

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



CAESAR WRAP

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

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



CHICKEN PESTO

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

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



GUACA CHICKEN

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

Sml. **44.90** Lrg. **50.90**



CRISPY CHICKEN ROLL

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

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



FRESH CRISPY CAESAR

Crispy chicken, parmesan cheese, lettuce and croutons.

47.90



K-STEAK WRAP

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

Sml. **54.90** Lrg. **60.90**



BEEF ROLL

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

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



SWEET BEEF

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

Sml. **48.90** Lrg. **54.90**



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

VEGGIE



FALAFEL ROLL

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

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

paninis

CHOOSE ONE DRESSING.

*Extra dressing charged separately.



BACON MIGNON

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

Sml. **50.90** Lrg. **56.90**



CHICKEN PARMESANO

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

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



CHICKEN BROCCOLI

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

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

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. 44.90 Lrg. 49.90



PESTO SALAD

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

Med. 52.90 Lrg. 58.90



CHICKEN GLORY

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

Med. 47.90 Lrg. 51.90

*Guacamole aside | 5.90



CRISPY CHICKEN SALAD

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

Med. 44.90 Lrg. 49.90

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. 60.90 Lrg. 66.90



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. 45.90 Lrg. 50.90

FISH



ÔMEGA SALMON SALAD

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

Med. 62.90 Lrg. 68.90

VEGGIE



FALAFEL SALAD

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

Med. 43.90 Lrg. 48.90

hot bowls

CHICKEN



POWER CHICKEN

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

52.90



CHICKEN HUMMUS

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

55.90



CRISPY CHICKEN BOWL

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

50.90

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.

59.90

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.

59.90



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.

51.90

FISH



SALMON GUACA BOWL

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

66.90

VEGGIE



DELICIOUS FALAFEL 🌱

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

49.90

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	SLICED ALMONDS	2.90	HONEY	3.90
CHOPPED STRAWBERRY	5.90	SUGAR FREE PEANUT CRUMBLE	3.90	BLENDED WITH PEANUT BUTTER	3.90
CHOPPED MANGO	4.90	SHREDDED COCONUT	2.90	BLENDED WITH WHEY PROTEIN	5.90
HOMEMADE GRANOLA	3.90				

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	25.90	400ml 28.90
500ml	28.90	500ml 31.90

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