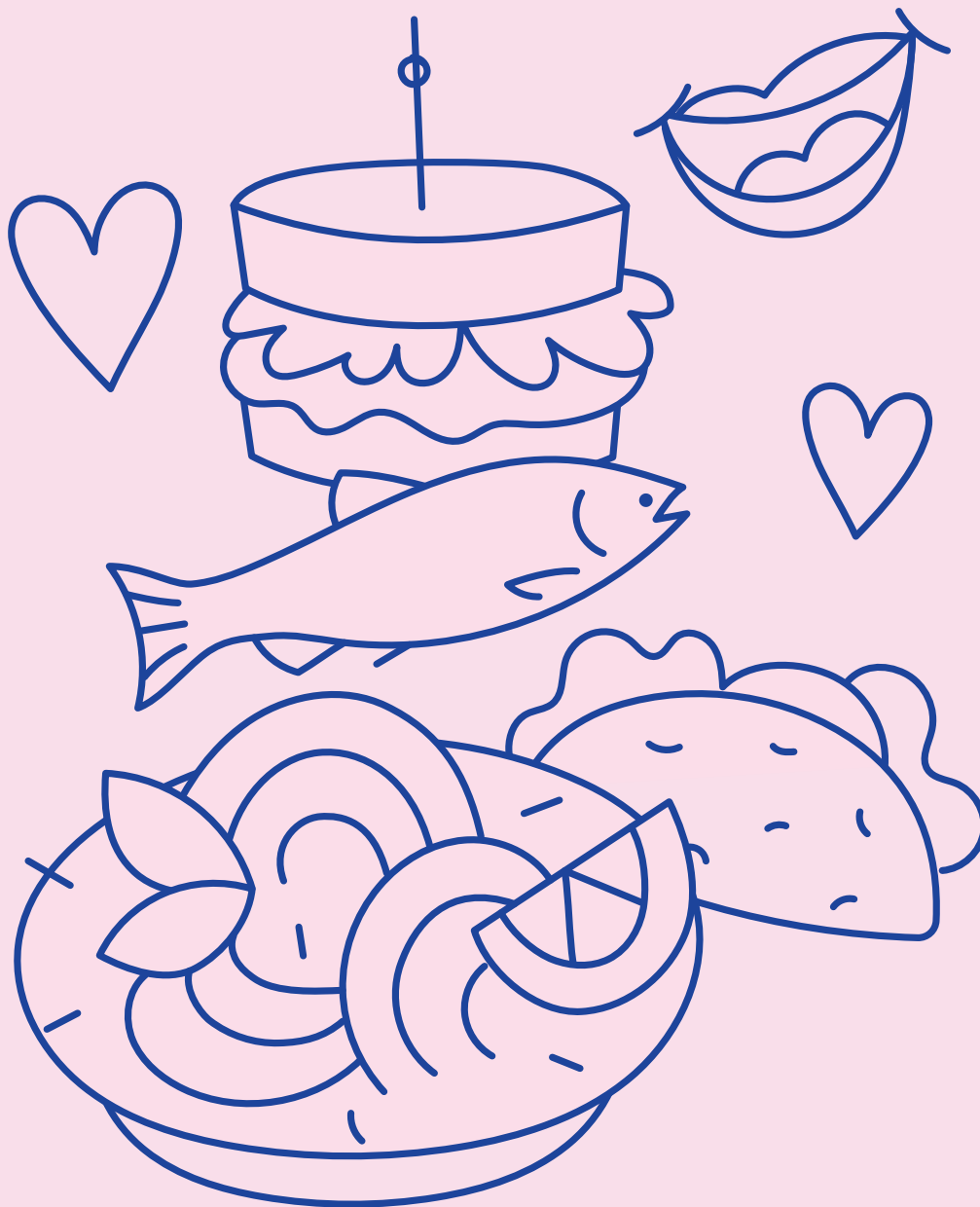


# FLAX+KALE

ENG



Food

# 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!

## PLANT-BASED

All the dishes marked with PLANT-BASED 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 GLUTEN-FREE. 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 OILY FISH contains 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.

## 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 RAW FOOD are raw or have been dehydrated at a temperature below 48°C, in order to maintain all their nutritional properties intact

## F+K PROTEIN

All plant-based F+K PROTEINS are developed by our R&D team in our workshop.

## JOSPER

All dishes marked with JOSPER are cooked in a hybrid between grill and oven that cooks food with charcoal, providing an unmistakable flavour, aroma and juiciness.

we cannot guarantee the absence of cross contamination. if you're allergic or intolerant to any kind of food, please notify us immediately.

## STARTERS

# Let's get started!

## Veggies

**kale chips original recipe 4,50€**  
+ cashews + nutritional yeast + turmeric.

PLANT-BASED GLUTEN-FREE

**grilled watermelon 6,50€**  
+ goat cheese + mizuna + marcona almonds + sweet mint sauce.

GLUTEN-FREE JOSPER

**cantaloupe & salmon tartar 11,95€**  
cantaloupe melon + alaskan wild salmon + avocado + semi-dried tomato + roe + tonkatsu sauce.

GLUTEN-FREE OILY FISH SPICY

**bimi & roasted tomatoes 8,95€**  
+ 'crème fraîche' with fine herbs + cbd, lemongrass & ginger tincture.

PLANT-BASED GLUTEN-FREE JOSPER

**braised broccoli 6,95€**  
+ syrian muhammara of roasted peppers & almonds + Yemeni zhug sauce + pomegranate.

PLANT-BASED GLUTEN-FREE JOSPER

**braised romanesco 7,95€**  
+ jerusalem artichoke shells + oyster mushroom + salicornia + chimichurri sauce.

PLANT-BASED GLUTEN-FREE JOSPER

**szechuan style seared eggplant 7,95€**  
+ sichuan pepper + doubanjiang sauce made from fermented beans + ginger + braised peanuts.

PLANT-BASED JOSPER SPICY

## Good carbs

**nachos 13,95€**  
guacamole + tomato + jalapeño + sweet corn + coahuila-style roasted 'meat' + housemade 'cheddar' sauce.

PLANT-BASED GLUTEN-FREE SPICY F+K PROTEIN

**hummusísimo 14,95€**  
+ grilled 'meatballs' + pickles + salad with braised grapes + pine nuts + creamy 'cheese' & tahini sauce + housemade pita bread.

PLANT-BASED GLUTEN-FREE F+K PROTEIN JOSPER

**crunchy yellowfin taco 5,50€**  
+ white cabbage + avocado + housemade spicy cocktail sauce.

GLUTEN-FREE OILY FISH SPICY JOSPER

**crunchy salmon taco 5,50€**  
+ romaine lettuce + nori seaweed + tartare sauce with jalapeños.

GLUTEN-FREE OILY FISH SPICY

**crunchy hiramasa taco 5,50€**  
+ romaine lettuce + radishes + ponzu sauce + sweet wasabi sauce.

GLUTEN-FREE OILY FISH SPICY

**crunchy taco assortment 15,50€**  
1 pc. yellowfin tuna + 1 pc. alaskan wild salmon + 1 pc. hiramasa.

GLUTEN-FREE OILY FISH SPICY

**marinated salmon toast\* 9,50€**  
5 cereals whole grain spelt bread + alaskan wild salmon sashimi + pea cream + mint + caviar algae + sakura cress.

OILY FISH \*+housemade gluten-free bread (+1,45€)

**plant-based foie 12,95€**  
+ roasted grape coulis + assorted mushrooms + brioche bread + truffle oil + lamb's lettuce.

PLANT-BASED JOSPER

## MAINS

# Specialties

## Salads & Bowls

### kale caesar 13,50€

romaine lettuce + 'chicken' + matured 'cheese' + croutons + plant-based caesar sauce.

PLANT-BASED

GLUTEN-FREE

F+K PROTEIN

JOSPER

### teresa's favourite kale salad 11,95€

avocado + cherry tomatoes + nori seaweed + mango + flax gomasio + chipotle vinaigrette.

PLANT-BASED

GLUTEN-FREE

### alaskan wild salmon & yellowfin tuna poke bowl 15,95€

+ black rice + white quinoa + avocado + wakame + fermented celery + kelp noodles + mango + miso-ginger sauce.

GLUTEN-FREE

OILY FISH

### alaskan wild salmon bibimbap 15,95€

black rice + crispy puffed rice + chinese cabbage + pear + pomegranate + seaweed caviar + spring onion + goma wakame seaweed + pickled daikon + furikake + gochujang mayonnaise.

OILY FISH

GLUTEN-FREE

SPICY

## Warm bowls

### vegetable & mushroom curry 15,95€

+ turmeric curry sauce + peanuts + coriander + brown basmati rice.

PLANT-BASED

GLUTEN-FREE

SPICY

### yellowfin tuna bibimbap 15,95€

brown rice + organic poached egg + wakame seaweed + shiitake + gochujang sauce + bulgogi sauce.

PLANT-BASED

GLUTEN-FREE

SPICY

### japanese bowl 15,95€

black rice + quinoa + pulled jackfruit + vegetable, silken tofu & ackee scramble + yakiniku sauce + coriander.

PLANT-BASED

GLUTEN-FREE

SPICY

### ramen 14,95€

sweet potato noodles + plant-based chashu + roasted pumpkin + oyster mushroom + nori seaweed + wakame seaweed.

PLANT-BASED

GLUTEN-FREE

## World pasta

### pad thai 14,50€

sautéed vegetables + 'chicken' + roasted peanuts + tamarind + pickled daikon + lime + coriander.

PLANT-BASED

GLUTEN-FREE

F+K PROTEIN

JOSPER

### asian cacio & pepe 14,95€

asian rice cakes + cured 'cheese' + truffle oil + sakura cress + salsify.

PLANT-BASED

GLUTEN-FREE

### supertagliatelle with spirulina 16,50€

+ alaskan wild salmon + kale pesto + grana padano.

OILY FISH

### betacarotene & turmeric ravioli 14,50€

mild pumpkin sauce + macerated pear with beetroot + 'parmesan'

PLANT-BASED

## MAINS

# Specialties

## US-Mex

### \*big flax burger 15,95€

whole wheat spelt brioche + 'cheddar' + ketchup + mustard + kale + spiced & roasted sweet potatoes with creamy 'cheese', tahini & aromatic herbs.

PLANT-BASED

F+K PROTEIN

JOSPER

### \*truffled mayo burger 15,95€

whole wheat spelt brioche with activated charcoal + plant-based+ 'cheddar' + sautéed mushrooms + roasted onion + spiced & roasted sweet potatoes with creamy 'cheese', tahini & aromatic herbs.

PLANT-BASED

F+K PROTEIN

JOSPER

### \*alaskan wild salmon mini burgers 16,95€

whole wheat spelt brioche with beetroot + plant-based mayonnaise with old style mustard + tomato + pickled cucumber + spiced & roasted carrots.

OILY FISH

JOSPER

### \*tuna wasabi burger 15,95€

whole wheat spelt brioche with activated charcoal + plant-based wasabi mayonnaise + spiced & roasted carrots.

OILY FISH

SPICY

JOSPER

### tacos al pastor 17,95€

pulled jackfruit + guacamole + pico de gallo + roasted pineapple + cashew & chipotle sour cream.

PLANT-BASED

GLUTEN-FREE

SPICY

### plant-based bbq ribs tacos 23,95€

nixtamalized corn tacos + plant-based BBQ ribs tacos + miso ginger coleslaw + ginger BBQ sauce + lime.

PLANT-BASED

GLUTEN-FREE

F+K PROTEIN

JOSPER

\*+housemade gluten-free bread (+1,45€)

## Fish over charcoal

### creamy rice with alaskan wild salmon 17,95€

+ spirulina + blue fish broth + anchovy garum + salicornia.

GLUTEN-FREE

OILY FISH

JOSPER

### salmon fishing in alaska 19,95€

+ low temperature alaskan wild salmon + red quinoa & sautéed vegetables salad + citrus & herb sauce.

GLUTEN-FREE

OILY FISH

JOSPER

### roasted dogfish & säams 17,95€

+ tamarind barbecue sauce + leaves of tudela buds + mint + lime + coriander + peanuts.

GLUTEN-FREE

OILY FISH

JOSPER

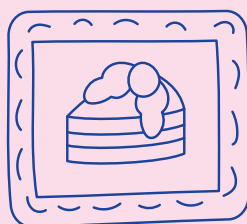
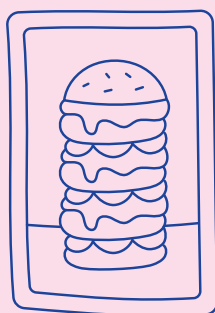
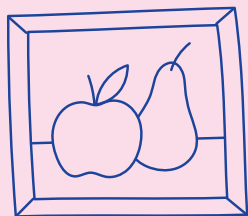
### josper baked miso glazed mackerel 17,95€

+ hibiscus dashi broth + bok choy + aromatic herb + spring onion + shiitake.

OILY FISH

JOSPER

## MAINS



### Kids

**superkids burger 9,95€**  
+ organic ketchup + kale chips.

PLANT-BASED

F+K PROTEIN

JOSPER

**jack spaghetтини sparrow 9,95€**  
rice spaghetti + housemade tomato  
sauce + 'meatballs'.

PLANT-BASED

GLUTEN-FREE

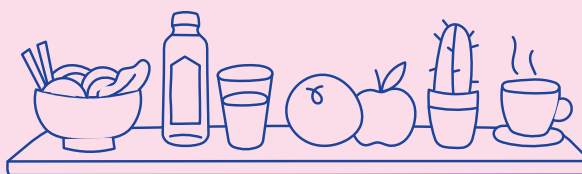
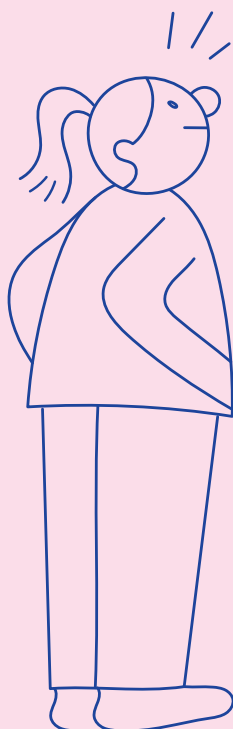
F+K PROTEIN

**ninja nuggets 7,95€**  
baked 'chicken' nuggets + organic  
ketchup.

PLANT-BASED

GLUTEN-FREE

F+K PROTEIN



## DESSERTS

# Desserts

### brioche french toast 6,95€

+ coconut milk meringue with thai spices  
+ seasonal amazake cream +  
mango-cashew ice cream.

PLANT-BASED

JOSPER

### chocolate & hazelnut mousse cake 6,95€

+ cocoa powder + red fruits.

PLANT-BASED

GLUTEN-FREE

### two textures chocolate cake 6,95€

brownie + chocolate mousse + vanilla ice cream.

PLANT-BASED

GLUTEN-FREE

### lemon pie 6,95€

lemon and yuzu cream + coconut and aquafaba cream.

PLANT-BASED

GLUTEN-FREE

### 'cheesecake' 6,95€

+ wild berries coulis.

PLANT-BASED

GLUTEN-FREE

### cookies & passion fruit cake 6,95€

passion fruit and cashews mousseline +  
passion fruit gelée + cocoa nibs + matcha  
'mascarpone'.

PLANT-BASED

GLUTEN-FREE

### carrot cake 6,95€

carrot & walnut cake + 'mascarpone'.

PLANT-BASED

GLUTEN-FREE

### vanilla ice cream 6,50€

+ strawberries + raspberries + moskito +  
cacao nibs.

PLANT-BASED

GLUTEN-FREE

### mango-cashew sundae 5,95€

+ coconut frosting + grated coconut.

PLANT-BASED

GLUTEN-FREE

## DESSERTS

# Healthy indulgences

### moskito 3,50€

buckwheat flour + cashew mascarpone + plant-based chocolate cover.

PLANT-BASED

GLUTEN-FREE

### coco choco chia 3,50€

chia and coconut cream + almonds + raw chocolate.

PLANT-BASED

GLUTEN-FREE

### pink lady 3,50€

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

PLANT-BASED

GLUTEN-FREE

### energy spicy bar 2,50€

almonds + walnuts + raw cocoa + cayenne + pistachios + goji berries + chia + sesame.

PLANT-BASED

GLUTEN-FREE

### vegan cookie 3,50€

housemade cookie with raw chocolate chips and walnuts.

PLANT-BASED

GLUTEN-FREE

### maple-glazed doughnut 3,50€

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

GLUTEN-FREE

### cinnamon maca roll 3,50€

buckwheat flour + almonds + cinnamon + maca + 'mascarpone'

PLANT-BASED

GLUTEN-FREE

### ginger-turmeric doughnut 3,50€

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

GLUTEN-FREE

### housemade muffins 3,50€ / ut.

vegan pear-chocolate muffin  
buckwheat + caramelized pear + chocolate muffin.

quinoa-blueberry muffin  
quinoa and buckwheat + hazelnut cream + blueberries.

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

miso-ginger muffin  
buckwheat and whole grain rice + almond cream + coconut milk + ginger + miso.

chocolate & orange muffin  
buckwheat and whole grain rice + hazelnut cream + banana + cocoa + orange.

PLANT-BASED

GLUTEN-FREE

### superfood protein balls 2,00€ / ut.

raspberry & rice protein ball  
macadamia nuts + lyophilized raspberry + rice protein + cashews + dates + almonds.

matcha & pea protein ball  
tea matcha + pistachios + pea protein + cashews + dates + almonds.

orange & hemp protein ball  
orange + raw cocoa + walnuts + hemp protein + cashews + dates + almonds.

PLANT-BASED

GLUTEN-FREE