

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



All **IT'S PLANT-BASED** proteins are developed by our R&D team in our workshop.

FLAX&KALE
—→ CUINA 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 | 4,50€

dehydrated kale + cashews + nutritional yeast + turmeric



GRILLED WATERMELON | 6,50€

grilled watermelon + goat cheese + mizuna* + mustard leaves + marcona almonds + sweet mint sauce



SALMON SASHIMI TOAST | 9,50€

5 cereals whole grain spelt bread** + green peas cream + Alaskan wild salmon sashimi + mint + grated lemon zest | **housemade gluten-free bread (+ 1,45€)



FUNGHI COCONUT TOAST | 8,50€

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



MANGO & AVOCADO TARTARE | 10,95€

mango + avocado + red onion + semi-dry tomato + seaweed caviar + white sesame + chive + tartare special dressing



CRUNCHY YELLOWFIN TACO | 5,50€

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



CRUNCHY SALMON TACO | 5,50€

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



CRUNCHY HIRAMASA TACO | 5,50€

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

✿ CHEF'S NOTES

- *mizuna*: a leafy green with a refreshing taste reminding mustard, which is fairly spicy and a bit sweet.
- *hiramasa*: mild flavour fish that has a creamy and firm texture, excellent to be eaten raw.
- *keto*: (or ketogenic) is a high-fat, low-carbohydrate and adequate-protein dietary therapy.

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

SHARING COURSES

RF | PB
GF | OF

HUMMUSÍSSIMO | 14,95€

creamy hummus + plant-based yogurt sauce + spiced plant-based 'meatballs' + pickles + warm nut and grape salad + semi-dried tomato + white tahini + *za'atar* + housemade pita bread

RF | PB
GF | OF

CRUNCHY TACOS ASSORTMENT | 15,50€

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

RF | PB
GF | OF

NACHOS SUPREMOS | 13,95€

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

RF | PB
GF | OF

BRAISED BROCCOLI, MUHAMMARA & YEMENI ZHUG SAUCE | 6,95€

roasted spiced broccoli + Syrian muhammara of roasted peppers + semi-dried tomato and almonds + Yemeni zhug sauce + pomegranate *pico de gallo*.

RF | PB
GF | OF

SZECHUAN STYLE SEARED EGGPLANT | 7,95€

NEW

+ sichuan pepper + doubanjiang sauce made from fermented beans + ginger + braised peanuts | 🌶️

SOUPS & CREAMS

RF | PB
GF | OF

KALE DREAM CREAM | 7,95€

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

RF | PB
GF | OF

RAMEN YA-TERE | 14,95€

NEW

homemade ramen broth + sweet potato noodles + plant-based chashu (nori seaweed, pulled jackfruit) + roasted pumpkin + oyster mushroom + nori seaweed + wakame seaweed + watermelon radish + toasted sesame

✿ CHEF'S NOTES

- *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.
- *spirulina*: spiral seaweed rich in proteins, nutrients, vitamins and minerals.

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 | 13,50€

kale + romaine lettuce + plant-based parmesan + it's plant-based 'chicken'
+ croutons + semi-cured plant-based 'cheese' + plant-based Caesar dressing



YELLOWFIN TUNA & SALMON POKE BOWL | 15,95€

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



ROASTED ROOTS & AVOCADO SALAD | 12,95€

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



ALASKAN SALMON BIBIMBAP* | 15,95€

raw Alaskan wild salmon dice + Thai black rice + crispy puffed rice + Chinese
cabbage + romaine lettuce + pear + pomegranate + seaweed caviar + spring onion
+ goma wakame seaweed + pickled daikon + *furikake* + *gochujang** mayonnaise



LEMON CHILI PARMESAN MINCED KALE SALAD | 11,95€

NEW

kale + napa cabbage + wakame + cheese grana padano + sautéed portobello
mushrooms + pecans + sautéed shimeji mushrooms + lemon chili parmesan
dressing



FALAFEL HARISSA SALAD | 12,95€

NEW

homemade Lebanese falafel + smoked pumpkin spread + plant-based yogurt sauce
+ bulgur + spelt + spinach + harissa mayonnaise + sesame

❁ CHEF'S NOTES

- *bibimbap*: in Korean it literally means "mixed" (bibim) "rice" (bap).
- *gochujang*: (or red chili paste) is a savory, sweet and spicy fermented condiment popular in Korean cooking.

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

HEALTHY PASTA



SUPERTAGLIATELLE | 16,50€

supertagliatelle with spirulina + Alaskan wild salmon dice + kale pesto + parmesan cheese



'CHICKEN' PAD THAI | 14,50€

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



YAKITUNA | 15,50€

NEW

homemade buckwheat noodles + stir-fried vegetables + albacore tuna tataki + yakisoba sauce + katsuobushi + coriander + pickled ginger

TERESA'S SPECIALITIES



SALMON FISHING IN ALASKA | 19,95€

slow-baked Alaskan wild salmon + quinoa salad + citrus and Algerri herbs sauce



TUNA LOVES WASABI BURGER | 15,95€

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



SALMON MINI BURGERS | 16,95€ | 3 PIECES

whole wheat spelt brioche bread** with cold-pressed beetroot juice + Alaskan wild salmon burger patties + roasted sweet potato + plant-based mayonnaise with old style mustard | ** housemade gluten-free bread (+ 1,45€)



PLANT-BASED TRUFFLE MAYO BURGER | 15,95€

whole wheat spelt brioche bread** with activated charcoal + it's plant-based hamburger + truffled mayonnaise + sautéed mushrooms + roasted onion + it's plant-based 'cheddar' + roasted sweet potatoes with plant-based yogurt sauce & aromatic herbs | ** housemade gluten-free bread (+ 1,45€)



MALAI KOFTA FISHBALLS TIKKA MASSALA | 14,95€

NEW

malai kofta fishballs + basmati rice with a hint of cumin + tikka massala sauce + toasted sesame seeds



YELLOWFIN TUNA BIBIMBAP | 15,95€

NEW

yellowfin tuna bulgogi + poached organic blue egg + brown rice + marinated cucumber + red cabbage + wakame seaweed + sautéed shiitake + furikake + mangetout + Korean doubanjiang sauce | 🌶️

✳️ CHEF'S NOTES

- *activated charcoal*: the result of carbonizing and activating vegetable substance. Due to its microporosity, it absorbs and later expels from our organism all the detrimental substances.

TERESA'S SPECIALITIES



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€)*



RAW VEGAN LASAGNA | 14,95€

raw zucchini + fresh tomatoes and dried tomatoes sauce + Goji berries + cashews and macadamia 'cheese' + *pico de gallo*



PLANT-BASED BBQ RIBS | 15,95€

NEW

plant-based BBQ Ribs + ginger BBQ sauce + Szechuan style eggplant



BUTTERNUT SQUASH MALAYSIAN CURRY | 15,95€

jackfruit + pumpkin + mushrooms + turmeric curry sauce + peanuts + cilantro + brown basmati rice | 🌶️



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

brown rice + blue fish broth + fresh spirulina paste + anchovy garum + salicornia + Alaskan wild salmon



LOW CARBS RISOTTO & YELLOWFIN TUNA | 16,95€

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



KOREAN FISH WRAPS & TAMARIND BBQ SAUCE | 14,95€

marinated & glazed roasted fish with housemade tamarind barbecue sauce + lemongrass + toasted coconut + leaves of Tudela buds + coriander + mint + lime

✳️ CHEF'S NOTES

- *organic blue eggs*: laid by Chilean hens, they have a larger yolk of an intense golden yellow colour.
- *konjac*: high in fiber and low in calories and carbohydrates alternative to rice (or pasta).
- *dashi*: it is used as a broth base in Japanese cuisine and it provides an umami taste to the dishes.
- *jackfruit*: the world's biggest fruit, when prepared it looks like shredded pork.

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 burger + organic ketchup
+ kale chips | ** *housemade gluten-free bread* (+ 1,45€)



JACK SPAGHETTINI SPARROW | 9,95€

rice spaghetti + housemade tomato sauce + it's plant-based 'meatballs'



FINDING QUINOA NEMO | 9,95€

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



NINJA NUGGETS | 7,95€ | 6 PIECES

baked it's plant-based 'chicken' nuggets + organic ketchup

RF Raw food

PB Plant-based

GF Gluten-free

OF Oily fish

 Spicy

10% VAT included

DESSERTS



TWO TEXTURES CHOCO CAKE | 6,95€

brownie + chocolate mousse + hazelnut ice cream



COOKIES & PASSIONFRUIT CAKE | 6,95€

cookie base + passionfruit and cashews mousseline + passionfruit gelée + cocoa nibs + matcha mascarpone



LEMON PIE | 6,95€

oat and almond tartlet + lemon and yuzu cream + coconut and flax cream



'CHEESECAKE' | 6,95€

it's plant-based 'cheesecake' + wild berries coulis



CARROT CAKE | 6,95€

carrot and walnut cake + plant-based mascarpone



THAI FRENCH TOAST | 6,95€

brioche French toast + coconut milk meringue with Thai spices + coconut sugar + seasonal amazake cream + mango-cashew ice cream + candied sesame



CHOCOLATE & HAZELNUT MOUSSE CAKE | 6,95€

chocolate & hazelnut mousse + cocoa powder + red fruits

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 | 5,95€

plant-based vanilla ice cream + red fruit coulis + strawberries



CHOCOLATE SUNDAE | 5,95€

plant-based chocolate ice cream + coconut frosting + toasted hazelnut



MANGO & CASHEW SUNDAE | 5,95€

plant-based mango & cashew ice cream + coconut frosting + grated coconut

HEALTHY INDULGENCES



MOSKITO | 3,50€

buckwheat flour + cashew mascarpone + plant-based chocolate cover



COCO CHOCO CHIA | 3,50€

chia and coconut cream + almonds + raw chocolate



PINK LADY | 3,50€

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



ENERGY SPICY BAR | 2,50€

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



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



HOUSEMADE MUFFINS | 3,50€ / 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*



VEGAN COOKIE | 3,50€

housemade cookie with raw chocolate chips and walnuts



MAPLE-GLAZED DOUGHNUT | 3,50€

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



GINGER-TURMERIC DOUGHNUT | 3,50€

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