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) — 10,85€
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

Flax & Kale Ramen — 16,95€
caldo casero de setas, algas y verduras asadas + fideos de arroz + huevo + seta siitake + sésamo tostado
Homemade broth with mushrooms, seaweed, and roasted vegetables + rice noodles + egg + shiitake mushroom + toasted sesame seeds

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

Plant-based Nachos (Plant Based) — 15,00€
nachos de maíz + "carne picada" + salsa "cheddar" + guacamole + jalapeños + pico de gallo + cilantro
corn nachos + 'minced meat' + 'cheddar' sauce + guacamole + jalapeños + pico de gallo + cilantro

Burger

Double Smash Truffle Burger (Gluten) — 19,40€
plant-based smash burger + "cheddar" + mayonesa trufada + champiñones + cebolla confitada + zanahorias asadas
plant-based smash burger + 'cheddar' + truffled mayonnaise + mushrooms + caramelized onions + roasted carrots

Double Smash Cheeseburger (Plant Based) (Gluten) — 18,10€
plant-based smash burger + "cheddar" + pepinillos + lechuga + mostaza + ketchup + zanahorias asadas
plant-based smash burger + 'cheddar' + pickles + lettuce + mustard + ketchup + roasted carrots

Pasta

Pad Thai (Plant Based) — 16,95€
spaghetti de arroz + verduras + "pollo" + cacahuetes + cilantro + salsa pad thai
rice spaghetti + vegetables + 'chicken' + peanuts + cilantro + pad thai sauce

Truffle & Pistaccio Casareccia (Gluten) — 16,95€
Pasta casareccia + salsa de trufa + queso Grana Padano + setas + pistacho
casareccia pasta + truffle sauce + Grana Padano cheese + mushrooms + pistachios

Drink Better, Drink Kombucha.

La alternativa a los refrescos con probióticos, baja en azúcares y calorias.
La kombucha es una bebida fermentada a base de té verde que contiene probióticos y muchas propiedades saludables. Es energizante y supone una alternativa saludable al refresco azucarado.

The alternative to soft drinks with probiotics, low in sugars and calories.
Kombucha is a fermented green tea-based beverage that contains probiotics and many healthy properties. It is energizing and is a healthy alternative to sugary soft drinks.

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 €

Menú Burger
Double Smash Cheesburger / Double Smash Truffle Burger

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

23,50 €

Menú Pasta
Pad Thai / Truffle & Pistaccio casareccia / Flax & Kale Ramen

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

21,95 €

Brunch Ibérico
Bocadillo de paleta de Bellota
Acorn-fed shoulder ham baguette

+ Snack

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

24,50 €

Vegetarians since 1979, Flexitarians since 2014.