

# wraps

**CHOOSE ONE DRESSING.**  
\*Extra dressing charged separately.

## CHICKEN



### CHICKEN PRIME

Grilled chicken, mozzarella, cream cheese, sautéed onion, sautéed corn, tomato, oregano and lettuce.

Sml. **42.90** Lrg. **48.90**



### CAESAR WRAP

Grilled chicken, buffalo mozzarella, tomato, parmesan cheese, homemade croutons and lettuce.

Sml. **42.90** Lrg. **48.90**



### CHICKEN PESTO

Grilled chicken, buffalo mozzarella, sautéed mushrooms, tomato and mixed greens. Suggested dressing: Pesto.

Sml. **42.90** Lrg. **48.90**



### GUACA CHICKEN

Grilled chicken, mozzarella, bacon, guacamole, tomato and lettuce.

Sml. **43.90** Lrg. **49.90**



### CRISPY CHICKEN ROLL

Crispy chicken, sautéed corn, bacon, pickles, mozzarella, tomato and lettuce.

Sml. **41.90** Lrg. **47.90**



### FRESH CRISPY CAESAR

Crispy chicken, parmesan cheese, lettuce and croutons.

**46.90**

## BEEF



### K-STEAK WRAP

Grilled filet mignon cubes with spicy Korean sauce, mozzarella, tomato, lettuce, cucumber, carrot, crispy onions, and soft-boiled egg.

Sml. **53.90** Lrg. **59.90**



### BEEF ROLL

Shredded beef stew, mozzarella, sautéed onion, bacon, vinaigrette, pickles and lettuce.

Sml. **42.90** Lrg. **48.90**



### SWEET BEEF

Shredded beef stew, cream cheese, buffalo mozzarella, tomato, red onion, sweet potato chips and lettuce.

Sml. **47.90** Lrg. **53.90**



### BBQ PULLED PORK

Pulled pork with BBQ sauce, mozzarella cheese, roasted corn, red cabbage slaw, napa cabbage and carrot, tomato, lettuce, and crispy onions.

Sml. **42.90** Lrg. **48.90**

## VEGGIE



### FALAFEL ROLL Ⓥ

Falafel, hummus, pickles, red onion, tomato, mixed greens and lemon. Suggested dressing: Lime Tahine.

Sml. **41.90** Lrg. **47.90**

# paninis

**CHOOSE ONE DRESSING.**  
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### BACON MIGNON

Mozzarella, grilled filet mignon cubes, roasted bacon, vinaigrette, and tomatoes.

Sml. **49.90** Lrg. **55.90**



### BEEF PARMESANO

Mozzarella, shredded beef stew, sautéed onions, roasted broccoli, tomatoes, and parmesan cheese.

Sml. **47.90** Lrg. **53.90**



### CHICKEN BROCCOLI

Buffalo mozzarella, cream cheese, grilled chicken fillet, roasted bacon, broccoli, and tomatoes.

Sml. **42.90** Lrg. **48.90**



### CHICKEN PARMESANO

Mozzarella, grilled chicken fillet, sautéed onions, tomatoes, and parmesan cheese.

Sml. **40.90** Lrg. **46.90**



### VEGGIE VIBE

Buffalo mozzarella, cream cheese, sautéed mushrooms, roasted broccoli, tomatoes, and red onion.

Sml. **40.90** Lrg. **46.90**

## SIDE SALAD

Mixed greens, palm heart, carrot, tomato, homemade croutons and parmesan cheese.

**+19.90**

## HOMEMADE DRESSINGS

Ⓥ Vegan Ⓛ Contains lactose

CAESAR Ⓛ

BARBECUE Ⓥ

HONEY MUSTARD

RANCH Ⓛ

PESTO DE NOZES Ⓛ

LIME TAHINE Ⓥ

CHIPOTLE FRENCH Ⓛ Ⓟ

KOREAN Ⓟ

SPICY CASHEW Ⓟ Ⓥ

AZEITE

AZEITE COM ACETO BALSÂMICO

AZEITE COM LIMÃO

LIMÃO

ACETO BALSÂMICO

\*disponível somente para saladas e hot bowls

# salad bowls

CHOOSE ONE DRESSING.  
\*Extra dressing charged separately.

## CHICKEN



### CHICKEN FIT

Grilled chicken, sweet potato, boiled egg, carrot, cherry tomato, black olives, salty granola and mixed greens.

Med. **43.90** Lrg. **48.90**

### PESTO SALAD



Grilled chicken, buffalo mozzarella, roasted broccoli, cherry tomato, whole wheat pasta, sliced almonds and mixed greens.

Suggested dressing: Pesto.

Med. **51.90** Lrg. **57.90**

### CHICKEN GLORY



Grilled chicken, seasoned cooked quinoa, crispy parmesan cheese, cherry tomato, sautéed corn, roasted broccoli and mixed greens.

Med. **46.90** Lrg. **50.90**

\*Guacamole aside | 5.90

### CRISPY CHICKEN SALAD



Crispy chicken, mixed greens, cherry tomato, carrot, scallion, boiled egg, avocado and salty granola.

Med. **43.90** Lrg. **48.90**

## BEEF



### K-STEAK SALAD

Grilled filet mignon cubes with spicy Korean sauce, mixed rice, mixed greens, cherry tomatoes, carrot, cucumber, scallions, soft-boiled egg, crispy onions, and mixed sesame seeds.

Med. **59.90** Lrg. **65.90**



### BBQ PULLED PORK SALAD

Mixed greens, pulled pork with BBQ sauce, rice blend, red cabbage slaw, napa cabbage and carrot, roasted corn, cherry tomatoes, beetroot, cucumber, and crispy onions.

Med. **44.90** Lrg. **49.90**

## FISH



### ÔMEGA SALMON SALAD

Salmon fillet, quinoa, mixed greens, cherry tomatoes, cucumber, beetroot, avocado, and savory granola.

Med. **61.90** Lrg. **67.90**

## VEGGIE



### FALAFEL SALAD

Mixed greens, cucumber, red onion, beetroot, quinoa, broccoli, falafel, and almonds.

Med. **42.90** Lrg. **47.90**

# hot bowls

CHOOSE ONE DRESSING.  
\*Extra dressing charged separately.

## CHICKEN



### POWER CHICKEN

Grilled chicken, mixed rice, black beans, sweet potato, mixed greens, carrot, cherry tomato, parmesan cheese, homemade croutons and guacamole.

**51.90**

### CHICKEN HUMMUS



Grilled chicken, steamed quinoa, roasted pumpkin, roasted broccoli, mixed greens, beet, cucumber, tomato, black olives and hummus.

**54.90**

### CRISPY CHICKEN BOWL



Crispy chicken, japanese rice with sesame, roasted broccoli, carrot, beet, cucumber, edamame and scallion.

**49.90**

## BEEF



### K-STEAK BOWL

Grilled filet mignon cubes with spicy Korean sauce, Japanese rice, broccoli, crispy onions, soft-boiled egg, mixed sesame seeds, and a carrot, cucumber, and scallion salad with Asian dressing.

**58.90**

## BEEF



### BEEF BOWL

Shredded beef stew, mixed rice, black beans, sautéed onion, roasted pupkin, mixed greens, beet, red onion, cherry tomato, crispy parmesan cheese and soft-boiled egg.

**58.90**



### BBQ PULLED PORK BOWL

Pulled pork with BBQ sauce, mixed rice, black beans, red cabbage slaw, napa cabbage and carrot, roasted corn, guacamole, and crispy onions.

**50.90**

## FISH



### SALMON GUACA BOWL

Grilled Salmon, steamed quinoa, roasted broccoli, pumpkin, mixed greens, cherry tomato, carrot, beet and salty granola.

**65.90**

## VEGGIE



### DELICIOUS FALAFEL

Seasoned cooked quinoa, falafel, roasted broccoli and pumpkin, mixed greens, carrot, cucumber, tomato, black olives, and salty granola.

**48.90**

## HOMEMADE DRESSINGS

✓ Vegan    Ⓛ Contains lactose

CAESAR Ⓛ

BARBECUE ✓

HONEY MUSTARD

RANCH Ⓛ

PESTO DE NOZES Ⓛ

LIME TAHINE ✓

CHIPOTLE FRENCH Ⓛ Ⓞ

KOREAN Ⓞ

SPICY CASHEW Ⓞ ✓

AZEITE

AZEITE COM ACETO BALSÂMICO

AZEITE COM LIMÃO

LIMÃO

ACETO BALSÂMICO

\*disponível somente para saladas e hot bowls

# whole wheat pies



## CREAMY CHICKEN

Without salad **34.90**  
With side salad **51.80**



## CHICKEN & MUSHROOMS

Without salad **34.90**  
With side salad **51.80**



## PALM HEART & HERBS

Without salad **34.90**  
With side salad **51.80**



## TURKEY & LEEK

Without salad **34.90**  
With side salad **51.80**



## BEEF & CHEESE

Without salad **37.90**  
With side salad **54.80**

## SIDE SALAD

Mixed greens, palm heart, carrot, tomato, homemade croutons and parmesan cheese.

# extra sides



## POTATO CHIPS

Side of sweet potato chips.  
Sml. **6.90** Lrg. **10.90**



## GUACA & CHIPS

Side of sweet potato chips with guacamole.  
**18.90**

# açaí & creams



## AÇAÍ BOWL

**Traditional açai:**  
with guarana extract  
(sweetened with sugar).  
Med. **27.90** Lrg. **31.90**

**Blend Greenjoy:**  
pure açai pulp (no sugar) mixed with  
banana and apple juice. Optional honey.  
Med. **29.90** Lrg. **33.90**



## BERRY CREAM

Strawberry, banana, yogurt,  
honey and whey protein.  
Med. **29.90** Lrg. **33.90**

## TOPPINGS

CHOPPED BANANA	2.90
CHOPPED STRAWBERRY	5.90
CHOPPED MANGO	4.90
HOMEMADE GRANOLA	3.90

SLICED ALMONDS	2.90
SUGAR FREE PEANUT CRUMBLE	3.90
SHREDDED COCONUT	2.90

HONEY	3.90
BLENDED WITH PEANUT BUTTER	3.90
BLENDED WITH WHEY PROTEIN	5.90

# healthy smoothies

## CLASSIC



### LOVE

Strawberry, blackberry, apple juice and frozen yogurt.  
400ml **25.90** 500ml **28.90**



### BANANA BLUE

Banana, blueberry, apple juice and frozen yogurt.  
400ml **26.90** 500ml **29.90**



### GO MANGO

Mango, passion fruit, apple juice and frozen yogurt.  
400ml **26.90** 500ml **29.90**



### BERRIES FULL

Strawberry, blueberry, blackberry, apple juice, yogurt and honey.  
400ml **26.90** 500ml **29.90**

Add Whey Protein

+5.90

## PROTEIN



### BERRY PUNCH

Apple juice, strawberry, banana, yogurt and whey protein.  
400ml **25.90**  
500ml **28.90**



### PROTEIN BERRY

Strawberry, blueberry, frozen yogurt, honey, whey protein and "Nude" oat milk.  
400ml **29.90**  
500ml **32.90**



### POWER NUT

Açaí, peanut butter, banana, whey protein and "Nude" oat milk.  
\*the açaí can be 100% pure or the traditional sweetened.

	traditional	pure
400ml	<b>25.90</b>	<b>28.90</b>
500ml	<b>28.90</b>	<b>31.90</b>

# homemade juices



### MANGO FRESH

Mango, passion fruit and orange.  
**17.90**



### SAINT JUICE

Lemongrass, pineapple, lemon and honey.  
**17.90**



### GREEN JOY

Orange, pineapple, mint, kale and ginger.  
**17.90**



### RED JUICE

Strawberry, orange, lemon and honey.  
**17.90**



### LIFE JUICE

Orange, beet, carrot, ginger, mint and honey.  
**17.90**



### PINEAPPLE WITH MINT

**17.90**



### AÇAÍ JUICES

\*optional: with fruits.  
**19.90**



### ORANGE

**14.90**



### COCONUT WATER

**14.90**



### MATE WITH LEMON AND APPLE

**14.90**

# drinks



### COCA-COLA

Original. 350ml  
**9.90**



### COCA-COLA ZERO

No sugar. 350ml  
**9.90**



### GUARANÁ

WEWI  
**9.90**



### GUARANÁ ZERO

WEWI  
**9.90**



### WATER

310ml  
**6.90**



### SPARKLING WATER

310ml  
**7.90**

# dessert



### BANANA CAKE

Whole oat banana cake, chestnuts, crispy oats and chocolate.  
Without wheat.  
**15.90**



### BANANA CAKE WITH ICE CREAM

Whole oat banana cake, chestnuts, crispy oats and chocolate with yogurt ice cream.  
Without wheat.  
**19.90**



### BROWNIE

**15.90**



### BROWNIE WITH ICE CREAM

With yogurt ice cream.  
**19.90**



### YOGURT ICE CREAM

Yogurt ice cream with strawberry sauce and sliced almonds.  
**9.90**