



FLAX & KALE



—→ CUINA FLEXITERIANA ←—



CHRISTMAS



TASTING MENU



2018



Groups menu  
Christmas 2018

# FLAX & KALE

— ◆ CUINA FLEXITERIANA ◆ —

35€  
PER  
PERSON

## WELCOME COCKTAIL

The Vegan Vampire loves Cava  
Vegetable chips PB / GF / RF

## STARTERS | to share

**Healthy Mezzeplatter** buckwheat, chia and flax cracker, beetroot and seeds cracker, kale cracker, black hummus with activated charcoal, green hummus with spinach, rocket and coriander, orange-colored hummus with pumpkin and turmeric, quinoa and Teresa's vegan foie 'meatballs', Teresa's mezzeplatter kale salad and raw veggies mini-crudités PB / GF

**Teresa's Paleo Bread** housemade paleo bread (almond flour, potato starch, pumpkin seeds, dried tomatoes, carrot, zucchini, basil, egg), housemade 'No Matter with our Batter' (housemade marcona almonds butter, coconut oil, chive), housemade grape chutney with a touch of thyme GF

**BTT: Beet Tuna Tartar** tuna and beetroot tartar, avocado, seeds, sprouts GF / RF / OF

## MAIN COURSES | to choose one

**Orange Is The New Healthy Cuore** spelt & turmeric ravioli filled with beta carotenes, pumpkin, soft sauce, macerated pear, beetroot, plant-based parmesan cheese PB

**Tuna Loves Wasabi Burger** whole grain spelt bread with activated charcoal and sesame seeds, tuna burger patty with chives, ginger and wasabi mayonnaise, roasted carrots OF

**Theresa Cocosepia's Black Rice** thai black rice, edamame, nuts, young coconut, black garlic, green peas and chlorella allioli PB / GF

## DESSERTS

Healthy Indulgences Mix PB / GF

### Includes

Wine 1 bottle/ 3 pax  
Purified water  
Coffee  
Whole grain bread with cereals  
Christmas dates and nuts candies PB / GF

### FLAX & KALE

Tallers, 74B  
Barcelona  
[teresacarles.com/fk](http://teresacarles.com/fk)

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

— Eat better > Be happier > Live longer —

Groups menu  
Christmas 2018

# FLAX & KALE

→ CUINA FLEXITERIANA ←

45€  
PER  
PERSON

## WELCOME COCKTAIL

**The Vegan Vampire loves Cava**  
Vegetable chips PB/ GF / RF

## STARTERS | to share

**Grilled Watermelon** grilled watermelon, goat cheese, mizuna, mustard leaves, marcona almonds, sweet mint sauce GF

**Healthy Mezzeplatter** buckwheat, chia and flax cracker, beetroot and seeds cracker, kale cracker, black hummus with activated charcoal, green hummus with spinach, rocket and coriander, orange-colored hummus with pumpkin and turmeric, quinoa and Teresa's vegan foie 'meatballs', Teresa's mezzeplatter kale salad and raw veggies mini-crudités PB / GF

**Salmon Sashimi Toast** alaskan wild salmon sashimi, 5 cereals whole grain spelt bread, green peas cream, mint, grated lemon zest OF

**Crunchy Fish Taco de Teresa's Stairway** nixtamalized corn flour crunchy tortilla, yellowfin poke tuna dice, white cabbage, coriander, spring onion, housemade pink sauce with chipotle, avocado, sesame seeds GF / OF

## MAIN COURSES | to choose one

**Salmon Fishing in Alaska** slow-baked wild salmon from Alaska, quinoa salad, citrus and Algerri wild herbs sauce GF / OF

**Teresa Carles Best Veggie Burger** seasonal veggies and soya burger, mango dressing, stir-fried vegetables, roasted seasonal veggies PB / GF

**Low Carbs Risotto & Yellowfin Tuna** konjac and huitlacoche risotto, yellowfin tuna, teriyaki sauce, black and white sesame, kale, yellow pepper emulsion GF / OF

## DESSERTS | to choose one

**Two Textures Choco Cake**  
brownie, chocolate mousse, teresa's juicery miss avena avellana merengada cream, strawberry housemade ice cream PB

**Mango Passion Yoghourt**  
mango, coconut cream PB / GF

## Includes

Wine 1 bottle / 2 pax

Purified water · Coffee

Whole grain bread  
with cereals

Christmas dates and  
nuts candies PB / GF

PB Plant-based

GF Gluten-free

RF Raw Food

OF Oily Fish

FLAX & KALE  
Tallers, 74B. BCN

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

Eat better > Be happier > Live longer

## WELCOME COCKTAIL

**The Vegan Vampire loves Cava**  
Vegetable chips PB/ GF / RF

## STARTERS | to share

**Grilled Watermelon** grilled watermelon, goat cheese, mizuna, mustard leaves, marcona almonds, sweet mint sauce GF

**Salmon Sashimi Toast** alaskan wild salmon sashimi, 5 cereals whole grain spelt bread, green peas cream, mint, grated lemon zest OF

**Essential Omega3 Flatbread** crunchy spelt flatbread, smoked eggplant, mizuna, grilled sardine, red grape, dried tomato OF

**Healthy Mezzeplatter** buckwheat, chia and flax cracker, beetroot and seeds cracker, kale cracker, black hummus with activated charcoal, green hummus with spinach, rocket and coriander, orange-colored hummus with pumpkin and turmeric, quinoa and Teresa's vegan foie 'meatballs', Teresa's mezzeplatter kale salad and raw veggies mini-crudités PB / GF

**Tacos al Pastor** housemade nixtamalized corn tacos (6 units), jackfruit "pork", guacamole, lime, coriander, pico de gallo, sour cream with chipotle PB / GF

## MAIN COURSES | to choose one

**Spghettini Nero alle Vongole plant-based** activated charcoal and black garlic spaghetti, tomato cherry, oyster mushroom, cochayuyo alga PB

**Salmon Fishing in Alaska** slow-baked wild salmon from Alaska, quinoa salad, citrus and Algerrri wild herbs sauce GF / OF

**Double Black Cod** miso marinated black cod, bok choy, shiitake, oyster mushroom, Teresa's special black garlic dashi GF / OF

**Theresia Cocosepia's Black Rice** thai black rice, edamame, nuts, young coconut, black garlic, green peas and chlorella allioli PB / GF

## DESSERTS | to choose one

**Two Textures Choco Cake**  
brownie, chocolate mousse,  
teresa's juicery miss avena  
avellana merengada cream,  
strawberry housemade  
ice cream PB

**Mango Passion Yoghourt**  
mango, coconut cream PB / GF

## Includes

**Cava Rovellats Brut Nature & Wine** 1 bottle / 2 pax  
**Purified water · Coffee · Whole grain bread with cereals**  
**Christmas dates and nuts candies** PB / GF

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

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Tallers, 74B. BCN

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Groups menu  
Christmas 2018

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## CHRISTMAS LUNCH /DINNER MENU

*(closed on Christmas Eve & Christmas Day)*

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## RESERVATIONS

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1. Go to our **online** reservation platform.
2. Select the number of **guests**.
3. Choose an available **day and hour**:

Monday to Friday: from 12h to 13:30h  
from 19h to 21h

Saturday & Sunday: from 19h a 21h

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Menu available only for groups of **8 people or more**.  
We will contact you to confirm the reservation.

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If you have any doubt, please, contact us via email or phone:

reservas@teresacarles.com / Flax & Kale: 933 17 56 64

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