

## frozen healthy smoothies

glass: 4.95€ | bowl: 6.95€

plant-based | raw | gluten-free | unpasteurised | dairy-free

### açaí<sup>N</sup>

glass: açai do Brasil + banana + strawberries + housemade cashew plant-based drink + agave syrup + hemp seeds

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

### teresa's favorite smoothie<sup>N</sup>

glass: housemade almond plant-based drink + strawberries + almond butter + agave syrup + vanilla

bowl: + Teresa's original granola + raspberries + pomegranate



## plant-based yoghourts

4.95€

plant-based | gluten-free

### royal coconut milk parfait<sup>N</sup>

housemade coconut milk yoghourt + housemade granola + berries + strawberry and rhubarb jam

### mango passion yoghourt<sup>N</sup>

housemade cashew yoghourt + mango + coconut cream



## creamy healthy ice cream

5.95€

no added sugars | gluten-free | dairy-free | plant-based | \*contains egg

### toasted hazelnut<sup>N</sup>

ice cream: hazelnuts

fruit: banana + blueberries

indulgence: ginger turmeric doughnut\*

topping: cocoa nibs + hazelnuts

### cashew choco<sup>N</sup>

ice cream: chocolate

fruit: papaya + strawberries

indulgence: pink lady

topping: coconut + Goji berries



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## housemade gluten-free bakery

plant-based | gluten-free | high fiber



### vegan pear-chocolate muffin<sup>PB</sup> | 2.95€

buckwheat muffin + caramelized pear + chocolate



### quinoa-blueberry muffin<sup>PB|N</sup> | 2.95€

quinoa and buckwheat muffin + hazelnut cream + blueberries



### matcha muffin<sup>PB|N</sup> | 2.95€

buckwheat and whole grain rice + almond cream + matcha tea + cacao nibs



### miso-ginger muffin<sup>PB|N</sup> | 2.95€

buckwheat and whole grain rice + almond cream + coconut plant-based drink + ginger + miso



### chocolate & orange muffin<sup>PB|N</sup> | 2.95€

buckwheat and whole grain rice + hazelnut cream + banana + cocoa + orange



### cookie<sup>PB|N</sup> | 2.50€

housemade vegan cookie with raw chocolate chips and walnuts



### moskito<sup>PB|N</sup> | 3.50€

buckwheat flour + cashew mascarpone + chocolate cover



### pink lady<sup>PB|N</sup> | 2.50€

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



### coco choco chia bar<sup>PB|RF|N</sup> | 3.50€

coco and chia cream + almonds + raw chocolate



### cinnamon maca roll<sup>PB|N</sup> | 3.50€

buckwheat flour + almonds + cinnamon + maca + plant-based mascarpone



### choco ginseng donut<sup>N</sup> | 2.50€

almond flour mini doughnut (not fried) + chocolate cover + peanuts + chili



### maple-glazed doughnut<sup>N</sup> | 2.95€

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



### ginger-turmeric doughnut<sup>N</sup> | 2.95€

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



take a look on the menu

visit : [flaxandkale.com/flaxkale-azca](http://flaxandkale.com/flaxkale-azca) or scan this QR code.

ALL DISHES ARE  
GLUTEN-FREE

PB | plant-based    N | nuts  
RF | raw food        OF | oily fish

[www.flaxandkale.com](http://www.flaxandkale.com)

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# specialty coffee

high quality, sustainable, honest coffee

## espresso

espresso 1.80€



18ml of coffee in a cup  
9g of coffee

long black (americano) 2.30€



90ml of hot water extra  
36ml of coffee in a cup  
18g of coffee

## regular filtered coffee | free refill

moccamaster extraction 2.00€



high-quality filter coffee, great taste and aroma, only for true coffee lovers

for a superior coffee experience, we recommend you try our unpasteurised plant-based drinks made by hand in our workshop

gluten-free | dairy-free  
organic plant-based drinks



Flax & Kale  
Sustainable Program

purchase a reusable Flax & Kale mug at cost price (€2.95) and get €0.50 off all coffee every time you show it

## combine with your favorite plant-based drink!

extra shot: +0.50€

### what coffee do you fancy?

dairy / soy

hazelnut

coconut oat

almond cashew

#### cortado



40ml of milk / plant-based drink  
18ml of coffee in a cup  
9g of coffee

2.00€

+0.20€

+0.20€

+0.20€

#### coffee with milk / cappuccino



120ml of milk / plant-based drink  
18ml of coffee in a cup  
9g of coffee

2.20€

+0.40€

+0.40€

+0.40€

#### flat white



100ml of milk / plant-based drink  
36ml of coffee in a cup  
18g of coffee

2.40€

+0.40€

+0.40€

+0.40€

#### latte



225ml of milk / plant-based drink  
18ml of coffee in a cup  
9g of coffee

2.60€

+0.60€

+0.60€

+0.60€

## tea world

+ add a plant-based drink

matcha latte 2.90€ | +0.60€

chai tea latte 2.90€ | +0.60€

black chai<sup>ECO</sup> 2.50€

green (sencha)<sup>ECO</sup> 2.50€

red (pu erh)<sup>ECO</sup> 2.50€

black (earl grey)<sup>ECO</sup> 2.50€

rooibos<sup>ECO</sup> 2.50€

rooibos masai masala<sup>ECO | IN</sup> 2.50€

digestive tea<sup>ECO</sup> 2.50€