



SIGNATURE BOWLS

AS FROM 11:30AM

	REGULAR	LARGE	VEGETARIAN	VEGAN	GLUTENFREE	REGULAR	LARGE
1. SALMON ALOHA Sushi rice, salmon (80g/100g), avocado, cherry tomatoes, edamame, corn, seaweed salad, with a sweet soy dressing, white & black sesame.	8,90€	11,90€	✓	✗	✗		
2. AHI TUNA Sushi rice, tuna (80g/100g), avocado, cherry tomatoes, edamame, red cabbage, seaweed salad, with a salty soy dressing, white & black sesame.	9,90€	12,90€	✗	✗	✗		
3. MIXED FEELINGS White rice, salmon (40g/50g) & tuna (40g/50g), avocado, cherry tomato, corn, cucumber, edamame, with a sweet soy dressing, white & black sesame.	9,90€	12,90€	✗	✗	✗		
4. SHRIMP KAI Sushi rice, shrimps (80g/100g), avocado, cherry tomatoes, corn, cucumber, edamame, with a spicy mayo dressing, fried onions & black sesame seeds.	8,50€	11,50€	✗	✗	✗		
5. CHICKEN NORRIS Sushi rice, chicken teriyaki (80g/100g), avocado, carrots, cherry tomatoes, corn, red cabbage, with a chili honey dressing and white & black sesame seeds.	8,50€	11,50€	✗	✗	✗		
6. SURF & TURF Sushi rice, shrimps (40g/50g) & chicken (40g/50g), cherry tomatoes, corn, edamame, pineapple, red cabbage, with a spicy mayo dressing, fried onions & chia seeds.	8,90€	11,90€	✗	✗	✗		
7. VEGGIE LOVER Brown rice, avocado, cherry tomatoes, corn, cucumber, edamame, radish, red cabbage, with creamy wasabi dressing, sunflowers & chia seeds.	7,90€	10,90€	✓	✓	✗		
8. MAGIC BEET Sushi rice, avocado, beetroot, cashews, cherry tomatoes, edamame, red onions with a misonaigrette dressing, chia & white sesame seeds.	7,90€	10,90€	✓	✓	✗		
9. BACK TO ROOTS Brown rice, tofu, avocado, beetroot, carrots, cucumber, radish with a salty soy dressing, white & black sesame seeds.	8,40€	11,40€	✓	✓	✗		
10. FRESH DELIGHT Sushi rice, avocado, cashews, cucumber, pickled ginger, pineapple, red cabbage, with a misonaigrette dressing, sunflower & white sesame seeds.	8,40€	11,40€	✓	✓	✗		
11. MAHALO GREEN Lettuce/brown rice, avocado, cucumber, edamame, red cabbage, seaweed salad, with a sweet soy dressing, pumpkin & white sesame seeds.	7,90€	10,90€	✓	✓	✗		
12. POKEZINHO (KIDS) Sushi rice, 3 fill ups, 1 protein, 1 dressing, 1 topping.	6,90€						



POKE IT YOURSELF

1 CHOOSE YOUR SIZE

REGULAR
8,90€



LARGE
11,90€



2 CHOOSE YOUR BASE

- Sushi rice
- Brown rice
- Quinoa (+1€)
- Lettuce
- 50/50

3 FILL IT (up to 5)

- Avocado (+ 0,50€)
- Beetroot
- Carrots
- Cherry tomatoes
- Corn
- Cucumber
- Edamame
- Lettuce
- Pickled ginger
- Pineapple
- Radish
- Red cabbage
- Red onions
- Seaweed salad
- **extra fill up +1€**

4 ADD YOUR PROTEIN

- Salmon
- Tuna (+1€)
- Chicken
- Shrimps
- Tofu (BIO)
- **extra protein 2,50€**

6 TOP IT (up to 3)

- White sesame
- Black sesame
- Sunflower
- Chia
- Pumpkin
- Fried onions

5 DRESS IT

- Salty soy
- Sweet soy
- Misonaigrette (G)
- Spicy mayo
- Creamy wasabi
- Chili honey
- Gluten free soy (G)



DRESSINGS

SALTY SOY

Soy, sesame, citrus

SWEET SOY

Soy sauce, honey,

MISONAIGRETTE (G)

Miso, mustard, lemon, rice vinegar

SPICY MAYO

Mayo, sriracha chili, lemon

CREAMY WASABI

Salad dressing with a touch of wasabi

CHILLI HONEY

Soy sauce, chili, sriracha, vinegar, olive, oil, honey



SPECIAL COMBO

KIDS/STUDENTS

1 Pokezinho + 1€ = Soft drink

SENIOR (+65)

1 Signature Poké + 1€ = Small beer/wine

BREAKFAST COMBO

Smoothie Bowl or Shakshuka + Elixir 9,50€

Smoothie Bowl or Shakshuka + Espresso 7€

LUNCH COMBO

Signature Bowl + 1 drink +1€ = Dessert

DINNER COMBO

Signature Bowl + 1€ = Small beer/wine

SMOOTHIE BOWLS

6,50€

Choose your base + 4 toppings (extra topping + 1€)

1 BASE +

- AÇAÍ** (Banana, açai, berries)
- GREEN** (Banana, avocado, spinach)
- BLACK** (Banana, cacao, charcoal)



2 TOPPINGS

- Almonds
- Bananas
- Blueberries
- Cashews
- Chia seeds
- Chocolate chunks
- Coconut flakes
- Goji berries
- Granola
- Kiwi
- Oat flakes
- Peanut butter
- Pecan nuts
- Poppy seeds
- Strawberries

SHAKSHUKA EGGS

6,50€

Eggs poached, **tomatoe** sauce, **red bell pepper**, **onions**, **paprika**, spiced with cumin & turmeric served with **avocado** and **bread**.



SWEET TOUCH

2,50€

- CARROT CAKE**
- BANANA BREAD**
- COOKIE**

ELIXIRS 4€

An Elixir is a delicious healthy blend of fruit, vegetable and superfood that nourishes your body and soul.

- 1. SUNKISS** Vitamin sun
Orange, carrot, ginger, maca
- 2. BERRYLOVER** Longevity
Blueberries, strawberries, banana, bee pollen
- 3. ALOHA GREEN** All you need greens
Kiwi, avocado, spinach, spirulina, apple, pineapple
- 4. WATERMELON CRUSH** Revitalizer, refresh
Watermelon, lemon, chia seeds
- 5. RED MAGIC** Anti-aging, skin enhancer
Strawberries, goji berries, beetroot, cashews
- 6. DAY-AFTER** Hangover cure
Spinach, fresh mint, ginger, lime, spirulina, secret ingredient
- 7. CELERY DETOX** Cleansing, anti-stress
Celery, ginger, lime
- 8. MATCHA COLADA** Immunity booster
Pineapple, matcha, spinach, bee pollen, coconut milk
- 9. HI-FIBER** Fiber booster
Banana, papaya, flaxseed, whey, soy milk
- 10. CABANANA** Energizer, antioxidant, serotonin booster
Banana, cacao, almonds, almond milk
- 11. BANABERRY** Calcium activator
Strawberries, banana, milk,
- 12. LOVE DATE** High fiber, aphrodisiac
Dates, cashew, cinnamon, banana, almond milk
- 13. HAPPY LATTE** Mood booster
Turmeric, cinnamon, ginger, almond milk (hot or cold)
- 14. WARRIOR 1** Performance booster
Banana, cacao, peanut butter, maca, coconut milk
- 15. WARRIOR 2** Sport recovery, reboot
Banana, cacao, cashews, maca, whey, flaxseed, granola, coconut milk

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



DRINKS

HOMEMADE DRINKS

IceTea Green (Ginger, Lemon, Mint)	2,50€
IceTea Red (Orange, Cinamon, Hibiscus)	2,50 €
Fresh Orange juice	2,50 €
Kombucha	3€
Detox shot	2€

SOFTS

Water	1,10€
Sparkling water	1,50€
Coca Cola	2€
Coca Cola Zero	2€
Fanta,Sprite	2€
Nestea	2€

COFFEES

Espresso	1€
Americano	1,25€
White coffee	1,50€
Galao	1,75 €
Double espresso	1,90€
Latte	2€
Cappuccino	2€
Iced coffee latte	3,50€

TEAS

Black, Green, Red fruits	2,50€
Matcha	2,50€
Iced Matcha Latte	3,50€

Dairy free Options:

Soy, Almond, Oat, Coconut milk + 0,50€

WINES (GLASS)

White	2,50€
Rosé	2,50€
Red	2,50€
Green	2,50€
Sangria glass (red/white)	3,50€
Sangria jar	12€

BEERS

Small / Large	1,50€ / 3€
Somersby	3€
Desperados	3€
Corona	3€

All prices are VAT included