

Christmas Tasting menu

2020

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FLAX & KALE



group menu  
Christmas 2020

# FLAX & KALE

CUINA FLEXITERIANA

30€  
PERSON

Welcome glass of cava with kale chips

## STARTERS to share

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

**Salmon sashimi toast** <sup>OF</sup> 5 cereals whole grain spelt bread + green peas cream + Alaskan wild salmon<sup>2</sup> sashimi + mint + grated lemon zest

## MAIN COURSE choose one

**'Chicken' pad Thai** <sup>PB | GF</sup> rice spaghetti + shiitake + carrot + it's plant-based 'chicken' + soybean sprouts + roasted peanuts + pickled daikon + housemade pad thai sauce + spring onion + lime + coriander

**Double cheezeburger** <sup>PB | GF</sup> housemade gluten-free bread + double it's plant-based hamburger<sup>1</sup> + barbecue sauce + pickled cucumber + double it's plant-based cheddar + roasted sweet potatoes + kale chips

**Theresia cocosepia's black rice** <sup>PB | GF</sup> thai black rice + edamame + nuts + young coconut meat + black garlic + wild herbs + green peas and chlorella *allioli*

**Salmon mini burgers** <sup>OF</sup> 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

## DESSERTS

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

## INCLUDES

One bottle of wine (3 pax)  
Purified water  
Coffee  
Whole grain multicereal bread

### Reservation

933 175 664 | reservas@teresacarles.com  
Tallers, 74B, 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.

Welcome glass of cava with kale chips

## STARTERS to share

**DYO poke** <sup>GF|OF</sup> hiramasa (kingfish) + Alaskan wild salmon<sup>2</sup> + yellowfin tuna + black rice and red quinoa + edamame + mango + asazuke cucumber + fermented celery + wakame seaweed + cherry tomatoes + pink jalapeño sauce + miso-ginger sauce

**Grilled watermelon** <sup>GF</sup> grilled watermelon + goat cheese + mizuna + mustard leaves + marcona almonds + sweet mint sauce

## MAIN COURSES choose one

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

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

**Salmon fishing in Alaska** <sup>GF|OF</sup> slow-baked Alaskan wild salmon<sup>2</sup> + quinoa salad + citrus and Algerri herbs sauce

**Tacos al pastor** <sup>PB|GF</sup> nixtamalized corn tacos (6 units) + jackfruit 'pork' + guacamole + lime + coriander + *pico de gallo* + cashew & chipotle sour cream

## DESSERTS choose one

**Cheesecake** <sup>PB|GF</sup> it's plant-based cheesecake + cookie base + wild berries coulis

**Teresa's matcha cheesecake** <sup>PB|GF</sup> matcha green tea + cashews + coconut cream + gluten-free crunchy base with almonds & walnuts

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# FLAX & KALE

— → CUINA FLEXITERIANA ← —

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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 Friday: from 12h to 15h  
from 19h to 21h

Saturday & Sunday: from 19h a 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:

reservas@teresacarles.com / Flax & Kale: 933 17 56 64

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Eat better > Be happier > Live longer

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