



NEW

ONLY @F&K TALLERS



SALAD FOR THE GODS | 13,95€

INSPIRED BY PICHIAVO

mykonos salad (spinach + cherry tomato + Kalamata olives + feta cheese + capers + croustons + pine nuts + *za'atar* vinaigrette) + rainbow hummus + pita bread *focaccia* style

FLAX&KALE

Tallers, 74 | 08001 Barcelona

ONLY @F&K PASSAGE

NEW



MULTICOLOR & SUPERFOODS PIZZA | 15,00€

INSPIRED BY MISTERPIRO

San Marzano tomato + plant-based mozzarella with 5 superfoods (matcha + chlorella + turmeric + blue spirulina + betacarotene) + dried tomato + basil



FLAX&KALE
PASSAGE

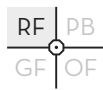
St. Pere Més Alt, 31 | 08003 BCN

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!



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 **RF** are raw or have been dehydrated at a temperature below 48°C, in order to maintain all their nutritional properties intact.



PLANT-BASED

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.



GLUTEN-FREE*

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...).



OILY FISH

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
—→ CUISINA FLEXITERIANA ←—

*We cannot guarantee the absence of cross contamination.

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 salmon² 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 salmon² 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

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

² 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 spicy cocktail sauce + avocado + sesame seeds | 🌶️

RF | PB
GF | OF

CRUNCHY SALMON TACO | 4,95€

nixtamalized corn flour crunchy tortilla with beetroot + marinated Alaskan wild salmon² 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'¹ + it's plant-based 'moorish'¹ 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'*¹ + 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

*We cannot guarantee the absence of cross contamination.

RF Raw food

PB Plant-based

GF Gluten-free*

OF Oily fish

🌶️ Spicy

10% VAT included

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'¹ + croutons + plant-based 'bacon'¹ + plant-based Caesar dressing



YELLOWFIN TUNA & SALMON POKE BOWL | 15,95€

yellowfin tuna + Alaskan wild salmon² + 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 salmon² dice + kale pesto + parmesan cheese



'CHICKEN' PAD THAI | 12,95€

NEW

rice tagliatelle + shiitake + carrot + it's plant-based 'chicken'¹ + 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

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

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

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 salmon² + 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€ | 3 PIECES

spelt brioche bread* with cold-pressed beetroot + Alaskan wild salmon² burger patties + 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* + it's plant-based hamburger¹ + special 'Big Flax' sauce + pickled cucumber + kale + tomato + it's plant-based cheddar + grilled red onion + roasted sweet potatoes + kale chips | *housemade gluten-free bread (+ 1,45€)



NO DIGAS TACOS | 17,95€ | 6 PIECES

nixtamalized corn tacos* + 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€ | 6 PIECES

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

*We cannot guarantee the absence of cross contamination.

RF Raw food

PB Plant-based

GF Gluten-free*

OF Oily fish

 Spicy

10% VAT included

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 yoghurt + 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 salmon²



LOW CARBS RISOTTO & YELLOWFIN TUNA | 16,95€

konjac rice risotto 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
salmon² + raw onion

*

TOASTS EXTRAS

- gluten-free bread | +1,45€
- free range poached egg | +1,95€
- free range scrambled egg | +1,95€
- marinated Alaskan wild salmon² | +2,45€

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

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

WEEKEND BRUNCH

ONLY AVAILABLE ON WEEKEND



AÇAÍ BOWL | 8,95€

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

TOPPING: blueberries + watermelon + housemade Brazilian chestnut crumble + hemp seeds + Goji berries



ROYAL COCONUT MILK PARFAIT | 6,95€

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



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€)



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



HEALTHY EGGS ROYALE | 14,95€

housemade English muffin + marinated Alaskan wild salmon² + free range poached runny eggs + plant-based curry hollandaise sauce + roasted seasonal veggies



SAVOURY HEART WAFFLES | 14,95€

NEW

gluten-free heart waffles (almond flour + buckwheat + red quinoa + turmeric + spring onion + corn) + beetroot cured Alaskan wild salmon² 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

*We cannot guarantee the absence of cross contamination.

RF Raw food PB Plant-based GF Gluten-free* OF Oily fish 🌶️ Spicy 10% VAT included

HEALTHY KIDS OPTIONS



SUPERKIDS | 9,95€

whole wheat spelt bread* + it's plant-based burger¹ + 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'¹



FINDING QUINOA NEMO | 9,95€

Alaskan wild salmon² + quinoa with vegetables in the wok + leafy greens



NINJA NUGGETS | 6,95€ | 6 PIECES

baked it's plant-based 'chicken'¹ 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€
plant-based 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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RF Raw food PB Plant-based GF Gluten-free* OF Oily fish 🌶️ Spicy 10% VAT included

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

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

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

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!

| 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.