FLAX&KALE
Breakfast

Tostas / Toasts
(pídelas en caja / order at the counter)

Scrambled Eggs Toast (Gluten) — 10,60€
huevos revueltos + setas + espinacas + tomate + ajos tiernos + zanahoria + queso feta
scrambled eggs + mushrooms + spinach + tomtato + green + garlic + carrot + feta cheese

Avo & Iberian Toast (Gluten) — 10,60€
aguacate + guacamole + paleta ibérica + tomate
avocado + guacamole + tomato + iberian palette

Eggs Royal Toast (Gluten) — 10,95€
crema de guisantes + salmón ahumado + salsa holandesa + huevo duro + sésamo
pea cream + smoked salmon + Hollandaise sauce + hard-boiled egg + sesame seeds

Dukkah & pistaccio egg toast (Gluten) — 10,75€
mutabal de berenjenas ahumadas + huevo duro + pistacho + granada + dukkah
smoked aubergine mutabal + hard-boiled egg + pistachios + pomegranate + dukkah

Classic Avocado Toast (Plant Based) (Gluten) — 8,50€
aguacate + chía + lino + sésamo + cayena
avocado + chia + flaxseeds + sesame + cayenne

Smoothie Bowls
(pídelas en caja / order at the counter)

Açaí Bowl (Plant Based) — 10,60€
açaí + plátano + fresas + crumble de almendras, anacardos y nueces de Brasil + arándanos + bayas de goji
açaí + banana + strawberries + almond, cashew, and Brazil nut crumble + blueberries + goji berries

Glow skin smoothie — 7,95€
fresa + plátano + almendras + vainilla + colágeno
strawberry + banana + almonds + vanilla + collagen

Fresh Breads
(Elaboradas a diario en esta cocina / Baked daily in this kitchen)

Bagel de Salmón y Queso Crema (Gluten) — 10,60€
salmón marinado + queso crema + finas hierbas
marinated salmon + cream cheese + fines herbs

Bocadillo de Atún Trufado (Gluten) — 11,60€
atún + tomate seco + albahaca + olivas kalamata + mayonesa trufada
tuna + sun-dried tomato + basil + Kalamata olives + truffled mayonnaise

Bocadillo Caprese (Gluten) — 9,55€
tomate + mozzarella + rúcula + salsa pesto
tomato + mozzarella + arugula + pesto sauce

Brioche Pulled "Pork" (Plant Based) (Gluten) — 9,55€
pulled jackfruit + col lombarda + cilantro + cacahuetes + mayonesa chili jam
pulled jackfruit + red cabbage + cilantro + peanuts + chili jam mayo

Chapata "Chicken" Teriyaki (Plant Based) (Gluten) — 9,55€
milanesa de "pollo" + champiñones + cebolla confitada + "cheddar" + salsa teriyaki
chicken' milanese + mushrooms + caramelized onions + 'cheddar' + teriyaki sauce

Our Club Sandwich (Gluten) — 13,40€
gírgolas estilo "shawarma" + col lombarda + tomate + lechuga + salsa especial de yogur
"Shawarma" style oyster mushrooms + red cabbage + tomato + lettuce + special yogurt sauce

Flautín de Cereales con Jamón ibérico (Gluten) — 10,95€
Baguette de cereales + jamón Ibérico
Cereal baguette with Iberian ham

Bocadillo de paleta de Bellota (Gluten) — 15,50€
Baguette + jamón de Bellota
Acorn-fed shoulder ham baguette

Caesar chicken focaccia (Gluten) — 10,25€
pollo asado + kale + salsa César + queso Grana Padano
Acorn-fed shoulder + ham baguette

Homemade Plant-Based Bakery

Matcha & Choco Muffin	Plant Based, Gluten	4,20€
Pear & Choco Muffin	Plant Based, Gluten	4,20€
Red Velvet Muffin	Plant Based, Gluten	4,20€
Oats & Blueberry Cookie	Gluten	4,20€
Vegan Choco Cookie	Plant Based, Gluten	4,20€
Moskito	Plant Based	4,20€
Pistacchio Cookie	Gluten	4,20€
Banana Choco Bread	Plant Based	4,20€
Cinnamon cookie	Plant Based, Gluten	4,20€

Ningún pleasure debería ser guilty
Elaborados por Flax&kale con ingredientes 100% vegetales, sin azúcar blanco refinado y con harinas alternativas al gluten.
Prepared by Flax&Kale with 100% vegetable ingredients, without refined white sugar and with gluten alternative flours.

Breakfast Menu

Desayuno Bakery
Plant-based Croissant / Croissant con Cereales y Semillas
Plant-based Croissant / Cereal & Seeds Croissant
Café con Leche + Zumo Cold Pressed
Latte + Cold Pressed Juice
*Por 1€ más incluye cualquier pieza de Bakery: Indulgencias / Muffins / Cookie / Croissant
*For 1€ include any other Bakery item: Indulgences / Muffins / Cookie / Croissant
11,95 €

Desayuno Bread
Bocadillo Caprese/ Chapata "Chicken" Teriyaki
Brioche Pulled "Pork"/ Caesar chicken focaccia
Café con Leche + Zumo Cold Pressed
Latte + Cold Pressed Juice
*Por 2€ más incluye: Bocadillo de Atún Trufado / Flautín de Cereales de Paleta Ibérica
*For 2€ include Truf ed Tuna sandwich / For 1€ include Iberian Palette Sandwich
18,50 €

Desayuno Ibérico
Flautín de cereales con jamón ibérico
Cereal baguette with iberian ham
Café con Leche + Zumo de naranja natural
Latte + Fresh orange juice
19,95 €

Desayuno Toast
Eggs Royal Toast / Dukkah & Pistaccio Egg Toast
Café con Leche + Zumo Cold Pressed
Latte + Cold Pressed Juice
*Por 2€ más se incluye: Scrambled Eggs Toast / Hummus, Avocado & Egg Toast /Avo & Iberian Toast
*For 2€ include: Scrambled Eggs Toast / Hummus, Avocado & Egg Toast / Avo & Iberian Toast
17,50€

Desayuno Açaí
Açaí Bowl + Café con Leche
Açaí Bowl + Latte
13,50 €

Cold pressed and ready for success

FLAX&KALE Kitchen

Cremas/ Soups

Kale Cream (Plant Based) — 9,65€
kale + puerro + leche de coco + miso + levadura nutricional
kale + leek + coconut milk + miso + nutritional yeast

Betacaro Cream (Plant Based) — 9,65€
calabaza + zanahoria + boniato + cúrcuma + naranja + jengibre
pumpkin + carrot + sweet potato + turmeric + orange + ginger

Bowls

Salmón con Quinoa y Verduras — 19,90€
salmón + salteado de quinoa tricolor con verduras + hierbas aromáticas + vinagreta de cítricos
salmon + tricolor quinoa stir-fry with vegetables + aromatic herbs + citrus vinaigrette

Turkey meatballs & rice bowl — 18,85€
albóndigas de pavo + salsa de tomate + arroz basmati al curry (pasas + menta + coco + cacahuete)
turkey meatballs + tomato sauce + curried basmati rice (raisins, mint, coconut & peanuts)

Falafel & Hummus Bowl (Plant Based) (Gluten) — 18,85€
falafel + hummus + ancient grains (tabulé de bulgur y espelta) + salsa harissa
falafel + hummus + ancient grains (bulgur and spelt tabbouleh) + harissa sauce

Piri Piri Chicken Bowl — 18,85€
pollo piri piri asado y cocinado a baja temperatura + arroz integral y negro + nueces + granada + edamame
roasted and slow-cooked piri piri chicken + white and black rice + walnuts + pomegranate + edamame

Sides

Roasted Boniatos & Patatas Bravas (Plant Based) — 13,95€
patatas y boniatos asados y especiados + salsa de yogur y tahini + granada + sésamo
roasted potatoes and sweet potatoes with spices + yogurt & tahini sauce + pomegranate + sesame seeds

Hummusíssimo (Plant Based) (Gluten) — 10,60€
hummus + tahini + salsa zhug + pan
hummus + tahini + zhug sauce + bread

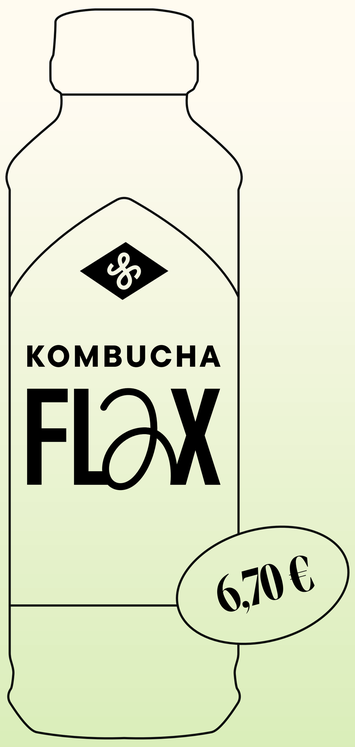
PASSION COLADA
maracuyá + piña + coco
passion fruit + pineapple + coconut

BLUE MOJITO
yuzu + espirulina + menta
yuzu + spirulina + mint

AFRICAN MULE
jengibre + hibiscus + naranja
ginger + hibiscus + orange

WONDER BERRY
frambuesas + arándanos
raspberries + blueberries

SPICY MARGARITA
lima-limón + cilantro + jalapeño
lemon-lime + cilantro + jalapeño



DRAGON LEMONADE
pitaya + lima + limón
pitaya + lime + lemon

ORANGE FANTASY
naranja + limón
orange + lemon

LEMON FANTASY
lima + limón
orange + lemon

KOMBUCOLA
formula secreta
secret formula

SEX ON THE PEACH
melocotón + naranja + limón
peach + orange + lemon

We're hungry for Actions. Not words.

For more than 40 years, we've envisioned a better future with more conscious
And healthier people living in peaceon a more sustainable planet.

Lunch Menu

Menú Salad

Kale Salad con queso de cabra / Middle East Salad / Italian Salad
Kale Salad with Goat Cheese / Middle East Salad / Italian Salad

+Kombucha o Zumo Cold Pressed
+Kombucha or Cold Pressed Juice

*Por 2,5€ incluye: Salmón Poke Bowl
* For 2,5€ include: Salmon Poke Bowl

21,95 €

Menú Bowl

Falafel & Hummus Bowl / Turkey meatballs & rice bowl/
Piri Piri Chicken Bowl

+Kombucha o Zumo Cold Pressed
+Kombucha or Cold Pressed Juice

*Por 1€ elije un bowl: Salmón con Quinoa y Verduras
*For 1€ choose a bowl: Salmon with Quinoa and Vegetables

23,95 €

Brunch Ibérico

Bocadillo de paleta de Bellota
Acorn-fed shoulder ham baguette

+Kombucha o Zumo Cold Pressed
+Kombucha or Cold Pressed Juice

24,50 €

Drink Better, Drink Kombucha.

Vegetarians since 1979, Flexitarians since 2014.

Todas las preparaciones vegetales marcadas en cursiva cómo "pollo" F&K ó "carne" F&K están desarrolladas por nuestro equipo de I+D + i a base de proteína de soja y guisante y elaboradas en nuestro obrador. El aporte proteico es muy similar al de la carne animal pero las emisiones de Co2 y la huella hídrica de su producción son considerablemente menores.

All vegetable preparations marked in italics as 'chicken' F&K or 'meat' F&K are developed by our R&D team based on soy and pea protein and produced in our workshop. The protein content is very similar to that of animal meat, but the Co2 emissions and water footprint of their production are considerably lower.