# Eat better Be happier Live longer



FLAX & KALE PASSAGE is a Healthy Flexitarian restaurant. All the dishes are designed not only to maximize the organoleptical pleasure, but also considering their nutritional value. 80% of our offer is *plant-based* and the remaining 20% are recipes that contain oily fish. We have traveled the whole world in search of inspiration and later created a menu which can be described in one word: INNOVATION.

Welcome to the fascinating world of Tasty + Healthy + Sustainable food!



#### **RAW FOOD**

The enzymes and vitamines 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 enzyms in nature.



#### **GLUTEN-FREE**

All Flax & Kale dishes are gluten-free (**GF**). We have the certificate "Restauració Sense Gluten" given by Celiacs Association from Catalunya, which guarantees that the whole menu is safe for people with celiac disease.



#### OILY FISH

Dishes marked withrttt **OF** contain 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.



All IT'S PLANT-BASED proteins are developed by our R&D team in our workshop.



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.



If you're allergic or intolerant to any kind of food, please, notify us immediately. Check the full allergen information at the end of the menu.

## TO NIBBLE & STARTE

#### UMAMI ALMONDS | 4,95€

Marcona almonds + white miso + white sesame + black garlic + ginger

#### KALE CHIPS ORIGINAL RECIPE | 4,50€

dehydrated kale + cashews + nutritional yeast + turmeric



#### CRUNCHY YELLOWFIN TACO | 5,50°

crunchy nixtamalized corn taco + marinated yellowfin tuna dice

- + white cabbage + coriander + spring onion + housemade spicy pink sauce
- + avocado + sesame seeds | 🎤



#### CRUNCHY SALMON TACO | 5,50€

crunchy nixtamalized corn taco + marinated Alaskan wild salmon dice + avocado + nori seaweed + romaine lettuce + tartare sauce with jalapeños



#### CRUNCHY HIRAMASA TACO | 5,50€

crunchy nixtamalized corn taco + marinated hiramasa (kingfish) dice + radishes + romaine lettuce + dill + ponzu sauce + sweet wasabi sauce



#### MANGO & AVOCADO TARTARE | 10,95€

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



#### SUPERFOOD PLANT-BASED DUMPLINGS | 10,95€ / 6 PIECES

'bbq pulled pork' jackfruit + truffled funghi + 'carn d'olla' plant-based |



#### 'BBQ PULLED PORK' BAO | 5,50€ / PIECE

healthy bao + jackfruit + red cabbage sauerkraut + peanuts + chili jam mayo + coriander |



#### PLANT-BASED 'FOIE' | 12,95€

NEW

plant-based 'foie' + roasted grape coulis + assorted mushrooms + brioche bread + truffle oil + lamb's lettuce

### HARING COURS



#### CRUNCHY TACOS ASSORTMENT | 15,50e/3 PIECES

1 pc. crunchy yellowfin taco + 1 pc. crunchy salmon taco + 1 pc. crunchy hiramasa taco



#### KUALA LUMPUR'S STREET AUBERGINE | 6,50€

miso marinated crunchy aubergine skewers + spring onion + yakiniku sauce

#### ☆ CHEF'S NOTES

- hiramasa: mild flavour fish that has a creamy and firm texture, excellent to be eaten raw.
- jackfruit: the world's biggest fruit, when prepared it looks like shredded pork.
- keto: (or ketogenic) is a high-fat, low-carbohydrate and adequate-protein dietary therapy.













#### ROASTED VEGGIES & ROOTS PLATTER | 8,95€

broccoli with Mediterranean herbs + spiced sweet potato and carrots

- + tender cauliflower with black garlic and ginger + peanut sauce
- + housemade grape chutney with thyme



#### HUMMUSÍSSIMO | 14,95€





creamy hummus + Creamy 'cheese' & tahini plant-based yogurt sauce + grilled & spiced plant-based 'meatballs' + pickles + tepid nut and grape salad + semi-dried tomato + white tahini + *za'atar* + housemade pita bread



### BRAISED BROCCOLI, MUHAMMARA & YEMENI ZHUG SAUCE | 6,95€

JOSPER



grilled spiced broccoli + Syrian muhammara" of roasted peppers, semi-dried tomato and almonds + Yemeni *zhug*" sauce of spices and coriander + pomegranate *pico de gallo* 



### BRAISED ROMANESCO, TUPINAMBO, OYSTER MUSHROOM & CHIMICHURRI | 7.95€

PER



grilled romanesco + Jerusalem artichoke shells + oyster mushroom + *chimichurri* sauce + sweet pepper + salicornia + seaweed caviar + Jerusalem artichoke cream + housemade sweet paprika pink sauce

## ARTISAN PASTA & FLATBREADS



#### ZUCCHINI & KALE PESTO FLATBREAD | 12,50€

marinated zucchini + carrot sauce + rocket + avocado + parmigiano teresiano



#### 'CHICKEN' PAD THAI | 14,50€

rice tagliatelle + shiitake + carrot + it's plant-based 'chicken' + soybean sprouts + roasted peanuts + pickled daikon + housemade pad thai sauce + spring onion

+ lime + coriander



#### ASIAN CACIO & PEPE\* | 14,95€



Asian rice cakes + Sichuan pepper + it's plant-based cured 'cheese' + truffle oil + sakura cress + salsify

#### \* CHEF'S NOTES

- muhammara: slightly spicy dip made of peppers and nuts originating from Syria.
- cacio & pepe: "cheese & pepper" in several Italian dialects.
- Yemeni zhug: tasty sauce made from a mixture of spices and aromatic herbs from Yemen.











## SALADS & BOWLS



#### TERESA'S FAVOURITE KALE SALAD | 11,95€

kale + cherry tomatoes + avocado + mixed sprouts + nori seaweed + mango + radishes + chipotle vinaigrette | 🖋



#### KALE CAESAR SALAD | 13,50€

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



#### YELLOWFIN TUNA & SALMON POKE BOWL | 15,95€

yellowfin tuna + Alaskan wild salmon + black rice + white quinoa + avocado + wakame + fermented celeriac + kelp noodles + mango + leafy greens + miso-ginger dressing



#### ALASKAN SALMON BIBIMBAP\* | 15,95€

NEW

raw Alaskan wild salmon dice + Thai black rice + crispy puffed rice + Chinese cabbage + romaine lettuce + pear + pomegranate + seaweed caviar + spring onion + goma wakame seaweed + pickled daikon + *furikake* + *gochujang\** mayonnaise |



#### SEASONAL FRUIT AGUACHILE | 12,95€

NEW

seasonal fruit *aguachile*\* + avocado + Judas ear mushroom + cucumber + strawberries + Mexican green tomates + mixed tomatoes + physallis + nori seaweed + coriander foam + toasted sesame



#### **BURRATA & ROASTED TOMATOES**

NEW

SHEET-PAN | 14,95€ / SERVING FOR TWO

grilled cherry tomatoes + burrata + bimi + toasted hazelnut green pesto + pine nuts + thyme + rosemary + basil + lemon + housemade pita bread



#### ROASTED ROOTS & AVOCADO SALAD | 12,95€

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

#### \* CHEF'S NOTES

- bibimbap: in Korean it literally means "mixed" (bibim) "rice" (bap).
- gochujang: (or red chili paste) is a savory, sweet and spicy fermented condiment popular in Korean cooking.
- aguachile: very fresh dish typical of the western coast of Mexico made from chiles and lime.
- RF Raw food
- PB Plant-based
- GF Gluten-free





## TERESA' SPECIALTIES



#### BUTTERNUT SQUASH MALAYSIAN CURRY | 15,95€

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



#### KONJAC RISOTTO | $^{16,95\epsilon}$

konjac rice\* + boletus edulis + spinach + green asparagus + artichoke + Alaskan wild salmon



#### MY VEGAN JAPANESE GIRLFRIEND BOWL | 14,95€

black rice + quinoa + 'bbq pulled pork' jackfruit + ackee\* plant-based scrambled eggs + yakiniku sauce + coriander



#### BAMBOO STEAMED ALASKAN SALMON | 19,95€

Alaskan wild salmon + teriyaki sauce + barbecue style edamame + black wild rice + young coconut + shiitake



#### RAMEN YA-TERE | 14,95€

housemade ramen broth + sweet potato noodles + plant-based chashu (nori seaweed, pulled jackfruit) + young coconut 'bacon' + roasted pumpkin

- + oyster mushroom + nori seaweed + wakame seaweed + watermelon radish
- + toasted sesame



#### YELLOWFIN TUNA BIBIMBAP\* | 15,95€

NEW

yellowfin tuna  $bulgogi^*$  + poached organic blue egg + brown rice + marinated cucumber + red cabbage + wakame seaweed + sautéed shiitake + furikake + mangetout + Korean doubanjiang sauce |



### BBQ TAMARIND GLAZED DOGFISH & SSÄMS\* | 16,95€

PER NE

marinated & glazed grilled dogfish with housemade tamarind barbecue sauce + lemongrass + toasted coconut + leaves of Tudela buds + coriander + mint + lime



#### MISO GLAZED SPANISH MACKEREL | 14,95€

NEW

caballa marinada con miso + caldo dashi\* de hibiscus + bok choy + hierbas aromáticas + cebolleta china + shiitake



#### PLANT-BASED BBQ RIBS TACOS | 23,95€/7 PIECES

JOSPER



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

#### \* CHEF'S NOTES

- konjac: high in fiber and low in calories and carbohydrates alternative to rice (or pasta).
- $\hbox{-} \textit{ackee} : fruit \ native \ to \ A frica \ also \ known \ as \ "egg \ fruit", because \ when \ cooked \ it \ has \ a \ very \ similar \ aspect.$
- ssäms: Korean version of the Mexican taco in which a vegetable leaf is used to wrap a series of ingredients.
- bulgogi: "bul" (fire) and "gogi" (meat) in Korean. Our version uses the same flavours and aromas in its preparation.
- dashi: it is used as a broth base in Japanese cuisine and it provides an umami taste to the dishes.











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



FOCACCIA | 5,95€



#### CONTEMPORARY MARINARA | 10,95€

San Marzano tomato + roasted cherry tomatoes + garlic + basil + oregano + Teresa's Juicery Green Olive Oil



#### MARGHERITA | 11,95€

San Marzano tomato + it's plant-based mozzarella + basil



#### BARBECUE | 15,45€

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



#### TRUFFLE & FUNGHI | 15,95€

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



#### BARCELONA | 15,45€

grilled aubergine & red peppers + housemade romesco sauce + roasted tomatoes + plant-based pickled 'tuna'



#### CAPRICHOSA | 14,50€

NEW

San Marzano tomato + boletus edulis + artichokes + Kalamata olives + plant-based 'bacon' + it's plant-based 'mozzarella'



#### TRADIZIONALE | 15,95€

NEW

San Marzano tomato + spinach green pesto + cherry tomatoes + pine nuts + it's plant-based 'mozzarella' + semi-dried tomato + fresh spinach and rocket



#### ROAST PUMPKIN & BLUE CHEESE | 14,95€

NEW

plant-based blue cheese + grilled pumpkin cream + spinach + walnuts + grapes + portobello mushroom

### PLANT-BASED & GLUTEN-FREE BREADS

ORIGINAL | 1,50€

FLUTE WITH TOMATO | 2,50€

NUTS & SEEDS | 2,00€

BASQUET OF ASORTED BREADS | 4,95€

TURMERIC & HEMPS SEEDS | 2,00€

RF Raw food







### **WEEKEND BRUNCH**

ONLY AVAILABLE ON WEEKEND



#### CLASSIC AVO TOAST\* | 6,50€

housemade sliced bread with seeds + avocado + lemon + cayenne pepper + flax + chia



#### POKE AVO TOAST\* | 7.95€

housemade sliced bread with seeds + avocado + cucumber + marinated Alaskan wild salmon + raw onion



- · poached organic blue egg\* | +1,95€
- · scrambled organic blue egg\* | \*1,95€
- · marinated Alaskan wild salmon | +2,45€



#### THE SCANDAL SCRAMBLE | 10,95€

scrambled organic blue eggs\* + mushrooms + spinach + tomato + feta cheese + carrot + young garlic



#### THE PLANT-BASED SCANDAL SCRAMBLE | 11,45€

mushrooms + spinach + tomato + carrot + young garlic + ackee + silken tofu + Kala Namak salt



#### BAO BAB BENEDICTS | 13,50€

healthy bao + 'bbq pulled pork' jackfruit + poached organic blue eggs + peanuts + baobab's holandaise plant-based sauce + chili jam |



#### MOROCCAN ROASTED PORTOBELLO I 13,50€

housemade English muffin + poached organic blue eggs + avocado + portobello + baba ganoush + dukkah



#### AÇAİ NA TIGELA | 8,95€

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

TOPPING: blueberries + seasonal fruits + Crumble Style Granola + hemp seeds + Goji berries | \* peanut butter extra (+0,50€)



#### SHAKSHOUKA | 13,95€

NEW

lebanese style tomate sauce + spinach + organic blue eggs\* + eggplant + spring onion + coriander + Yemeni zhug sauce + 5 cereals bread\*\* \*\* housemade gluten-free bread (+ 1,45 $\epsilon$ )

#### \* CHEF'S NOTES

organic blue eggs: they are laid by Araucana or Mapuche hens and are characterized by their larger yolk
of an intense golden yellow color.

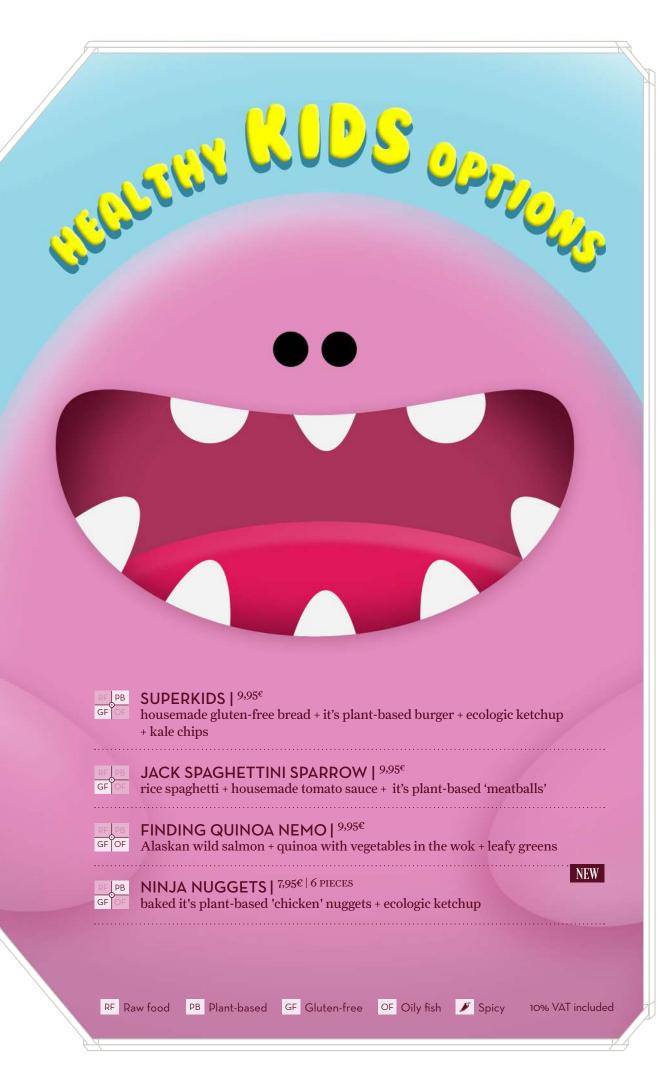
RF Raw food

PB Plant-based

GF Gluten-free









#### WHITE MISO-GINGER 'CHEESECAKE' | 6,95€

cashews + white miso + ginger + activated charcoal and dates jam



#### TWO TEXTURES CHOCOLATE CAKE | 6,95€

brownie + chocolate mousse + hazelnut ice cream



#### TERESA'S MATCHA CHEESECAKE | 6,95€

matcha tea + cashews + coconut cream + crunchy gluten-free base with almonds and walnuts



#### COOKIES & PASSIONFRUIT CAKE | 6,95€

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



#### LEMON PIE | 6,95€

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



#### CHEESECAKE | 6,95€

it's plant-based cheesecake + wild berries coulis



#### THAI FRENCH TOAST | 6,95€



gluten-free brioche French toast grilled in Josper + coconut milk meringue with Thai spices + coconut sugar + seasonal amazake cream + mango-cashew ice cream + candied sesame



### CHOCOLATE & HAZELNUT MOUSSE CAKE | 6,956

chocolate & hazelnut mousse + cocoa powder + red fruits

NEW



#### TOASTED HAZELNUT ICE CREAM | $^{6,50}$ $^{ m c}$

hazelnuts ice cream + pieces of mango & grape + vegan cookie + hazelnuts & raw cocoa nibs topping



### MANGO CASHEW ICE CREAM | $^{6,50}$ $^{\epsilon}$

mango-cashew ice cream + pieces of mango + Coco Choco Chia Bar + cashews & chia topping



CHOCO ICE CREAM | 6,50° chocolate ice cream + pieces of p chocolate ice cream + pieces of papaya & strawberries + Pink Lady + coconut & Goji berries topping



### VANILLA ICE CREAM | $^{6,50\epsilon}$

vanilla ice cream + strawberries + Moskito + pumpkin seeds & freeze-dried raspberries topping









### EALTHY INDULGENCES

#### MOSKITO | 3,50€

buckwheat flour + cashew mascarpone + plant-based chocolate cover



#### COCO CHOCO CHIA | 3,50€

chia and coconut cream + almonds + raw chocolate



#### PINK LADY | 3,50€

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



#### **ENERGY SPICY BAR** I 2,50€

almonds + walnuts + raw cocoa + cayenne + pistachios + Goji berries + chia + sesame



#### SUPERFOOD PROTEIN BALLS | 2,00€ / PIECE

RASPBERRY & RICE PROTEIN STICK BALL: macadamia nuts + lyophilized raspberry+ rice protein + cashews + dates + almonds

MATCHA & PEA PROTEIN STICK BALL: tea matcha + pistachios + pea protein + cashews + dates + almonds

ORANGE & HEMP PROTEIN STICK BALL: orange + raw cocoa + walnuts + hemp protein + cashews + dates + almonds



#### HOUSEMADE MUFFINS | 3,50€ / PIECE

VEGAN PEAR-CHOCOLATE MUFFIN: buckwheat flour + caramelized pear + chocolate muffin

QUINOA-BLUEBERRY MUFFIN: quinoa and buckwheat flour + hazelnut cream + blueberries

MATCHA MUFFIN: buckwheat and whole grain rice flour + almond cream + matcha tea + cacao nibs

MISO-GINGER MUFFIN: buckwheat and whole grain rice flour + almond cream + coconut milk + ginger + miso

CHOCOLATE & ORANGE MUFFIN: buckwheat and whole grain rice flour + hazelnut cream + banana + cocoa + orange



#### VEGAN COOKIE | 3,50€

housemade cookie with raw chocolate chips and walnuts



#### MAPLE-GLAZED DOUGHNUT | 3,50€

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



#### GINGER-TURMERIC DOUGHNUT | 3,50€

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











# $\frac{FLAX \& KALE}{PASSAGE}$