



Des de **t** 1979

FLAX & KALE

CUINA FLEXITERIANA

Berenar

De Dilluns a Divendres de 17h a 19h

Merendar

De Lunes a Viernes de 17h a 19h

Merienda

Monday to Friday from 17pm to 19pm

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
—→ CUINA FLEXITERIANA ←—

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SWEET MERIENDA



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 covert

NEW



CARROT COCONUT CUPCAKE | 3,95€
buckwheat flour + carrot + apple + walnuts + coconut cream

NEW

SMOOTHIES BOWLS



AÇAÍ BOWL | 8,95€
açaí do brasil + banana + blueberries + housemade brasilian chestnuts crumble + agave syrup + hemp seeds + goji berries + strawberries + cashew milk

NEW



AÇAÍTELLA BOWL | 8,95€
açaí do brasil + raw cocoa + housemade hazelnut cream + gluten free crumble + kiwi + strawberries + banana + turmeric dressing

NEW



PINK PITAYA BOWL | 8,95€
banana + red pitaya + pear + housemade almond milk + coconut sugar + crunchy raw granola with buckwheat and marcona almonds + chia seeds + coconut shavings

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€

NEW

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

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SALTY MERIENDA



KALE CHIPS | 3,85€

housemade dressed and dehydrated kale chips



GRILLED WATERMELON | 4,50€

grilled watermelon + goat cheese + mizuna + mustard leaves + marcona almonds + sweet mint sauce



SALMON SASHIMI TOAST | 8,95€

salmon sashimi from Alaska + green peas cream + mint + grated lemon peel



FLATBREAD EGGPLANT SARDINE | 9,95€

crunchy spelt flatbread + smoked eggplant + mizuna + grilled sardine + red grape + dry tomato



TERESA'S FAVOURITE KALE SALAD | 11,00€

organic kale + cherry tomatoes + avocado + mixed sprouts + nori seaweed + mango + radishes + special Teresa's lime dressing (olive oil + lime + agave + garlic and onion powder + cayenne + chipotle)

**Add anchovy fillets with garlic and parsley (+3€)*



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



FUNGHI COCONUT TOAST | 7,95€

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

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10% IVA incluido











ALLERGEN

SWEET MERIENDA											
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			●								

SALTY MERIENDA											
KALE CHIPS			●							●	
SANDÍA A LA PARRILLA		●	●					●			
SALMON SASHIMI TOAST	●		●		●				●	●	●
COCA BERENJENA SARDINA	●										●
TERESA'S FAVOURITE KALE SALAD			●		●			●		●	
ENGLISH MUFFIN PLANT-BASED					●					●	●
CHIA FLAX BAGEL	●		●						●	●	
GRILLED SMOKED TOFU WRAP	●				●			●		●	
FUNGHI COCONUT TOAST	●		●		●				●		

SMOOTHIES BOWLS											
AÇAÍ BOWL	●		●								
AÇAÍTELA BOWL			●								
PINK PITAYA BOWL			●		●						

-  GLUTEN
-  DAIRY
-  NUTS
-  PEANUT
-  SESAME
-  CELERY
-  MUSTARD
-  EGGS
-  SO₂
-  SOY