
begudes bebidas beverages

cat

informa'ns si ets al·lèrgic
o intolerant a qualsevol aliment.

es

informanos si eres alérgico o
intolerante a cualquier alimento.

eng

notify us if you are allergic or
intolerant to any kind of food.



ALL PRICES INCLUDE 10% VAT

NEW

ENG

Kombvcha Lab by FLAX & KALE

kombvcha (400 ml.) SPARKLING | FERMENTED PROBIOTIC | NATURALLY ENERGIZING
plant-based* · gluten free · non alcoholic · non pasteurized · non hpp · naturally sweetened & flavored
*except grandma's elixir

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

Tea and sugar are the base of kombvcha 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", known as "mother".

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



symbiotic passion
passion fruit, pineapple,
bancha **PB**

4,95 €



grandma's elixir
wild herbs, honey

4,95 €



blue mojito
yuzu, spirulina, mint **PB**

4,95 €



mother africa
ginger, hibiscus, orange **PB**

4,95 €



mr. barri
raspberry, strawberry, chia **PB**

4,95 €



spicy chai
garam masala, ginger **PB**

4,95 €

Do not shake · Not recommended for children under 10
Not recommended for pregnant women or during the breastfeeding period

NOTIFY US IF YOU ARE ALLERGIC OR INTOLERANT TO ANY KIND OF FOOD



Teresa's Juicery

cold-pressed juices (400 ml.)



green love, apple, spinach, cucumber, celery, ginger, lemon **PB · RF** 5,95 €



virus killer, pear, purified water, ginger, lemon, raw honey, echinacea, thyme, lemon verbena, rock tea (*jasonia glutinosa*) **RF** 5,95 €



green slim fit, apple, spinach, fennel, celery, ginger, rocket, lemon, parsley **PB · RF** 5,95 €



my sweet horny, pineapple, melon, coconut water, aloe vera, maca **PB · RF** 5,95 €



green medicine, pear, grape, cucumber, spinach, kale, lemon, parsley, dandelion **PB · RF** 5,95 €



the vegan vampire, pear, beetroot, carrot, pineapple, orange, lemon, ginger **PB · RF** 5,95 €



β caroteno, carrot, apple, sweet potato, lemon, flax, maca **PB · RF** 5,95 €



detox, carrot, cucumber, beetroot, romaine lettuce, celery, spinach, kale, nettle **PB · RF** 5,95 €



forever young, carrot, orange, pineapple, grape, turmeric, lime, lucuma **PB · RF** 5,95 €



seasonal juice ask our staff for the seasonal juice and be surprised by its taste **PB · RF** 5,95 €



passion grapefruit, apple, strawberry, tangerine, grapefruit, ginger, passion fruit **PB · RF** 5,95 €

TERESA'S JUICERY DRINKS

Raw · Plant-based · No refined sugar
No pasteurized · No hpp



Teresa's Juicery

cold-pressed purées (400 ml.)



antiox, orange, kiwi,
strawberry, lemon **PB · RF**

5,95 €



berlin, orange, mango,
strawberry, blueberry,
beetroot, activated charcoal **PB · RF**

5,95 €



plant-based mylks (300 ml.)



cashew choco sake,
purified water, cashews,
agave, raw cocoa, coconut
sugar, vanilla **PB · RF · N**

4,95 €



party recovery,
purified water, hemp seeds,
strawberry, young coconut
water, honey, beetroot,
B-vitamins **RF**

4,95 €



coco masala chai,
purified water, almonds,
coconut sugar, young coconut meat,
cinnamon, cardamom, black pepper,
aniseed, ginger, himalayan salt,
vanilla, clove **PB · RF · N**

4,95 €



turmeric chai, purified
water, almonds, honey,
turmeric, young coconut meat,
ginger, cinnamon, vanilla,
cardamom, pepper, anise,
himalayan salt, clove **RF · N**

4,95 €



**miss avena avellana
merengada**, purified water,
oat, hazelnuts, agave, lemon
peel, cinnamon **PB · RF · N**

4,95 €

**Contains gluten*

PLANT-BASED MYLKs

Fresh plant-based drinks with no lactose
and daily housemade in our Flax & Kale
Workroom.



activated h₂O (400 ml.)



digestive elixir,
purified water, blueberries,
lime, maple syrup,
activated charcoal **PB · RF**

5,95 €



energy boost,
purified water, cucumber,
honey, lemon, orange
blossom water, bee pollen **RF**

5,95 €



NOTIFY US IF YOU ARE ALLERGIC OR INTOLERANT TO ANY KIND OF FOOD

water



purified h2o (50 cl.), 1,95 €
osmosis purified and
alkalized low mineral water

vichy catalán (50 cl.) 2,50 €



fresh young coconut 5,95 €
ask our staff to open it! **PB · RF**

smoothies

teresa's favourite smoothie, 5,95 €
housemade almond milk, strawberries,
almond butter, agave syrup, vanilla
PB · RF · N

green smoothie, coconut water, 5,95 €
coconut milk, kale, melon, apple,
spinach, basil, almond butter, flax,
agave syrup **PB · RF · N**

batido el cubanito, coconut water, 5,95 €
coconut milk, raw cocoa, banana,
almonds, agave syrup **PB · RF · N**

the rejuvenator!, orange juice, 5,95 €
mango, pineapple, strawberries, *açaí*,
goji berries, chia, agave syrup **PB · RF**

tropical superfoods, coconut 5,95 €
milk, banana, papaya, mango,
pineapple, maca, goji berries,
agave syrup **PB · RF**

healthy frappemocha, housemade 5,95 €
almond milk, coffee, young
coconut meat, dates, raw cocoa,
agave syrup **PB · N**

infusions & teas

matcha latte 3,50 €

chai tea latte 3,50 €

chai tea 2,50 €

green tea bancha 2,50 €

red tea pu erh shou 2,50 €

black tea yunnan dian 2,50 €
hong gongfu cha

roiboos 2,50 €

wild herbs tea (algerri) 2,50 €

digestive tisana 2,50 €

specialty coffee by FLAX & KALE

All our coffees are 100% natural. If you don't drink cow milk, we also have soya plant-based mylk. Moreover, in Teresa's Juicery Workroom we manufacture fresh almond-cashew and hazelnut plant-based mylks everyday, following Teresa Carles's formulas specially developed to obtain a healthy superior coffee taste experience.

have your coffee with
your favourite veggie drink

teresa's juicery



ONLY
COFFEE



COW



SOYA
MYLK



HAZELNUT



ALMOND
CASHEW



EXTRA
SHOT

espresso / black coffee

1,80 €

.....

.....

+1,00 €



..... 30ml. of espresso

macchiato

.....

2,00 €

+0,25 €

+0,25 €

+0,25 €

+1,00 €



..... Stained with a dash of milk

..... One single 30ml. *shot* of espresso

capuccino

.....

2,30 €

+0,50 €

+0,50 €

+0,50 €

+1,00 €



..... Milk

..... One single 30ml. *shot* of espresso

latte

.....

2,50 €

+0,75 €

+0,75 €

+0,75 €

+1,00 €



..... A lot of milk

..... One single 30ml. *shot* of espresso

F

&

**FLAX & KALE TRUST IN LA MARZOCCO & RIGHT SIDE COFFEE ROASTERS
FOR THEIR KNOW-HOW AND PROFESSIONALISM ON THIS SUBJECT**

K

P

wines

white wine

curiós ECOxarel·lo | *Albet i Noya* | *D.O. Penedès*3,95 €   16,95 €**honeymoon ECO**parellada | *Parés Baltà* | *D.O. Penedès*5,00 €   19,95 €**gessamí ECO**sauvignon blanc, muscat | *Gramona*
*D.O. Penedès*5,00 €   19,95 €**vora la mar ECO**pansa blanca | *Alta Alella* | *D.O. Alella*5,00 €   19,95 €**perplejo ECO**verdejo | *Bodega Wineissocial* | *D.O. Rueda*5,00 €   19,95 €**ónra ECO · BIODYNAMIC**garnacha blanca, chenin blanc, sauvignon
blanc | *La Gravera* | *D.O. Costers del Segre*5,00 €   19,95 €**casanova ECO**treixadura | *Pazo de Casanova* | *D.O. Ribeiro*5,00 €   19,95 €**ibicea ECO**malvasía blanca de candía | *Ibicea*
*Quintanar de la Orden, Toledo*5,95 €   22,95 €

red wine

curiós ECOull de llebre | *Albet i Noya* | *D.O. Penedès*3,95 €   16,95 €**artuke ECO**tempranillo, viura | *Artuke* | *D.O. Rioja*3,95 €   16,95 €**vizar ECO**tempranillo | *Vizar* | *D.O. Castilla y León*3,95 €   16,95 €**mas petit ECO**cabernet sauvignon, garnacha | *Parés Baltà*
*D.O. Penedès*4,75 €   18,95 €**cuca de llum ECO · NATURAL**trepat | *Succès Vinícola* | *D.O. Conca de Barberà*5,00 €   19,95 €**l'abrunet ECO**garnacha, cariñena | *Frisach*
*D.O. Terra Alta*5,00 €   19,95 €**habla del silencio ECO**tempranillo, cabernet sauvignon, syrah
Habla | *D.O. Extremadura*5,95 €   21,95 €

rosé wine

arrayán ECOsyrah, merlot | *Arrayán* | *D.O. Méntrida*4,50 €   17,95 €

FLAX & KALE

P A S S A G E

“els passatges són corredors
que no tenen cap costat
exterior – igual que els somnis.”

“los pasajes son corredores
que no tienen ningún lado
exterior – igual que los sueños.”

“passages are corridors that
have no outer side – just like
dreams.”

walter benjamin