



SIGNATURE BOWLS



VEGETARIAN



VEGAN



GLUTENFREE

1. SALMON ALOHA

REGULAR 9,90€
LARGE 12,90€

Arroz de sushi, salmão (80g / 100g), abacate, tomate cereja, edamame, milho, salada de algas, molho de soja doce, sésamo branco e preto.

Sushi rice, salmon (80g/100g), avocado, cherry tomatoes, edamame, corn, seaweed salad, with a sweet soy dressing, white & black sesame.

2. AHI TUNA

9,90€ 12,90€

Arroz de sushi, atum (80g / 100g), abacate, tomate cereja, edamame, repolho roxo, salada de algas, molho de soja salgado, sésamo branco e preto.

Sushi rice, tuna (80g/100g), avocado, cherry tomatoes, edamame, red cabbage, seaweed salad, with a salty soy dressing, white & black sesame.

3. MIXED FEELINGS

9,90€ 12,90€

Arroz de sushi, salmão (40g / 50g) e atum (40g / 50g), abacate, tomate cereja, milho, pepino, edamame, molho de soja doce, sésamo branco e preto.

White rice, salmon (40g/50g) & tuna (40g/50g), avocado, cherry tomato, corn, cucumber, edamame, with a sweet soy dressing, white & black sesame.

4. SHRIMP KAI

9,90€ 12,90€

Arroz de sushi, camarão (80g / 100g), abacate, tomate cereja, milho, pepino, edamame, molho de maionese picante, cebola frita e gergelim preto.

Sushi rice, prawns (80g/100g), avocado, cherry tomatoes, corn, cucumber, edamame, with a spicy mayo dressing, fried onions & black sesame seeds.

5. CHICKEN NORRIS

8,90€ 11,90€

Arroz de sushi, frango teriyaki (80g / 100g), abacate, cenoura, tomate cereja, milho, couve roxa, molho de mel picante e sementes de sésamo branco e preto.

Sushi rice, chicken teriyaki (80g/100g), avocado, carrots, cherry tomatoes, corn, red cabbage, with a chili honey dressing and white & black sesame seeds.

6. SURF & TURF

9,90€ 12,90€

Arroz de sushi, camarão (40g / 50g) e frango (40g / 50g), tomate cereja, milho, edamame, ananas, repolho roxo, molho de maionese, cebola frita e semente de chia.

Sushi rice, shrimps (40g/50g) & chicken (40g/50g), cherry tomatoes, corn, edamame, pineapple, red cabbage, with a spicy mayo dressing, fried onions & chia seeds.

7. VEGGIE LOVER

REGULAR 8,40€
LARGE 11,40€

Arroz integral, abacate, tomate cereja, milho, pepino, edamame, rabanete, repolho roxo, 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

8,40€ 11,40€

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

8,90€ 11,90€

Arroz integral, tofu, abacate, beterraba, cenoura, pepino, rabanete, molho de soja salgado, 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

8,90€ 11,90€

Arroz de sushi, abacate, castanha de caju, pepino, gengibre em conserva, abacaxi, repolho roxo, 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

8,40€ 11,40€

Alface / arroz integral, abacate, pepino, edamame, repolho roxo, salada de algas, molho de soja doce, sementes de abóbora e gergelim branco.

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

12. POKEZINHO (KIDS)

6,90€

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

REGULAR
9,90€



LARGE
12,90€



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 (até 5) FILL IT (up to 5)

- ABACATE (+ 0,50€) / AVOCADO (+ 0,50€)
- BETERRABA / BEETROOT
- CENOURA / CARROTS
- TOMATE CEREJA / CHERRY TOMATOES
- MILHO / CORN
- PEPINO / CUCUMBER
- EDAMAME / EDAMAME
- ALFACE / LETTUCE
- PICKLED GINGER / 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 / SALMON
- ATUM (+1€) / TUNA (+1€)
- FRANGO / CHICKEN
- CAMARÃO / PRAWNS
- TOFU (BIO) / TOFU (BIO)
- CAJU / CASHEW
- PROTEINA EXTRA 2,50€
- EXTRA PROTEIN 2,50€

5 MOLHOS DRESS IT

- SOJA DOCE O SALGADA / SWEET OR SALTY SOY
- VINAIGRETTE / VINAIGRETTE
- MAIONESE PICANTE / SPICY MAYO
- WASABI CREMOSO / CREAMY WASABI
- MEL PICANTE / CHILI HONEY
- MANGA / MANGO
- SOYGURT / SOYGURT

6 COBERTURA TOP IT

- SESAME BRANCO / WHITE SESAME
- SESAME PRETO / BLACK SESAME
- GIRASSOL / SUNFLOWER
- CHIA / CHIA
- ABOBORA / PUMPKIN
- CEBOLA FRITA / FRIED ONIONS

MOLHOS DRESSINGS

SALTY SOY
Soja salgado
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, pimenta 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, chilli, sriracha, vinegar, honey

MANGO
Manga, lima, gengibre, azeite
Mango, lime, ginger, olive oil

SOYGURT
Iogurte de soja, alho, azeite, limão, hortelã
Soja yogurt, garlic, olive oil, lemon, mint

SWEET BOWLS

6,90€

Escolha sua base + 4 coberturas (cobertura extra + 1 €)
Choose your base + 4 toppings (extra topping + 1€)

- 1** BASE + **2** TOPPINGS
BASE TOPPINGS

• **AÇAÍ** (Banana, açai, frutos vermelhas)
(Banana, açai, berries)

• **IOGURTE DE SOJA / SOGURT**



- **Amêndoas** / Almonds
- **Mirtilos** / Blueberries
- **Banana** / Banana
- **Castanha de caju** / Cashews
- **Flocos de aveia** / Oat flakes
- **Flocos de coco** / Coconut flakes
- **Goji berry** / Goji berries
- **Granola** / Granola
- **Kiwi** / Kiwi
- **Manteiga de amendoim** / Peanut butter
- **Morango** / Strawberries
- **Nozes Pecan** / Pecan nuts
- **Pedaços de chocolate** / Chocolate chunks
- **Sementes de Chia** / Chia seeds
- **Sementes de papoula** / Poppy seeds

SHAKSHUKA EGGS

7,50€

Ovos escalfados, molho de tomate, pimento vermelho, cebola, áprica, temperado com cominhos e açafraão, 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

2,50€

BOLO DE CENOURA / CARROT CAKE
PÃO DE BANANA / BANANA BREAD

ELIXIRS 4€

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.

- SUNKISS** Vitamina sol / Vitamin sun
Laranja, cenoura, gengibre e maca
Orange, carrot, ginger, maca
- BERRYLOVER** Longevidade / Longevity
Mirtilos, morangos, banana, pólen de abelha
Blueberries, strawberries, banana, bee pollen
- ALOHA GREEN** Todo verde que precisa / All you need greens
Kiwi, maçã verde, espinafre, gengibre, spirulina
Kiwi, green apple, spinach, ginger, spirulina
- WATERMELON CRUSH** Refrescante / Refreshing
Melancia, limão, sementes de chia
Watermelon, lemon, chia seeds, mint
- MANGO TANGO** Pele perfeita / Perfect skin
Mango, laranja, gengibre, proteína de cânhamo
Mango, orange, ginger, hemp protein
- CELERY DETOX** Recuperação / Recovery
Aipo, gengibre, limão
Celery, ginger, lime
- MATCHA COLADA** Reforço de imunidade / Immune booster
Ananás, matcha, espinafre, pólen de abelha, leite de coco
Pineapple, matcha, spinach, bee pollen, coconut milk
- CABANANA** Energizador / Energizer
Banana, cacau, amêndoas, leite de amêndoa
Banana, cacao, almonds, almond milk
- BANABERRY** Ativador de calcio / Calcium activator
Morangos, banana, leite
Strawberries, banana, milk
- 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 mapple syrup +0,50€



DRINKS

BEBIBAS CASEIRAS HOMEMADE DRINKS

- IceTea Verde** / IceTea Green 2,50€
Gengibre, Limão, Hortelã / Ginger, Lemon, Mint
- IceTea Vermelho** / IceTea Red 2,50€
Laranja, Canela, Hibisco / Orange, Cinamon, Hibiscus
- Sumo de laranja** / Orange juice 2,50€
- Kombucha** Hibisco, Sabugueira, Rosas & gengibre
Hibiscus, Edelflower, Ginger & roses 3,50€

CAFÉ COFFEES

- Espresso** / Espresso 1€
- Americano** / Americano 1,25€
- Meia de leite** / White coffee 1,50€
- Galão** / Galao 2 €
- Latte** / Latte 2€
- Cappuccino** / Cappuccino 2€
- Açafraão com leite** / Turmeric Latte 2,5€
- Iced americano** 2€
- Iced coffee com leite** / Iced coffee latte 3,50€

COPO DE VINHO WINE GLASS

- Branco** / White 2,50€
- Rosé** / Rosé 2,50€
- Tinto** / Red 2,50€
- Verde** / Green 2,50€
- Sangria copo / glass** (tinta/branca) 4,00€
- Sangria jarra / jar** (red/white) 12€

REFRIGERANTES SOFTS

- Água** / Water 1,10€
- Água com gas** / Sparkling water 1,50€
- Coca Cola / Zero** 2€
- Fanta / Sprite** 2€
- Nestea** 2€
- Whole Earth Elderflower - Ginger** 2,5€
- Sumo de maçã** / Apple juice 1,5€

CHÁ TEAS

- Preto, Verde, Vermelhos**
Black, Green, Red fruits 2,50€
- Matcha** 2,50€
- Sem laticínios** / Dairy free Options:
Soja, Amêndoa, Aveia, Leite de Coco + 0,50€
Soy, Almond, Oat, Coconut milk

CERVEJA BEERS

- Imperial / Caneca** (SuperBock) 1,50€ / 3€
Small / Large
- Somersby** 3,50€
- Desperados** 3,50€
- Corona** 3,50€