

# WEEKEND BRUNCH

ONLY AVAILABLE ON WEEKEND



## CLASSIC AVO TOAST\* | 4,95€

whole wheat sliced bread + avocado + lemon + cayenne pepper + flax + chia



## POKE AVO TOAST\* | 5,95€

whole wheat sliced bread + avocado + cucumber + marinated Alaskan wild  
salmon<sup>2</sup> + raw onion

### \* 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€

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# WEEKEND BRUNCH

ONLY AVAILABLE ON WEEKEND

RF | PB  
GF | OF

## AÇAÍ BOWL | 8,95€

SMOOTHIE: *açaí do Brasil* + banana + strawberries + cashew plant-based drink + agave syrup

TOPPING: blueberries + watermelon + housemade brasilian chestnuts crumble + hemp seeds + Goji berries

RF | PB  
GF | OF

## ROYAL COCONUT MILK PARFAIT | 6,95€

housemade coconut plant-based yoghurt + housemade granola + seasonal fruits + berries

RF | PB  
GF | OF

## SCANDAL SCRAMBLE | 9,95€

scrambled free range eggs\* + assorted mushrooms + spinach + tomato + green garlic + feta cheese + carrots + 6 cereals whole wheat bread\*

\*only egg whites (+ 1,95€)

\*housemade gluten-free bread (+ 1,45€)

RF | PB  
GF | OF

## HEALTHY VEGGIE EGGS BENEDICT | 12,95€

housemade English muffin + boletus edulis + spinach + free range poached runny eggs + plant-based truffled hollandaise sauce + roasted seasonal veggies

RF | PB  
GF | OF

## HEALTHY EGGS ROYALE | 14,95€

housemade English muffin + marinated Alaskan wild salmon<sup>2</sup> + free range poached runny eggs + plant-based curry hollandaise sauce + roasted seasonal veggies

RF | PB  
GF | OF

## SAVOURY HEART WAFFLES | 14,95€

NEW

gluten-free heart waffles (almond flour + buckwheat + red quinoa + turmeric + spring onion + corn) + beetroot cured Alaskan wild salmon<sup>2</sup> gravlax + kale + *pico de gallo* + seaweed caviar + cashew, basil and yuzu yoghurt sauce

# BRUNCH COCKTAILS

## BEYOND MIMOSA | 5,95€

NEW

cava + orange juice

## BLOODY MARY | 7,95€

NEW

Bloody Tere *Signature Recipe* + 1 shot of *Belvedere* vodka

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# HEALTHY KIDS OPTIONS



## SUPERKIDS | 9,95€

whole wheat spelt bread\* + it's plant-based burger<sup>1</sup> + ecologic ketchup + kale chips | \* *housemade gluten-free bread* (+ 1,45€)



## JACK SPAGHETTINI SPARROW | 9,95€

rice spaghetti + housemade tomato sauce + it's plant-based 'meatballs'<sup>1</sup>



## FINDING QUINOA NEMO | 9,95€

Alaskan wild salmon<sup>2</sup> + quinoa with vegetables in the wok + leafy greens



## NINJA NUGGETS | 6,95€ | 6 PIECES

baked it's plant-based 'chicken'<sup>1</sup> nuggets + ecologic ketchup

**NEW**

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# DESSERTS



**TWO TEXTURES CHOCO CAKE | 6,95€**  
brownie + chocolate mousse + hazelnut ice cream



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



**COOKIES & PASSIONFRUIT CAKE | 5,95€**  
cookie base + passionfruit and cashews mousseline + passionfruit gelée + cocoa nibs + matcha mascarpone



**LEMON PIE | 5,95€**  
oat and almond tartlet + lemon and yuzu cream + coconut and flax cream



**CHEESECAKE | 6,95€**  
it's plant-based cheesecake + cookie base + wild berries coulis



**CARROT CAKE | 6,95€**  
carrot and walnut cake + plant-based mascarpone



**WHITE MISO GINGER CHEESECAKE | 5,95€**  
cashews + white miso + ginger + dates and activated charcoal jam



**GREEK COCONUT PARFAIT | 6,95€**  
housemade young coconut creamy yoghurt + strawberries + blackberries + blueberries + gluten-free chocolate crumble

# ICE CREAMS



**TOASTED HAZELNUT ICE CREAM | 6,50€**  
hazelnut ice cream + banana & blueberries + Ginger Turmeric Doughnut + cocoa nibs and hazelnuts topping



**VANILLA SUNDAE | 4,95€**  
plant-based vanilla ice cream + red fruit coulis + strawberries

**NEW**



**CHOCOLATE SUNDAE | 4,95€**  
plant-based chocolate ice cream + coconut frosting + toasted hazelnut

**NEW**



**MANGO & CASHEW SUNDAE | 4,95€**  
plant-based mango & cashew ice cream + coconut frosting + grated coconut

**NEW**

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# HEALTHY INDULGENCES

RF | PB  
GF | OF

## MOSKITO | 3,50€

buckwheat flour + cashew mascarpone + plant-based chocolate cover

RF | PB  
GF | OF

## COCO CHOCO CHIA | 3,50€

chia and coconut cream + almonds + raw chocolate

RF | PB  
GF | OF

## PINK LADY | 3,50€

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

RF | PB  
GF | OF

## ENERGY SPICY BAR | 2,50€

almonds + walnuts + raw cocoa + cayenne + pistachios + Goji berries + chia + sesame

RF | PB  
GF | OF

## SUPERFOOD PROTEIN BALLS | 2,00€ / PIECE

**RASPBERRY & RICE PROTEIN STICK BALL:** macadamia nuts + lyophilized raspberry + rice protein + cashews + dates + almonds

**MATCHA & PEA PROTEIN STICK BALL:** tea matcha + pistachios + pea protein + cashews + dates + almonds

**ORANGE & HEMP PROTEIN STICK BALL:** orange + raw cocoa + walnuts + hemp protein + cashews + dates + almonds

RF | PB  
GF | OF

## HOUSEMADE MUFFINS | 2,95€ / PIECE

**VEGAN PEAR-CHOCOLATE MUFFIN:** buckwheat + caramelized pear + chocolate muffin

**QUINOA-BLUEBERRY MUFFIN:** quinoa and buckwheat + hazelnut cream + blueberries | *contains nuts*

**MATCHA MUFFIN:** buckwheat and whole grain rice + almond cream + matcha tea + cacao nibs | *contains nuts*

**MISO-GINGER MUFFIN:** buckwheat and whole grain rice + almond cream + coconut milk + ginger + miso | *contains nuts*

**CHOCOLATE & ORANGE MUFFIN:** buckwheat and whole grain rice + hazelnut cream + banana + cocoa + orange | *contains nuts*

RF | PB  
GF | OF

## VEGAN COOKIE | 2,50€

housemade cookie with raw chocolate chips and walnuts

RF | PB  
GF | OF

## MAPLE-GLAZED DOUGHNUT | 2,95€

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

RF | PB  
GF | OF

## GINGER-TURMERIC DOUGHNUT | 2,95€

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

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# Chef's Notes

**Here we leave you some quick descriptions of different ingredients and cooking processes.**

If you have any questions, please ask to your waiter. We will be glad to help!

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**| MIZUNA** | A species of leafy green with a refreshing taste reminding mustard, which is fairly spicy and a bit sweet.

**| CHIA** | A flowering plant, whose seeds are an excellent source of fiber and antioxidants, calcium, proteins and fatty acids omega-3.

**| FLAX** | A type of flowering plant, whose seeds contain a large amount of dietary fiber and they are one of the richest vegetable sources of omega-3.

**| KALE** | Vegetable belonging to the cabbage's family. It is rich in calcium, Vitamins A, C and K, minerals, antioxidants and fiber. It is considered one of the world's healthiest foods.

**| ACTIVATED CHARCOAL** | Activated charcoal is the result of carbonizing and activating vegetable substance. Due to its microporosity, it absorbs and later expels from our organism all the detrimental substances.

**| COLD-PRESSED** | Grinded at low RPM and cold pressed. This way, the vitamins, enzymes and nutrients are preserved and the oxidation is delayed.

**| SPIRULINA** | Spiral unicellular seaweed rich in proteins, nutrients, vitamins and minerals.

**| TURMERIC** | Orangish yellow root that belongs to the ginger family and have antioxidant and anti-inflammatory properties.

**| MACA** | Plant root from the Andes which increases strength and resistance, improves sport performance and increases fertility and libido.

**| NUTRITIONAL YEAST** | A variety of yeast which provides a great amount of Vitamin B12, a type of vitamin found only in animal origin food. Moreover, it is gluten and sugar free.

**| GOJI BERRIES** | Native to Himalaya, they are very rich in fitonutrients, antioxidants and vitamins, therefore they improve health, longevity, sight and other organs functioning.

**| QUINOA** | Pseudocereal that contains the 8 essential amino acids, it is rich in vitamins and minerals and has few fats. In addition, it is gluten free.

**| BOK CHOY** | Vegetable belonging to the cabbage's family with antioxidants and anti-inflammatory properties, due to its high levels of Vitamins A, C and K, and other mineral and nutrients besides.

**| NIXTAMALIZED CORN** | Cooked corn in an alkaline solution. The chemical changes occurred during the process increase the amount of amino acids, phosphorus and calcium, and fiber.

**| BLACK GARLIC** | Crude garlic aged by a process which increases its health benefits. It contains the 8 essential amino acids, improve the body immunity, and regularize sugar, cholesterol and lipids blood levels.

**| CHLORELLA** | Unicellular seaweed and an exceptional source of proteins, omega-3, carbohydrates, vitamins, minerals and chlorophyll. In fact, it is the plant that contains the Earth's biggest amount of chlorophyll.

**| PICKLING** | Is the process of preserving or expanding the lifespan of food by either anaerobic fermentation in brine, immersion in vinegar or in other forms of natural conservants.

**| MISO** | Flavoring paste made with fermented soy and marine salt. It contains enzymes that improve digestion and it is a great source of probiotics. 'Miso' means source of flavor.

**| DASHI** | Light broth made of only 3 ingredients: kombu seaweed, dried tuna flakes (katsubushi) and water. It is used as a broth base in Japanese cuisine and it provides the umami taste to the dishes.

**| JACKFRUIT** | The World's biggest fruit. It is rich in vitamin C and protein. Properly prepared, it looks like shredded pork. There's no doubt this is one of the best meat substitutes.