



**FRESH & TASTY**  
**BOWLS**



# BOWLS

Regular Large  
↖ ↗

## HAWAIIAN

14€ | 18€

Tuna, sushi rice, avocado, corn, edamame, tomatoes, nori, green onions, black sesame, classic sweet soy

Atum, arroz de sushi, abacate, milho, edamame, tomate, nori, cebolinho, sésamo preto e molho de soja doce clássico

## MEXICANO

12€ | 16€

Chicken, sushi rice, nachos, jalapenos, avocado, beans & onions mix, corn, lime, coriander, black sesame, spicy mayo

Frango, arroz de sushi, nachos, jalapeños, abacate, feijão e cebola, milho, lima, coentros, sésamo preto, maionese picante

## INDONESIAN

12€ | 16€

Tofu Gado Gado, sushi rice, carrots, tomatoes, cucumbers, edamame, coriander, lime, crispy shrimps chips, black sesame, peanuts dressing

Tofu Gado-gado, arroz de sushi, cenoura, tomate, pepino, edamame, coentros, lima, chips de camarão crocantes, sésamo preto, molho de amendoim

## THAI

13€ | 17€

Shrimps, sushi rice, edamame, pineapple, cucumbers, red cabbage, fried onions, black sesame, coriander, lime, chili honey dressing

Camarões, arroz de sushi, edamame, ananás, pepino, couve roxa, cebola frita, sésamo preto, coentros, lima, molho de mel picante

## PORTUGUESA

14€ | 18€

Octopus salad, sushi rice, onions, peppers, corn, carrots, tomatoes, coriander, lime, fried onions, sweet soy

Salada de polvo, arroz de sushi, cebola, pimento, milho, cenoura, tomate, coentros, lima, cebola frita, soja doce

## SCANDINAVIAN

14€ | 18€

Salmon, sushi rice, avocado, corn, cucumber, ginger, red, onions, black sesame, green onions, sweet soy

↪ Extra Philadelphia +1€

Salmão, arroz de sushi, abacate, milho, pepino, gengibre, cebola roxa, sésamo preto, cebolinho, soja doce

## JAPANESE

14€ | 18€

Tuna, sushi rice, seaweed salad, edamame, pickled ginger, cucumber, red cabbage, wasabi sesame, shredded nori, salty soy

Atum, arroz de sushi, salada de algas, edamame, gengibre, pepino, couve roxa, wasabi com sésamo, nori, sésamo de wasabi, soja salgada

## GREEK

11,5€ | 14,5€

Green salad, feta cheese, tomatoes, cucumbers, red onions, black olives, olive oil, balsamique, oregano

Salada verde, queijo feta, tomate, pepino, cebola roxa, azeitonas pretas, azeite, vinagre balsâmico, orégãos

# DRESSINGS

## Salty Soy

Salty Soy  
Soja salgada

## Sweet Soy

Soy sauce, honey, lemon  
Molho de soja, mel, limão

## Gluten Free Soy

Gluten Free Soy  
Molho de soja sem glúten

## Wasabi Cream

Salad dressing with wasabi  
Molho para salada com wasabi

## Spicy Mayo

Mayo, sriracha chili, lemon  
Mayo, sriracha, limão

## Mediterranean Touch

Olive oil & balsamic  
Azeite e balsâmico

## Chili Honey

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

## Peanut Sauce

Peanut, lime juice, garlic, honey  
Amendoim, sumo de limão, alho, mel

## Mango

Mango, basil, olive oil  
Manga, manjerição, azeite

# POKE IT YOUR SELF

REGULAR 12€  
LARGE 16€

## ACAI BOWLS 9€

CHOOSE 2 FRUITS  
ESCOLHA 2 FRUITAS *Extra Fruit +1€*

Banana | Kiwi | Blueberries | Pineapple | Strawberries  
Banana | Kiwi | Mirtilos | Ananás | Morangos

CHOOSE 2 TOPPINGS  
ESCOLHA 2 TOPPINGS

- Almonds
- Chia seed
- Chocolate chunks
- Coconut flakes
- Goji berries
- Granola
- Oat flakes
- Pecan nuts
- Peanut butter
- Poppy seeds
- Amêndoas
- Sementes de chia
- Pedações de chocolate
- Flocos de côco
- Bagas de goji
- Granola
- Flocos de aveia
- Nozes pecan
- Manteiga de amendoim
- Sementes de papoila

### 01 CHOOSE YOUR BASE ESCOLHA A SUA BASE

Sushi rice | Brown rice | Quinoa (+1) | Lettuce | 50/50  
Arroz de sushi | Arroz integral | Quinoa (+1) | Alface | 50/50

### 02 CHOOSE YOUR PROTEIN ADICIONE SUA PROTEINA

- Salmon (+2€)
- Tuna (+2€)
- Chicken (+1€)
- Shrimps (+1,5€)
- Octopus (+2€)
- Tofu
- Feta
- Cashew
- Salmão (+2€) *→ Extra +2,5€ (+ price of the protein)*
- Atum (+2€)
- Frango (+1€)
- Camarão (+1,5€)
- Polvo (+2€)
- Tofu
- Feta
- Caju

### 03 FILL IT UP Up to 4 ENCHÁ O SEU BOWL Até 4

- Avocado (+1€)
- Beans & onions
- Carrots
- Corn
- Cucumbers
- Edamame
- Lettuce
- Nachos
- Philadelphia cheese
- Pickled ginger
- Red onions
- Pineapple
- Red cabbage
- Seaweed salad (+1€)
- Tomatoes
- Abacate(+1€) *→ Extra +1€*
- Feijão & cebola
- Cenoura
- Milho
- Pepino
- Edamame
- Alface
- Nachos
- Queijo Philadelphia
- Gengibre
- Cebola roxa
- Abacaxi
- Couve roxa
- Salada de algas (+1€)
- Tomate

### 04 TOP IT UP Choose 2 ADICIONE EXTRAS Escolha 2

- Black sesame
- Wasabi sesame
- Coriander
- Fried onions
- Green onions
- Jalapenos
- Lime
- Black olives
- Shredded nori
- Sésamo preto *→ Extra +0,5€*
- Wasabi com sésamo
- Coentros
- Cebola frita
- Cebolinho
- Jalapeños
- Lima
- Azeitonas pretas
- Alga nori desfiada

### 05 CHOOSE YOUR DRESSING ESCOLHA O SEU MOLHO

- Salty Soy
- Sweet Soy
- Gluten Free Soy
- Wasabi Cream
- Spicy Mayo
- Med Touch
- Chili Honey
- Peanut Sauce
- Mango
- Soja Salgado *→ Extra +0,5€*
- Soja Doce
- Soja Sem Glúten
- Creme de Wasabi
- Maionese Picante
- Toque Mediterrâneo
- Mel Picante
- Molho de Amendoim
- Manga

# FRESH JUICE

## Homemade Ice Tea 3,5€

Red or green  
Vermelho ou verde

## Fresh OJ 4€

Freshly squeezed orange juice  
Sumo de laranja fresco

## Paloma Grapefruit 4,5€

Grapefruit, honey, lime, soda water  
Toranja, xarope, limão, água com gás

## Strawberry Fizz 4€

Strawberry, honey, lime, mint, soda water  
Morango, mel, lima, hortelã, água com gás

## Old-Fashioned Lemonade 4€

Lemon juice, honey, soda water  
Sumo de limão, mel, água com gás

# SUPERFOOD SMOOTHIES

## Aloha Green 5,5€

Pineapple, spinach, banana, almond butter, coconut milk, matcha, chia seeds

Ananás, espinafres, banana, manteiga de amêndoa, leite de coco, matcha, sementes de chia

## Strawberry Glow 5,5€

Banana, strawberries, dates, almond butter, coconut yogurt, vanilla protein, collagen, oat milk

Banana, morangos, tâmaras, manteiga de amêndoa, iogurte de coco, proteína de baunilha, colagénio, leite de aveia

## Coconut Cloud 5,5€

Banana, pineapple, chia seeds, almond butter, blue spirulina, collagen glow, vanilla protein, coconut yogurt, coconut milk

Banana, ananás, sementes de chia, manteiga de amêndoa, spirulina azul, colagénio, proteína de baunilha, iogurte de côco, leite de côco

## Peanut Power 5,5€

Banana, peanut butter, cocoa, vanilla protein, coconut milk, yogurt, chia seeds

Banana, manteiga de amendoim, cacau, proteína de baunilha, leite de coco, iogurte, sementes de chia

# SWEET TOUGH

## Carrot Cake 3,5€

Carrots, sugar, flour, oil, cinnamon  
Cenouras, açúcar, farinha, óleo, canela

## Banana Bread 3,5€

Bananas, sugar, flour  
Banana, açúcar, farinha

# COFFEE

+ 0.5€ Almond, Coconut  
& Oat Milk

## Espresso 1,5€

## Americano 2€

## Flat White 2,5€

## Cappuccino 3€

## Latte 3€

## Iced Coffee 3,5€

## Iced Coffee Latte 4€

## Matcha Latte 3,5€

## Strawberry Matcha 4,5€

## Chai Latte 3,5€

# SOFTS

## Soft Water 1,5€

## Sparkling Water 2€

## Soft Drink 3€

## Why not 4,5€

## Kombucha 5€

# CHEERS

## White Wine 4€

## Red Wine 4€

## Sangria Glass 6€

## Sangria Jar 18€

## Small Beer | Imperial 2€

## Large Beer | Caneca 4€

## Corona 4€

## Somersby 4€