

Signature Bowls



VEGETARIAN



VEGAN



GLUTENFREE

Small

Large

Small

Large

1. Salmon Aloha

12€ | 15€

Arroz de sushi, salmão, abacate, tomate cereja, edamame, milho, salada de algas, molho de soja doce, sésamo branco e preto.

Sushi rice, salmon, avocado, cherry tomatoes, edamame, corn, seaweed salad, with a sweet soy dressing, white & black sesame.

2. Qhi Tuna

12€ | 15€

Arroz de sushi, atum, abacate, tomate cereja, edamame, couve roxa, salada de algas, molho de soja salgado, sésamo branco e preto.

Sushi rice, tuna, avocado, cherry tomatoes, edamame, red cabbage, seaweed salad, with a salty soy dressing, white & black sesame.

3. Mixed Feelings

12€ | 15€

Arroz de sushi, salmão e atum, abacate, tomate cereja, milho, pepino, edamame, molho de soja doce, sésamo branco e preto.

Sushi rice, salmon & tuna, avocado, cherry tomato, corn, cucumber, edamame, with a sweet soy dressing, white & black sesame.

4. Shrimp Kai

11,5€ | 14,5€

Arroz de sushi, camarão, abacate, tomate cereja, milho, pepino, edamame, molho de maionese picante, cebola frita e coentros.

Sushi rice, prawns, avocado, cherry tomatoes, corn, cucumber, edamame, with a spicy mayo dressing, fried onions & coriander.

5. Chicken Norris

10€ | 13€

Arroz de sushi, frango teriyaki, abacate, cenoura, tomate cereja, milho, couve roxa, molho de mel picante e sementes de sésamo branco e preto.

Sushi rice, chicken teriyaki, avocado, carrots, cherry tomatoes, corn, red cabbage, with a chili honey dressing and white & black sesame seeds.

6. Surf & Turf

11€ | 14€

Arroz de sushi, camarão e frango teriyaki, tomate cereja, milho, edamame, ananas, couve roxa, molho de maionese picante, cebola frita e semente de chia.

Sushi rice, prawns & chicken teriyaki, cherry tomatoes, corn, edamame, pineapple, red cabbage, with a spicy mayo dressing, fried onions & chia seeds.

7. Veggie Lover

10€ | 13€

Arroz integral, abacate, tomate cereja, milho, pepino, edamame, rabanete, couve roxa, molho cremoso de wasabi, sementes de chia e girassol.

Brown rice, avocado, cherry tomatoes, corn, cucumber, edamame, radish, red cabbage, with creamy wasabi dressing, sunflowers & chia seeds.

8. Magic Beet

10€ | 13€

Arroz de sushi, abacate, beterraba, castanha de caju, tomate cereja, edamame, cebola roxa, molho vinagrete, chia e sésamo branco.

Sushi rice, avocado, beetroot, cashews, cherry tomatoes, edamame, red onions with a vinaigrette dressing, chia & white sesame seeds.

9. Back to Roots

10€ | 13€

Arroz integral, tofu, abacate, beterraba, cenoura, pepino, rabanete, molho de soja salgada, sementes de sésamo branco e preto.

Brown rice, tofu, avocado, beetroot, carrots, cucumber, radish with a salty soy dressing, white & black sesame seeds.

10. Fresh Delight

10€ | 13€

Arroz de sushi, abacate, castanha de caju, pepino, gengibre em pickle, ananas, couve roxa, molho vinagrete, sementes de girassol e sésamo branco.

Sushi rice, avocado, cashews, cucumber, pickled ginger, pineapple, red cabbage, with a vinaigrette dressing, sunflower & white sesame seeds.

11. Mahalo Green

10€ | 13€

Alface, arroz integral, abacate, pepino, edamame, couve roxa, salada de algas, molho de soja doce, sésamo branco e coentros.

Lettuce, brown rice, avocado, cucumber, edamame, red cabbage, seaweed salad, with a sweet soy dressing, coriander & white sesame seeds.

12. Pokezinho (Kids)

9€

Arroz de sushi, 3 recheios, 1 proteína, 1 molho, 1 cobertura.

Sushi rice, 3 fill ups, 1 protein, 1 dressing, 1 topping.

Poke it yourself



EM 6 ETAPAS | IN 6 STEPS

1 ESCOLHA O TAMANHO
CHOOSE YOUR SIZE

SMALL
11€

LARGE
14€

2 ESCOLHA A BASE
CHOOSE YOUR BASE

ARROZ DE SUSHI | SUSHI RICE
ARROZ INTEGRAL | BROWN RICE
QUINOA (+1€) | QUINOA (+1€)
ALFACE | LETTUCE
50 | 50

3 FILL IT UP (ATÉ 5) | FILL UP (UP TO 5)

BETERRABA | BEETROOT
CENOURA | CARROTS
TOMATE CEREJA | CHERRY TOMATOES
MILHO | CORN
PEPINO | CUCUMBER
EDAMAME | EDAMAME
ALFACE | LETTUCE
ABACATE (+1€) | AVOCADO (+1€)

GENGIBRE EM PICKLE | PICKLED GINGER
ANANAS | PINEAPPLE
RABANETE | RADISH
COUVE ROXA | RED CABBAGE
CEBOLA ROXA | RED ONIONS
SALADA DE ALGAS | SEAWEED SALAD
RECHEIO EXTRA +1€ |
EXTRA FILL UP +1€

4 ADICIONE SUA PROTEINA
ADD YOUR PROTEIN

SALMÃO (+1€) | SALMON (+1€) TOFU (BIO) | TOFU (BIO)
ATUM (+1€) | TUNA (+1€) CAJU | CASHEW
FRANGO | CHICKEN PROTEINA EXTRA 3€ | EXTRA PROTEIN 3€
CAMARÃO | PRAWNS

5

MOLHOS
DRESS IT

SOJA DOCE | SWEET SOY
SOJA SALGADA | SALTY SOY
VINAGRETE | VINAIGRETTE
MAIONESE PICANTE | SPICY MAYO
WASABI CREMOSO |
CREAMY WASABI

MEL PICANTE | CHILI HONEY
MANGA | MANGO
WASABI MAYO
EXTRA MOLHO (+0,50€) |
EXTRA DRESSING (+0,50€)

6 COBERTURA | TOP IT

Até 2 | Up to 2

SESAMO BRANCO | WHITE SESAME
SESAMO PRETO | BLACK SESAME
GIRASSOL | SUNFLOWER

CHIA | CHIA
COENTROS | CORIANDER
CEBOLA FRITA | FRIED ONIONS



MOLHOS
DRESSING

Salty Soy

Soja salgada
Salty Soy

Sweet Soy

Molho de soja, mel
Soy sauce, honey

Gluten free Soy

Molho de soja sem gluten

Vinaigrette

Azeite, vinagre
Olive oil, vinegar

Spicy Mayo

Mayo, sriracha, limão
Mayo, sriracha chili, lemon

Creamy Wasabi

Molho para salada com um toque de wasabi
Salad dressing with a touch of wasabi

Chilli honey

Azeite, pimenta, sriracha, vinagre, mel
Olive oil, chili, sriracha, vinegar, honey

Mango

Manga, manjeriçao, azeite
Mango, basil, olive oil

Wasabi mayo

Wasabi, mayo, lima
Wasabi, mayo, lime



Todos os preços incluem IVA | All prices are VAT included

Sweet bowls

9€

AÇAÍ BASE, 2 FRUTAS + 3 TOPPINGS

Extra toppings + 1€

1 FRUIT FRUTAS

(Até 2 - Up to 2)

MIRTILOS | BLUEBERRIES

BANANA | BANANA

KIWI | KIWI

MORANGO | STRAWBERRIES

2 TOPPINGS TOPPINGS

(Até 2 - Up to 2)

AMÊNDOAS | ALMONDS

CASTANHA DE CAJU | CASHEWS

FLOCOS DE AVEIA | OAT FLAKES

FLOCOS DE COCO | COCONUT FLAKES

GOJI BERRY | GOJI BERRIES

GRANOLA | GRANOLA

MANTEIGA DE AMENDOIM | PEANUT BUTTER

NOZES PECAN | PECAN NUTS

PEDAÇOS DE CHOCOLATE | CHOCOLATE CHUNKS

SEMENTES DE CHIA | CHIA SEEDS

SEMENTES DE PAPOILA | POPPY SEEDS



Shakshuka eggs

11€

Ovos escalfados, molho de tomate, pimento vermelho, cebola, páprica, temperado com cominhos e açafrão, servido com abacate e pão.

Poached eggs, tomatoe sauce, red bell pepper, onions, paprika, spiced with cumin & turmeric served with avocado and bread.



Sweet touch

3,50€

BOLO DE CENOURA | CARROT CAKE

PÃO DE BANANA | BANANA BREAD

Drinks

Elixirs

4,50€

Um Elixir é uma deliciosa mistura saudável de frutas, vegetais e superfrutas que nutrem seu corpo e sua alma.
An Elixir is a delicious healthy blend of fruit, vegetable and superfood that nourishes your body and soul.

1. Sunkiss Vitamina sol | Vitamin sun

Laranja, cenoura, gengibre e maca
Orange, carrot, ginger, maca

2. Berrylover Longevidade | Longevity

Mirtilos, frutos vermelhos, banana, pólen de abelha
Blueberries, red fruits, banana, bee pollen

3. Aloha green Todo verde que precisa | All you need greens

Kiwi, maçã verde, espinafre, gengibre, spirulina
Kiwi, green apple, spinach, ginger, spirulina

4. Watermelon crush Refrescante | Refreshing

Melancia, lima, sementes de chia, hortelã
Watermelon, lime, chia seeds, mint

5. Mango Tango Pele perfeita | Perfect skin

Manga, laranja, gengibre, proteína de cânhamo
Mango, orange, ginger, hemp protein

6. Celery detox Recuperação | Recovery

Aipo, gengibre, lima
Celery, ginger, lime

7. Matcha colada Reforço de imunidade | Immune booster

Ananás, matcha, espinafre, pólen de abelha, leite de coco
Pineapple, matcha, spinach, bee pollen, coconut milk

8. Cabanana Energizador | Energizer

Banana, cacau, amêndoas, leite de amêndoa
Banana, cacao, almonds, almond milk

9. Banaberry Ativador de cálcio | Calcium activator

Morangos, banana, leite
Strawberries, banana, milk

10. Warrior Impulsador de desempenho | Performance Booster

Banana, cacau, manteiga de amendoim, maca, leite de coco
Banana, cacao, peanut butter, maca, coconut milk

*Opção vegan: sem pólen de abelha e substitua o mel por agave + 0,50 €

*Vegan option: no bee pollen & replace honey with mappple syrup +0,50€



BEBIBAS CASEIRAS HOMEMADE DRINKS

IceTea Verde IceTea Green	3€
Gengibre, Limão, Hortelã Ginger, Lemon, Mint	
IceTea Vermelho IceTea Red	3€
Laranja, Canela, Hibisco Orange, Cinnamon, Hibiscus	
Sumo de laranja Orange juice	3€
Kombucha	4€

CAFÉ COFFEE

Espresso Espresso	1,20€
Americano Americano	1,50€
Meia de leite White coffee	2€
Galão Galao	2,40€
Latte Latte	2,50€
Cappuccino Cappuccino	2,50€
Iced americano	3€
Iced coffee com leite Iced coffee latte	3,50€

COPO DE VINHO WINE GLASS

Branco White	3€
Rosé Rosé	3€
Tinto Red	3€
Verde Green	3€
Sangria copo glass (Tinto branco)	6€
Sangria Jarro jar (Red white)	15€

REFRIGERANTES SOFTS

Água Water	1,50€
Água com gas Sparkling water	2€
Coca Cola Zero	2,50€
Fanta Sprite	2,50€
Nestea	2,50€
Whole Earth	3€
Sumo de maçã Apple juice	1,50€
Why not Organic soda	3€

CHÁ TEAS

Matcha	2,50€
Iced Matcha Latte	3,50€
Sem laticínios Dairy free Options:	
Soja, Amêndoa, Aveia, Leite de Coco	+ 0,50€
Soy, Almond, Oat, Coconut milk	
Preto, Verde, Frutos vermelhos	
Black, Green, Red fruits	2,50€

CERVEJAS BEER

Imperial Caneca (SuperBock)	1,60€ 3,20€
Small Large	
Somersby	3,50€
Desperados	3,50€
Corona	3,50€