

frozen healthy smoothies

glass: 5.95€ | bowl: 7.95€

plant-based | raw | gluten-free | unpasteurised | dairy-free

açaí^N

glass: açai do Brasil + banana + strawberries + housemade cashew plant-based drink + agave syrup + hemp seeds

bowl: + blueberries + housemade crumble with Brazilian nuts + Goji berries

teresa's favorite smoothie^N

glass: housemade almond plant-based drink + strawberries + almond butter + agave syrup + vanilla

bowl: + Teresa's original granola + raspberries + pomegranate



plant-based yoghourts

4.95€

plant-based | gluten-free

royal coconut milk parfait^N

housemade coconut milk yoghourt + housemade granola + berries + strawberry and rhubarb jam

mango passion yoghourt^N

housemade cashew yoghourt + mango + coconut cream



creamy healthy ice cream

5.95€

no added sugars | gluten-free | dairy-free | plant-based | *contains egg

toasted hazelnut^N

ice cream: hazelnuts

fruit: banana + blueberries

indulgence: ginger turmeric doughnut*

topping: cocoa nibs + hazelnuts

cashew choco^N

ice cream: chocolate

fruit: papaya + strawberries

indulgence: pink lady

topping: coconut + Goji berries



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housemade gluten-free bakery

plant-based | gluten-free | high fiber



vegan pear-chocolate muffin^{PB} | 2.95€

buckwheat muffin + caramelized pear + chocolate



quinoa-blueberry muffin^{PB|N} | 2.95€

quinoa and buckwheat muffin + hazelnut cream + blueberries



matcha muffin^{PB|N} | 2.95€

buckwheat and whole grain rice + almond cream + matcha tea + cacao nibs



miso-ginger muffin^{PB|N} | 2.95€

buckwheat and whole grain rice + almond cream + coconut plant-based drink + ginger + miso



chocolate & orange muffin^{PB|N} | 2.95€

buckwheat and whole grain rice + hazelnut cream + banana + cocoa + orange



cookie^{PB|N} | 2.50€

housemade vegan cookie with raw chocolate chips and walnuts



moskito^{PB|N} | 3.50€

buckwheat flour + cashew mascarpone + chocolate cover



pink lady^{PB|N} | 2.50€

buckwheat flour + cashew and lemon cream + beetroot + plant-based white chocolate



coco choco chia bar^{PB|RF|N} | 3.50€

coco and chia cream + almonds + raw chocolate



cinnamon maca roll^{PB|N} | 3.50€

buckwheat flour + almonds + cinnamon + maca + plant-based mascarpone



choco ginseng donut^N | 2.50€

almond flour mini doughnut (not fried) + chocolate cover + peanuts + chili



maple-glazed doughnut^N | 2.95€

almond flour doughnut (not fried) + coconut flour + cashews + honey + maple syrup glaze



ginger-turmeric doughnut^N | 2.95€

almond flour doughnut (not fried) + buckwheat flour + walnuts + ginger + cashews + turmeric + plant-based chocolate



take a look on the menu

visit: flaxandkale.com/flax-kale-la-roc or scan this QR code.

ALL DISHES ARE
GLUTEN-FREE

PB | plant-based N | nuts
RF | raw food OF | oily fish

www.flaxandkale.com

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specialty coffee

high quality, sustainable, honest coffee

espresso

espresso 1.80€



18ml of coffee in a cup
9g of coffee

long black (americano) 2.30€



90ml of hot water extra
36ml of coffee in a cup
18g of coffee

regular filtered coffee | free refill

moccamaster extraction 2.00€



high-quality filter coffee, great taste and aroma, only for true coffee lovers

for a superior coffee experience, we recommend you try our unpasteurised plant-based drinks made by hand in our workshop

gluten-free | dairy-free
organic plant-based drinks



Flax & Kale
Sustainable Program

purchase a reusable Flax & Kale mug at cost price (€2.95) and get €0.50 off all coffee every time you show it

combine with your favorite plant-based drink!

extra shot: +0.50€

what coffee do you fancy?

dairy / soy

hazelnut

coconut oat

almond cashew

cortado



40ml of milk / plant-based drink
18ml of coffee in a cup
9g of coffee

2.00€

+0.20€

+0.20€

+0.20€

coffee with milk / cappuccino



120ml of milk / plant-based drink
18ml of coffee in a cup
9g of coffee

2.20€

+0.40€

+0.40€

+0.40€

flat white



100ml of milk / plant-based drink
36ml of coffee in a cup
18g of coffee

2.40€

+0.40€

+0.40€

+0.40€

latte



225ml of milk / plant-based drink
18ml of coffee in a cup
9g of coffee

2.60€

+0.60€

+0.60€

+0.60€

tea world

+ add a plant-based drink

matcha latte 2.90€ | +0.60€

chai tea latte 2.90€ | +0.60€

black chai^{ECO} 2.50€

green (sencha)^{ECO} 2.50€

red (pu erh)^{ECO} 2.50€

black (earl grey)^{ECO} 2.50€

rooibos^{ECO} 2.50€

rooibos masai masala^{ECO | IN} 2.50€

digestive tea^{ECO} 2.50€