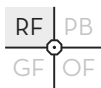


Eat better Be happier Live longer



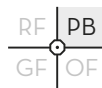
FLAX&KALE is a Healthy Flexitarian Restaurant. All the dishes are designed not only to maximize the organoleptic pleasure, but also considering their nutritional value. 80% of our offer is *plant-based* and the remaining 20% are recipes that contain oily fish. Nowadays there are hardly any doubts about 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

*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



CRUNCHY YELLOWFIN TACO | 4,95€

NEW

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



CRUNCHY SALMON TACO | 4,95€

NEW

nixtamalized corn flour crunchy *tortilla* + marinated Alaskan wild salmon² dice
+ avocado + nori seaweed + romaine lettuce + tartare sauce with *jalapeños*



ROASTED BONIATO | 3,95€

roasted and spiced sweet potatoes + homemade yoghurt and tahini sauce



JAFFA STREET CREAMY HUMMUS | 6,95€

creamy hummus + pita bread *focaccia* style



TENDER PEANUT BUTTER CAULIFLOWER | 6,95€

tender cauliflower + black garlic + ginger + peanut sauce



KUALA LUMPUR'S STREET AUBERGINE | 6,95€

miso marinated crunchy aubergine skewers + spring onion + yakiniku sauce



MANGO & AVOCADO TARTARE | 10,95€

NEW

mango + avocado + red onion + semi-dried tomato + seaweed caviar
+ white sesame + chives + tartare special dressing



NACHOS SUPREMOS | 13,45€

NEW

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

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.

LEAFY GREENS

RF | PB
GF | OF

JB'S FAVORITE ITALIAN | 11,95€

lettuce + spinach + rocket + semi-dried tomato + avocado + grana padano
+ pine nuts + plant-based basil pesto + *muddica atturrata*

RF | PB
GF | OF

TERESA'S FAVORITE KALE SALAD | 11,95€

kale + leafy greens + cherry tomatoes + avocado + mixed sprouts + nori seaweed
+ mango + radishes + chipotle vinaigrette + linen gomasio | 🌶️

RF | PB
GF | OF

KALE CAESAR SALAD | 12,95€

kale + romaine lettuce + plant-based parmesan + it's plant-based 'chicken'¹
+ croutons + plant-based 'bacon' + plant-based Caesar sauce

RF | PB
GF | OF

ROASTED ROOTS & AVOCADO SALAD | 12,95€

NEW

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

RF | PB
GF | OF

TUNA POKE BOWL | 14,95€

yellowfin tuna + konjac rice + avocado + wakame + nori + asazuke cucumber
+ red cabbage *chucrut* + kale + leafy greens + housemade spicy cocktail sauce | 🌶️

RF | PB
GF | OF

SALMON POKE BOWL | 14,95€

Alaskan wild salmon² + black rice + white quinoa + avocado + wakame
+ fermented celery + kelp noodles + mango + leafy greens + miso-ginger sauce

¹We 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



JACKFRUIT TACOS AL PASTOR | 16,95€ / 5 PIECES

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



OMG! BIG FLAX BURGER | 15,95€

whole wheat spelt brioche bread* + it's plant-based hamburger¹ + 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€)



TUNA LOVES WASABI BURGER | 15,95€

whole wheat spelt brioche bread* with activated charcoal and sesame seeds + yellowfin tuna burger patty with chives, 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 + Alaskan wild salmon² burger patties + roasted sweet potato + plant-based mayonnaise with old style mustard | *housemade gluten-free bread (+1,45€)



BUTTERNUT SQUASH MALAYSIAN CURRY | 15,95€

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



'CHICKEN' PAD THAI | 13,95€

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



KONJAC RISOTTO & ALASKAN WILD SALMON | 15,95€

NEW

konjac rice risotto + boletus edulis + spinach + green asparagus + artichoke + Alaskan wild salmon²



SALMON FISHING IN ALASKA | 19,95€

slow-baked Alaskan wild salmon² + quinoa salad + citrus and Algerri herbs sauce



RAMEN YA-TERE | 13,95€

housemade ramen broth + sweet potato noodles + plant-based chashu (nori seaweed, pulled jackfruit)¹ + young coconut 'bacon' + roasted pumpkin + oyster mushroom + nori seaweed + wakame seaweed + watermelon radish + toasted sesame

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.

HEALTHY PIZZA

PLANT-BASED | GLUTEN-FREE* | NEAPOLITAN STYLE HEALTHY PIZZA

All our pizzas are gluten-free*, 100% artisanal and cooked in a Neapolitan wood oven, following the know-how of *pizzaioli* masters.

RF | PB
GF | OF

MARGHERITA | 12,95€

San Marzano tomato + plant-based mozzarella + basil

RF | PB
GF | OF

TRUFFLE & FUNGHI | 14,45€

coconut cream + wild herbs (*pizza bianca*) + oyster mushrooms
+ button mushrooms + shiitake + shimeji + rocket

RF | PB
GF | OF

JB | 12,95€

dried tomatoes + fresh spinach + plant-based mascarpone + cherry tomatoes

RF | PB
GF | OF

PLANT-BASED QUATTRO | 13,95€

San Marzano tomato + plant-based cheddar + plant-based blue cheese
+ plant-based mozzarella + *parmigiano teresiano*

RF | PB
GF | OF

BARBECUE | 14,45€

housemade barbecue sauce + San Marzano tomato + plant-based mozzarella
+ it's plant-based 'meat'¹ + red onion + sweet corn + broccoli + *jalapeno* | 🌶️

HEALTHY KIDS OPTIONS

RF | PB
GF | OF

SUPERKIDS | 9,95€

whole wheat spelt bread* + it's plant-based burger¹ + organic ketchup
+ kale chips | **housemade gluten-free bread (+1,45€)*

RF | PB
GF | OF

JACK SPAGHETTINI SPARROW | 9,95€

rice spaghetti + housemade tomato sauce + it's plant-based 'meatballs'¹

RF | PB
GF | OF

NINJA NUGGETS | 6,95€ | 6 PIECES

baked it's plant-based 'chicken'¹ nuggets + ecologic ketchup

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

WEEKEND BRUNCH

ONLY AVAILABLE ON WEEKEND



CLASSIC AVO TOAST* | 5,95€

sliced gluten-free bread + avocado + lemon + flax + chia + cayenne



POKE AVO TOAST* | 6,95€

sliced gluten-free bread + avocado + cucumber + marinated Alaskan wild salmon² + raw onion

* EXTRAS

- poached organic blue egg | +1,00€
- scrambled organic blue egg | +1,00€
- marinated wild Alaskan salmon² | +2,95€



AÇAÍ BOWL | 8,95€

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

TOPPING: blueberries + housemade crumble with Brazilian nuts + Goji berries



ROYAL COCONUT MILK PARFAIT | 7,95€

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



THE SCANDAL SCRAMBLE | 7,45€

scrambled organic blue eggs + assorted mushrooms + spinach + tomato + green garlic + feta cheese + carrots + gluten-free 'flute' bread with tomato



HEALTHY EGGS ROYALE WITH ALASKAN WILD SALMON | 14,95€

housemade gluten-free English muffin + wild Alaskan salmon² sashimi + poached organic blue eggs + plant-based curry hollandaise sauce + roasted carrots and artichoke



HEALTHY EGGS BENEDICT | 13,95€

housemade gluten-free English muffin + boletus edulis + spinach + poached organic blue eggs + plant-based truffled hollandaise sauce + roasted carrots and artichoke

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.

HOUSEMADE GLUTEN-FREE BREADS



POPPY SEEDS | 2,00€



TURMERIC & HEMP SEEDS | 2,00€



WALNUTS & SEEDS | 2,00€



SMALL SALMON SASHIMI SANDWICH ROLL | 3,95€

small sandwich with cereals and nuts + Alaskan wild salmon² sashimi
+ pea cream + mint + lemon zest



SMALL PORTOBELLO SANDWICH ROLL | 3,95€

small sandwich with cereals and nuts + portobello mushroom + spinach + dried
tomato + cashew and macademia ricotta



SMALL TUNA SANDWICH ROLL | 3,95€

small sandwich with cereals and nuts + hummus + spinach + tuna
+ soy mayonnaise



TOAST WITH TOMATO | 2,95€

bread + tomato + extra virgin olive oil

*We cannot guarantee the absence of cross contamination.

RF Raw food

PB Plant-based

GF Gluten-free*

OF Oily fish

 Spicy

10% VAT included

DESSERTS



TWO TEXTURES CHOCO CAKE | 4,95€

brownie + chocolate mousse + hemp seeds



COOKIES & PASSIONFRUIT CAKE | 4,95€

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



LEMON PIE | 4,95€

NEW

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



CHEESECAKE | 4,95€

NEW

it's plant-based cheesecake + wild berries coulis



CARROT CAKE | 4,95€

carrot and nut cake + plant-based mascarpone

ICE CREAMS

without topping - *except sundaes* | 4,80€

gluten-free cone (contains egg) | 3,50€



TOASTED HAZELNUT ICE CREAM | 5,95€

plant-based hazelnut ice cream + seasonal fruits + Ginger Turmeric Doughnut (contains egg) + cocoa nibs and hazelnuts



CHOCO ICE CREAM | 5,95€

plant-based chocolate ice cream + seasonal fruits + Pink Lady + grated coconut & Goji berries



VANILLA SUNDAE | 4,95€

NEW

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



MANGO & CASHEW SUNDAE | 4,95€

NEW

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

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 specie 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 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's 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 phytonutrients, 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 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 | It's 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.

| ORGANIC BLUE EGGS | Blue eggs are laid by Araucana or Mapuche chickens and are characterized by their larger yolk and an intense golden yellow color. They have a high content of carotenes such as xanthophylls, luteins and zeaxanthin.

| 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.

FLAX&KALE

—◆ CUINA FLEXITERIANA ◆—