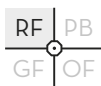


Eat better Be happier Live longer



FLAX & KALE 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. 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!



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 **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 enzymes in nature.



GLUTEN-FREE

Every gluten-free dish is marked with **GF**. 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 **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.

FLAX & KALE
→ CUINA FLEXITERIANA ←

If you're allergic or intolerant to any kind of food,
please notify us immediately.

KOMBUCHA LAB

SPARKLING | FERMENTED PROBIOTIC | NATURALLY ENERGIZING

Kombucha is a beverage which is fermented by a cultive of organisms with many health benefits.

Tea and sugar are the base of kombucha because they contain a number of nutrients and compounds that feed the cultive (scooby), including nitrogen and tea. SCOBY is the acronym for "symbiotic culture of bacteria and yeasts" also known as "mother".

Among its benefits: helps to reinforce the immune system, balance the intestinal flora, revitalize the body and improve cardiovascular health.

Kombucha (400 ml.)

Plant-based | Gluten-free | Non pasteurized | Non HPP | Non GMO

		PASSION COLADA 4,95€ passion fruit + pineapple + coconut + bancha tea	
		BLUE MOJITO 4,95€ yuzu + spirulina + mint	
		WONDER BERRY 4,95€ raspberries + blueberries	NEW
		AFRICAN MULE 4,95€ ginger + hibiscus + orange	
		SPICY MARGARITA 4,95€ lime-lemon + coriander + <i>jalapeno</i>	
		DRAGON LEMONADE 4,95€ pitaya + lime + lemon	
		ORANGE FANTASY 4,95€ orange + lemon	
		LEMON FANTASY 4,95€ lime + lemon	
		KOMBUCOLA 4,95€ secret formula	NEW
		SEX ON THE PEACH 4,95€ peach + orange + lemon	NEW

Do not shake | Not recommended for children under 10 or women who were pregnant or breastfeeding.

RF Raw Food PB Plant-based GF Gluten-free OF Oily Fish

10% VAT included

COLD-PRESSED JUICES (400 ml.)

RAW* | PLANT-BASED** | NON PASTEURIZED | NO ADDED SUGARS*

* Except Virus Killer + Energy Boost + Digestive Elixir | ** Except Virus Killer + Energy Boost

RF PB GF OF		GREEN LOVE 4,95€ apple + spinach + cucumber + lemon + parsley + kiwi + ginger
RF PB GF OF		GREEN SLIM FIT 4,95€ apple + spinach + fennel + rocket + parsley + ginger + kiwi + lemon
RF PB GF OF		GREEN MEDICINE 4,95€ pear + grapes + cucumber + spinach + kale + parsley + kiwi + lemon
RF PB GF OF		B CAROTENO 4,95€ carrot + apple + coconut water + lemon
RF PB GF OF		FOREVER YOUNG 4,95€ carrot + apple + grape + pineapple + orange
RF PB GF OF		PASSION GRAPEFRUIT 4,95€ tangerine + apple + grapefruit + strawberry + passion fruit + ginger
RF PB GF OF		MY SWEET HORNY 4,95€ pineapple + apple + passion fruit + aloe vera + maca
RF PB GF OF		VIRUS KILLER 4,95€ pear + herbal infusion (thyme, lemon verbena, rock tea) + lemon + honey + ginger
RF PB GF OF		BLUE DIAMOND 4,95€ apple + pineapple + pear + grape + ginger + lemon + spirulina
RF PB GF OF		THE VEGAN VAMPIRE 4,95€ pear + beetroot + carrot + orange + pineapple + lemon + ginger
RF PB GF OF		DETOX 4,95€ carrot + lettuce + cucumber + beet + tomato + fennel + spinach + kale
RF PB GF OF		DIGESTIVE ELIXIR 4,95€ osmotized water + lime + blueberries + maple syrup + activated charcoal
RF PB GF OF		ENERGY BOOST 4,95€ osmotized water + cucumber + honey + lemon + orange water + flower pollen

SIGNATURE RECIPES (400 ml.)

PLANT-BASED | GLUTEN-FREE | NON PASTEURIZED | NO ADDED SUGARS



BLOODY TERE | 4,95€
tomato + lemon + ginger + Tabasco

SMOOTHIES (400 ml.)

RAW | PLANT-BASED | NON PASTEURIZED | NO ADDED SUGARS



ANTIOX | 4,95€
orange + kiwi + strawberry



BERLIN | 4,95€
orange + mango + strawberry + cranberries + beetroot + activated charcoal



MOLOKAI | 4,95€
apple + mango + banana + coconut water + spinach + kale
+ almond cream + basil + mint

WATER

PURIFIED WATER | 1,95€
osmosis purified and alkalized low mineral water (8pH min.)

VICHY CATALÁN | 2,60€

WELLNESS ELIXIRS

COCO JOVEN ENTERO *ask our staff to open it!* | 5,95€

NEW

HOUSEMADE LEMONADE SLUSHY | 4,50€
lemon juice + agave syrup + osmotized water

ORANGE JUICE | 4,50€

GINGER SHOT 50ML | 3,50€
100% cold-pressed ginger juice

RF Raw Food PB Plant-based GF Gluten-free OF Oily Fish

10% VAT included

FROZEN HEALTHY SMOOTHIES

RF PB
GF OF

TERESA'S FAVORITE SMOOTHIE | 5,95€

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

RF PB
GF OF

BATIDO EL CUBANITO | 5,95€

coconut water + coconut plant-based milk + raw cocoa + banana
+ almonds + agave syrup

RF PB
GF OF

THE REJUVENATOR! | 5,95€

orange juice + mango + pineapple + strawberries + *açaí* + Goji berries
+ chia + agave syrup

RF PB
GF OF

TROPICAL SUPERFOODS | 5,95€

coconut plant-based milk + banana + papaya + mango + pineapple
+ maca + Goji berries + agave syrup

RF PB
GF OF

VANILLA SUNDAE | 5,95€

plant-based vanilla sundae + red berry coulis + strawberries

RF PB
GF OF

CHOCOLATE SUNDAE | 5,95€

plant-based chocolate sundae + coconut frosting + cherry + toasted hazelnuts

RF PB
GF OF

MANGO & CASHEW SUNDAE | 5,95€

plant-based mango and cashew ice cream+ coconut frosting + grated coconut

RF PB
GF OF

AÇAÍ BOWL | 8,95€

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

TOPPING: blueberries + seasonal fruits + housemade Brazil nut crumble
+ hemp seeds + Goji berries | * *peanut butter extra* (+0,50€)

BEER



CAÑA ESTRELLA DAMM CLÁSICA	20CL 2,60€	33CL 3,10€	JAR 6,25€
CLARA HOUSEMADE beer with housemade lemon juice	20CL 2,60€	33CL 3,10€	JAR 6,25€
INEDIT DAMM spiced malt and wheat beer		33CL 4,75€	
FREE DAMM 0%	25CL 3,10€		
DAURA GLUTEN-FREE		33CL 3,70€	

CAVA



CASTELO DE PEDREGOSA CLOS DE BLANCS xarel·lo + macabeo + parellada (D.O. Cava)	4,75€	19,50€
CASTELO DE PEDREGOSA PETIT CUVÉE ROSÉ trepal + pinot noir (D.O. Cava)	5,25€	21,95€
GRAMONA BRUT IMPERIAL ^{ECO} macabeo + chardonnay (D.O. Cava)		29,95€

FLAX&KALE WINE



WHITE ^{ECO} VEGAN garnacha blanca + macabeo + muscat de Frontignan (D.O. Penedès)	3,95€	16,95€
RED ^{ECO} VEGAN tempranillo + garnacha negra (D.O. Penedès)	3,95€	16,95€

WHITE WINE



PERPLEJO ^{ECO} verdejo <i>Alvarez y Díez (D.O. Rueda)</i>	4,50€	18,95€
CURIÓS ^{ECO} xarel·lo <i>Albet i Noya (D.O. Penedès)</i>		18,50€
VORA A LA MAR ^{ECO} pansa blanca <i>Alta Alella (D.O. Alella)</i>		19,95€
A COROA ^{ECO} godello <i>A Coroa (D.O. Valdeorras)</i>		22,50€
REBELDES BLANCOS ^{ECO} garnacha blanca + macabeo <i>(D.O. Montsant)</i>		19,95€
CAPTURA DE LUZ ^{ECO} albariño <i>Wineissocial (D.O. Rías Baixas)</i>		19,50€
GESSAMÍ ^{ECO} sauvignon blanc + muscat <i>Gramona (D.O. Penedès)</i>		21,00€
SKING OR QUEEN ^{ECO} albillo real <i>La Unidad Viñas y Bodega (D.O. Cebreros)</i>		19,95€

ROSÉ WINE



MORENILLO 2021 ^{ECO} morenillo <i>Bernaví (D.O. Terra Alta)</i>	19,50€
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RED WINE



REBELDES ^{ECO} garnacha negra + syrah <i>Bodega Rebeldes (D.O. Montsant)</i>	4,50€	18,95€
ARTUKE ^{ECO} tempranillo + viura <i>Artuke (D.O. Rioja)</i>		18,50€
CURIÓS ^{ECO} ull de llebre <i>Albet i Noya (D.O. Penedès)</i>		18,50€
VILLA WOLF PINOT NOIR ^{ECO} pinot noir <i>Weingut Villa Wolf (D.O. VDP Pfalz)</i>		19,50€
ÀNIMA DEL PRIORAT ^{ECO} cariñena + garnacha + syrah + cabernet sauvignon <i>Casa Gran del Siurana (D.O. Priorat)</i>		21,50€
SER VIVO Y NATURAL ^{ECO} NATURAL tinta fina <i>Hermanos Páramo Arroyo (D.O. Ribera del Duero)</i>		18,50€
CUP 3 garnacha + trepat <i>Vidbertus (D.O. Conca de Barberà)</i>		18,95€
HABLA DEL SILENCIO ^{ECO} syrah + cabernet sauvignon + tempranillo <i>Habla (D.O. Extremadura)</i>		25,50€

SPECIALTY COFFEE

RIGHT SIDE

Flax & Kale confía en La Marzocco y en Right Side Coffee por su *know-how* y profesionalidad en la materia. Todos nuestros cafés son 100% naturales, de temporada y de especialidad.

extra shot de café + 1,00€



ESPRESSO | 1,90€
18 ml. of coffee in a cup (9 g. of coffee)



AMERICÀ | 1,90€
90 ml. extra of hot water + 18 ml. of coffee in a cup (9 g. of coffee)



MACCHIATO | 2,10€
40 ml. of milk or plant-based drink* + 18 ml. of coffee in a cup (9 g. of coffee)



CAPUCCINO | 2,40€
120 ml. of milk or plant-based drink* + 18 ml. of coffee in a cup (9 g. of coffee)



LATTE | 2,60€
225 ml. of milk or plant-based drink* + 18 ml. of coffee in a cup (9 g. of coffee)



FLAT WHITE | 2,60€
100 ml. of milk or plant-based drink* + 36 ml. of coffee in a cup (18 g. of coffee)

* Ask our staff for our plant-based drink options.

TEA WORLD

TETERUM

We trust Teterum for their organic and sustainable teas.

**contains nuts*

MATCHA LATTE 3,95€

ICED MATCHA LATTE 3,95€

CHAI TEA LATTE 3,95€

ICED CHAI TEA LATTE 3,95€

BLACK CHAI | ^{ECO} 2,60€

GREEN (SENCHA) | ^{ECO} 2,60€

RED (PU ERH) | ^{ECO} 2,60€

BLACK (EARL GREY) | ^{ECO} 2,60€

PURIFYING ^{NEW} 2,60€
tempranillo green tea + dandelion
+ horsetail + nettle + birch leaves.

DIGESTIVE ^{NEW} 2,60€
fennel + ginger + wild rose +
cinnamon + licorice + lavender.

ENERGIZING ^{NEW} 2,60€
mate + cocoa + cocoa + guarana seeds
+ licorice + ginger.

IMMUNITY UP ^{NEW} 2,60€
thyme + mint + eucalyptus +
echinacea + fennel.

STIMULATING CHAI ^{NEW} 2,60€
thyme + mint + eucalyptus +
echinacea + fennel.

ROOIBOS ^{NEW} 2,60€
rooibos + cassia + ginger + pepper +
clove + cardamom.

RF Raw Food PB Plant-based GF Gluten-free OF Oily Fish

10% VAT included