

Postres

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Desserts

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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HEALTHY CAKES



EL COPITO VEGANO | 5,00€
caramelized pear cake + macadamia nuts + white cocoa cover



SELVA NEGRA | 5,50€
whole wheat flour + cocoa powder + coconut cream + cherry marmalade



CHOCO BANANA CAKE | 5,00€
chocolate cake + banana + walnuts



TURMERIC CHEESECAKE | 6,50€
tofu + coconut milk + turmeric + goji berries + agave syrup

NEW

FRUITS & SUPERFOODS



FRUITS CEVICHE | 6,00€
strawberry + kiwi + mango + pineapple + red grapefruit + young coconut + cocoa and cayenne foam + coriander + mint + Teresa's lime dressing + coconut crispy

NEW



GREEK COCONUT PARFAIT | 6,00€
housemade young coconut creamy yogurt + strawberries + blackberries + blueberries + gluten-free chocolate crumble



COCO MASALA CHIA CHAI | 6,00€
chia + *teresa's juicery* coco masala chai + mango purée + strawberries foam + raw chocolate chips



APPLE CRUMBLE GLUTEN-FREE CAKE | 6,00€
ovened apples from Lleida + corn crumble and chocolate chips + housemade sweet potato ice cream

FLAX & KALE
→ CUINA FLEXITERIANA ←

GF: Gluten Free
RF: Raw Food

PB: Plant Based
OF: Oily Fish



10% VAT included

TERESA'S SPECIAL RECIPIES



GRILLED CARROT CAKE | 6,00€

grilled carrot cake + mango cream + mint sorbet + housemade coconut milk yogurt foam



TWO TEXTURES CHOCO CAKE | 6,00€

brownie + chocolate mousse + teresa's juicery miss *avena avellana merengada* cream + strawberry housemade ice cream



RHUBARB & STRAWBERRY TART | 6,00€

buckwheat flour + rhubarb + strawberries + plant-based *crema catalana*



TERESA'S HEALTHY INDULGENCES MIX | 9,90€

moskito + pink lady + matcha protein ball + spicy protein bar

NEW

FLAX & KALE
→ CUINA FLEXITERIANA ←

GF: Gluten Free
RF: Raw Food






PB: Plant Based
OF: Oily Fish













10% IVA incluído











HEALTHY ICE CREAM











We handmade all our ice creams in an artisanal way. All our creations are refined-sugar free, gluten-free, lactose-free & vegan. In our humble opinion, Teresa and her team have developed some of the best tasty & healthy ice creams worldwide... are you up for some good fun?











 VAINILLA MARCONA ICE CREAM 5,95€ NEW			
ICE CREAM	FRUIT	HEALTHY INDULGENCES	TOPPING
vainilla	peach + strawberry	<i>moskito</i>	hemp seeds + freeze-dried raspberry
 COCO MASALA CHAI ICE CREAM 5,95€ NEW			
ICE CREAM	FRUIT	HEALTHY INDULGENCES	TOPPING
coco masala chai	pineapple + blueberries	<i>coconut chia</i>	gluten-free
 PINK LADIES & CHOCO GENTS ICE CREAM 5,95€ NEW			
ICE CREAM	FRUIT	HEALTHY INDULGENCES	TOPPING
choco	papaya + strawberries	<i>pink lady</i>	coco + goji
 ZEN MATCHA ICE CREAM 5,95€ NEW			
ICE CREAM	FRUIT	HEALTHY INDULGENCES	TOPPING
té matcha	banana + raspberries	<i>coco chia</i>	chia + pumpkin seeds
 TERESA'S TOFU & SESAME ICE CREAM 5,95€ NEW			
ICE CREAM	FRUIT	HEALTHY INDULGENCES	TOPPING
sesame	mango + grape	<i>moskito</i>	cashews + raw cocoa nibs

ALLERGEN

HEALTHY CAKES										
EL COPITO VEGANO	●		●							●
SELVA NEGRA	●		●							
CHOCO BANANA CAKE			●							●
TURMERIC CHEESECAKE			●							●

FRUITS & SUPERFOODS										
CEVICHE DE FRUTAS										●
GREEK COCONUT PARFAIT			●							●
COCO MASALA CHIA CHAI			●							
APPLE CRUMBLE GLUTEN-FREE CAKE			●							

TERESA'S ESPECIAL RECIPIES										
GRILLED CARROT CAKE	●		●							●
TWO TEXTURES CHOCO CAKE			●							●
RHUBARB & STRAWBERRY TART			●							●
MIX DE INDULGENCIAS			●		●					●

HEALTHY ICE CREAM										
VAINILLA MARCONA			●							●
COCO MASALA CHAI			●							●
PINK LADIES & CHOCO GENTS			●							●
ZEN MATCHA			●							●
TERESA'S TOFU & SESAME					●					●



GLUTEN



DAIRY



NUTS



PEANUT



SESAME



CELERY



MUSTARD



EGGS



SO₂



SOY