

LUNCH/DINNER SPECIALTIES

ALL DISHES ARE GLUTEN FREE

to nibble

umami almonds , white miso, white sesame, black garlic, ginger PB · RF · N	4,95 €	salmon sushi sandwich , rice, marinated salmon, avocado, nori seaweed, seaweed caviar, miso-ginger sauce OF	6,95 €
plant-based ‘cheddar’ kale chips , turmeric, cashews, nutritional yeast, olive oil PB · RF · N	3,95 €	paleo bread , marcona almonds and coconut butter, grape chutney with a touch of thyme N	7,50 €
spicy kale chips , cayenne, goji berries, ginger, coriander, peanuts PB · RF · 🌶️	3,95 €	boquerón ceviche , red onion, <i>choclos</i> , yellow <i>aji</i> sauce, coriander RF · OF	5,95 €
plant-based oyster , shiitake, oyster leaf, seaweed caviar, sea water foam PB <i>*daily made and available until supplies last</i>	3,50 €	coconut savoury yoghurt , hummus, crunchy chickpeas, veggie dips, housemade nixtamalized corn <i>nachos</i> , avocado PB	6,95 €
one bite crunchy yellowfin tacos , chinese cabbage, avocado, chipotle sauce OF · 🌶️	4,95 € 3 UNITS		

to share

kaniwa + minced kale salad , roasted beetroot, grapefruit, orange, flax gomasio, passion fruit dressing PB	9,00 €	‘the all greens’ pappardelle , snow peas, spinach, green beans, green sparagus, anchovy sauce, <i>muddicca aturrata</i> , cappers OF	13,50 €
iceberg wedge salad , young coconut ‘bacon’, apple, plant-based blue cheese, <i>croutons</i> , <i>pico de gallo</i> PB	9,00 €	kingfish sashimi , <i>ponzu</i> , sweet wasabi cream, watermelon radish RF · OF	15,00 €
burmese festival salad , romain lettuce, lettuce hearts, red cabbage, <i>choucroutte</i> , tomato, kelp noodles, wakame, caviar lentils, fermented celeriac, tartare sauce with black garlic PB · N	13,50 € FOR TWO	alaskan black cod & wild salmon tartare , salmon eggs, miso-ginger sauce OF	18,50 €
thai papaya salad , coriander, peanuts, chili, kaffir lime, daikon, tempeh, housemade kombucha vinaigrette PB · 🌶️	9,00 €	‘bbq pulled pork’ bao , peanuts, housemade gluten-free healthy bao, chili jam mayo PB · 🌶️	4,00 € PER UNIT
superfood’s pho soup , vegetable broth, jackfruit, young coconut ‘bacon’, reishi, king oyster mushroom scallops, sriracha, sweet potatoes and rice noodles PB · 🌶️	9,95 €	tomato curry , red mullet, coriander, peanuts, anchovy paste, black garlic OF · 🌶️🌶️	14,00 €
zucchini & kale pesto flatbread , zucchini, tomato, carrot, rocket, avocado, <i>parmigiano teresiano</i> PB · N	11,50 €	jackfruit curry , coconut yoghurt, pumpkin, shiitake, lotus flower, cinnamon, kaffir lime, peanuts PB · 🌶️🌶️🌶️	14,00 €
yellowfin & ginger flatbread , tomato, sakura cress, tuna carpaccio, miso-ginger sauce OF · contains oily fish	14,00 €	kingfish mini burgers , turmeric gluten-free buns, shiitake, umami sauce OF	16,50 € 3 UNITS
mango & avocado tartare , red onion, semi-dry tomatoes, alaskan wild salmon eggs RF · OF	9,95 €	konjac risotto , boletus edulis, spinach, green asparagus, artichokes, alaskan wild salmon OF	15,00 €
the dosa experience , ginger & pumpkin chutney, pineapple & coconut chutney, basil, cashew & yuzu yoghurt cream PB · N · cooking time: 10 min.	10,00 €	my vegan japanese girlfriend bowl , black rice, quinoa, ‘bbq pulled pork’ jackfruit, plant-based scrambled egg, yakiniku sauce PB · 🌶️	13,50 €
korean chef lost in the pyrenées , potato ‘ <i>trinixat</i> ’, jerusalem artichoke, kimchi, oyster mushroom, yellow pepper mousse, young coconut ‘ <i>cansalada</i> ’, nori seaweed, asparagus PB · 🌶️	7,00 €	superfood plant-based dumplings , ‘bbq pulled pork’ jackfruit, truffled funghi, ‘ <i>carne de olla</i> ’ plant-based PB · 🌶️	10,50 € 6 UNITS
miso-marinated eggplant , morning kale glory, black garlic, chili PB · 🌶️	7,50€	bamboo steamed alaskan salmon , teriyaki, wild herbs, edamame, black wild rice OF	19,50 €
grilled guava , goat cheese, agave, mint, pistachios N	5,50 €	double black cod , <i>bok choy</i> , shiitake, oyster mushroom, Teresa’s special black garlic dashi OF	25,50 €
		kingfish thai street style , chili jam, basil, coriander, hemp seeds, sweet potato and shiitake OF · 🌶️	25,50 €

TeresaCarlesWholeGrainsOven

PlantBased | HiFiber | GlutenFree

All our pizzas are gluten-free, 100% artisanal and cooked in a Neapolitan wood oven, following the know-how of pizzaioli masters.

forza napoli · neapolitan style healthy pizza

focaccia PB	5,95 €
marinara , san marzano tomato, garlic, oregano, Teresa’s Juicery green olive oil PB	10,50 €
margherita , san marzano tomato, plant-based mozzarella, basil PB	11,50 €
melanzane , san marzano tomato, <i>melanzane alla</i> plant-based <i>parmiggiana</i> PB · N	13,50 €
truffle & funghi , coconut cream, wild herbs (pizza bianca) PB	15,50 €
jb , dried tomatoes, fresh spinach, plant-based mascarpone PB	11,50 €
plant-based quattro , san marzano tomato, cheddar, blue cheese, mozzarella, <i>parmigiano teresiano</i> PB · N	15,00 €
noto , sardines, anchovy paste, pine nuts, cappers, fennel, saffron, <i>muddicca aturrata</i> , Teresa’s Juicery green olive oil OF · N · contains oily fish	14,50 €

top worldwide cities inspired seasonal pizzas

barcelona , grilled eggplant and red pepper, <i>romesco</i> sauce, tomato, plant-based pickled tuna PB · N	15,50 €
--	---------

F
&

We could have easily replicated Flax & Kale Tallers menu, but we didn’t. Instead, we have traveled the whole world in search of inspiration and later created a menu which can be described in one word: innovation. Dare and let yourself be surprised. Enjoy it!

K
P

housemade gluten-free breads

original PB	1,50 €
nuts & seeds PB · N	2,00 €
turmeric & hemp seeds PB	2,00 €
flute bread with tomato PB	2,50 €
basquet of assorted breads PB	4,95 €

F
&

Eat better > Be happier > Live longer

K
P