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# FLAX & KALE

—> CUINA FLEXITERIANA <—

## Esmorzar

De Dilluns a Divendres de 9:30 h a 12h

## Almuerzo

De Lunes a Viernes de 9:30h a 12h

## Breakfast

Monday to Friday from 9:30 am a 12 md

[www.teresacarles.com/fk](http://www.teresacarles.com/fk)

CAT: Si vostè és al·lèrgic o intolerant a qualsevol tipus d'aliment, si us plau feu-nos-ho saber el més aviat possible.  
ESP: Si usted es alérgico o intolerante a cualquier tipo de alimento, por favor notifíquelo lo antes posible.  
ENG: If you're allergic or intolerant to any kind of food, please notify us immediately.

# 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!*



RF: 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.



PB: 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.



GF: 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...).



OF: 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.

**FLAX&KALE**  
—→ QUINA FLEXITERIANA ←—

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# HEALTHY HOUSEMADE BAKERY



**VEGAN PEAR-CHOCOLATE MUFFIN** | 2,95€

housemade caramelized pear and chocolate muffin



**SPELT CROISSANT** | 2,50€

spelt flour croissant with non-hydrogenated margarine



**VEGAN COOKIE** | 2,50€

housemade cookie with raw chocolate chips



**GF QUINOA-BLUEBERRY MUFFIN** | 2,95€

quinoa and blueberry muffin



**GF MAPLE-GLAZED DOUGHNUT** | 2,95€

non-fried almond flour doughnut glazed with maple syrup



**GINGER-TURMERIC DOUGHNUT** | 2,95€

almond flour doughnut + ginger + pistachios + goji berries

NEW



**GF BLACK WALNUT & BANANA CUPCAKE** | 3,95€

gluten free walnut and banana cupcake with chocolate cover

NEW



**CARROT COCONUT CUPCAKE** | 3,95€

buckwheat flour + carrot + apple + walnuts + coconut cream

NEW

**FLAX & KALE**  
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GF: Gluten Free  
RF: Raw Food

PB: Plant Based  
OF: Oily Fish



10% VAT included

# HEALTHY INDULGENCES



**MOSKITO** | 3,50€

NEW

buckwheat flour + *cashews mascarpone* + chocolate plant-based cover



**COCO CHIA** | 3,50€

NEW

chia and coconut cream + almonds + raw chocolate



**PINK LADY** | 3,50€

NEW

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



**ENERGY SPICY BAR** | 2,50€

NEW

almonds + walnuts + raw cocoa + cayenne + pistachios + goji berries



**RASPBERRY & RICE PROTEIN STICK BALL** | 2,00€

NEW

macadamia nuts + lyophilized raspberry + rice protein + cashews + date + almonds



**MATCHA & PEA PROTEIN STICK BALL** | 2,00€

NEW

tea matcha + pistachios + pea protein + cashews + date + almonds



**ORANGE & HEMP PROTEIN STICK BALL** | 2,00€

orange + raw cocoa + walnuts + hemp protein + cashews + dates + almonds

# EASY BREAKFAST



**GOOD MORNING TOAST** | 2,95€

6 cereals whole wheat bread\* + organic margarine + teresa's housemade marmalade. \**replace the toast with a spelt croissant*



**MARKET FRUIT SALAD** | 4,95€

seasonal fresh fruit salad according to market availability



**AVOCADO TOAST** | 4,95€

whole wheat sliced bread + avocado + lemon + cayenne pepper + flax + chia + salt



**FUNGHI COCONUT TOAST** | 7,95€

seasonal funghi mix + white wine + coconut cream + thyme + black truffle

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# HEALTHY BOWLS



## ROYAL COCONUT MILK PARFAIT | 5,95€

housemade coconut milk yogurt + housemade granola + seasonal fruits + berries



## TERESA'S INNOVATIVE PLANT-BASED YOGURT | 5,95€

NEW

cashews + papaya + goji berries + raw buckwheat granola + berries + hempseeds



## AÇAÍ BOWL | 8,95€

NEW

*açaí do brasil* + banana + blueberries + housemade brasilian chestnuts crumble + agave syrup + hemp seeds + goji berries + strawberries + cashew milk



## AÇAÍTELLA BOWL | 8,95€

NEW

*açaí do brasil* + raw cocoa + housemade hazelnut cream + gluten free crumble + kiwi + strawberries + banana + turmeric dressing



## PINK PITAYA BOWL | 8,95€

NEW

banana + red pitaya + pear + housemade almond milk + coconut sugar + crunchy raw granola with buckwheat and marcona almonds + chia seeds + coconut shavings

# SUPER BREAKFAST



## CRUNCHY FISH TACO DE TERESA'S STAIRWAY | 4,50€

NEW

nixtamalized corn flour crunchy tortilla + yellowfin poke tuna dice + white cabbage + coriander + spring onion + housemade pink sauce with chipotle + avocado + sesame seeds



## CHIA FLAX BAGEL | 5,95€

whole wheat bagel with flax and chia + plant-based cheddar + arugula + tomato + grilled tempeh + plant-based creamy cheese



## GRILLED SMOKED TOFU WRAP | 5,95€

housemade arabic bread + griddled smoked tofu + babaganoush + avocado + carrot + cucumber + lettuce + azuki beans

























## SCANDAL SCRAMBLE | 9,00€












scrambled free range eggs\* + assorted mushrooms + spinach + tomato + green garlic + feta cheese + carrots + 6 cereals whole wheat bread












\*only egg whites (+2€)












# ALLERGEN











HEALTHY HOUSEMADE BAKERY											
VEGAN PEAR-CHOCOLATE MUFFIN	●				●					●	
SPELT CROISSANT	●										
VEGAN COOKIE	●		●							●	
GF QUINOA-BLUEBERRY MUFFIN			●					●			
GF MAPLE-GLAZED DOUGHNUT			●					●			
GF BLACK WALNUT & BANANA BREAD			●					●		●	
GINGER-TURMERIC DOUGHNUT			●					●		●	
CARROT COCONUT CUPCAKE			●							●	

HEALTHY INDULGENCES											
MOSKITO			●							●	
COCO CHIA			●							●	
PINK LADY			●							●	
ENERGY SPICY BAR			●		●						
RASBERRY & RICE PROTEIN BALL			●								
MATCHA & PEA PROTEIN BALL			●							●	
ORANGE & HEMP PROTEIN STICK			●								

EASY BREAKFAST											
GOOD MORNING TOAST	●				●					●	
MARKET FRUIT SALAD											
AVOCADO TOAST	●		●		●						
FUNGI COCONUT TOAST	●		●		●				●	●	

HEALTHY BOWLS											
ROYAL COCONUT MILK PARFAIT			●		●						
TERESA'S INNOVATIVE PLANT-BASED YOGURT			●		●						
AÇAÍ BOWL	●		●								
AÇAÍTELA BOWL			●								
PINK PITAYA BOWL			●		●						

SUPER BREAKFAST											
CRUNCHY FISH TACO DE TERESA'S STAIRWAY					●					●	●
CHIA FLAX BAGEL	●		●					●		●	
GRILLED SMOKED TOFU WRAP	●				●					●	
SCANDOL SCRAMBLE	●	●	●		●					●	

-  GLUTEN
-  DAIRY
-  NUTS
-  PEANUT
-  SESAME
-  CELERY
-  MUSTARD
-  EGGS
-  SO<sub>2</sub>
-  SOY