

wraps

*CHOOSE UP TO TWO
DRESSINGS FOR YOUR WRAP.

CHICKEN



CHICKEN EGG

Grilled chicken, mozzarella, tomato, carrot, corn, boiled egg and lettuce.
Lrg. 35.90 Sml. 29.90



CHICKEN PRIME

Grilled chicken, mozzarella, cream cheese, sauteed onion, corn, tomato, oregano and lettuce.
Lrg. 35.90 Sml. 29.90



CAESAR WRAP

Grilled chicken, buffalo mozzarella, tomato, parmesan cheese, homemade croutons and lettuce.
Lrg. 37.90 Sml. 32.90



CHICKEN CHIPS

Grilled chicken, cream cheese, buffalo mozzarella, tomato, red onions, sweet potato chips and lettuce.
Lrg. 37.90 Sml. 32.90



CHICKEN PESTO

Grilled chicken, buffalo mozzarella, sauteed mushrooms, tomato and mixed greens.
Suggested dressing: Pesto sauce.
Lrg. 37.90 Sml. 32.90



GUACA CHICKEN

Grilled chicken, mozzarella, bacon, guacamole, tomato and lettuce.
Lrg. 37.90 Sml. 32.90

FISH



TUNA GARDEN

Tuna, buffalo mozzarella, dried tomato, broccoli, carrot, beet and mixed greens.
Lrg. 41.90 Sml. 34.90

BEEF



SWEET BEEF

Beef stew, cream cheese, buffalo mozzarella, tomato, red onion, sweet potato chips and lettuce.
Lrg. 42.90 Sml. 35.90



GUACA BEEF

Beef stew, mozzarella, bacon, corn, guacamole, tomato, red onion and lettuce.
Lrg. 42.90 Sml. 35.90



JALA BEEF

Beef stew, mozzarella, cream cheese, sauteed onion, jalapenos, pickles, tomato and lettuce.
Lrg. 42.90 Sml. 35.90



MEATBALL ROLL

Grilled meatballs, mozzarella, roasted bacon, red onion and lettuce.
Lrg. 37.90 Sml. 32.90

VEGGIE



FALAFEL ROLL

Roasted falafel, humus, pickles, red onion, mint, tomato, mixed greens and lemon.
Suggested dressing: Lime Tahine.
Lrg. 35.90 Sml. 31.90



MUSH'N ROLL

Mushroom mix, mozzarella, cream cheese, tomatoes, red onion, broccoli, heart of palm and lettuce.
Lrg. 38.90 Sml. 32.90


SIDE SALAD

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

+11.90

HOMEMADE DRESSINGS

Daily made in our main kitchen.

CAESAR	MISÔ SESAME GINGER	CILANTRO VINAIGRETTE	OLIVE OIL
BARBECUE	LIME TAHINE	YOGURT WITH HERBS	BALSAMIC VINEGAR
HONEY MOSTARD	HONEY BALSAMIC	ALMOND PESTO	LEMON
CHIPOTLE FRENCH 	TASTY		

salad bowls

*CHOOSE UP TO TWO DRESSINGS FOR YOUR SALAD.

CHICKEN



CHICKEN FIT
Grilled chicken, sweet potato, boiled egg, carrot, tomato, black olives, pumpkin seeds and mixed greens.
Lrg. 38.90 Med. 33.90



CAESAR CLASSIC
Grilled chicken, parmesan cheese, croutons, tomato and lettuce.
Lrg. 39.90 Med. 35.90



CHICKEN MUSHROOMS
Grilled chicken, sauteed mushrooms, carrot, tomato, parmesan cheese, homemade croutons and lettuce.
Lrg. 43.90 Med. 38.90



PESTO BOWL
Grilled chicken, buffalo mozzarella, broccoli, dried tomato, whole wheat pasta, almonds and mixed greens.
Suggested dressing: Pesto.
Lrg. 44.90 Med. 39.90



CHICKEN GLORY
Grilled chicken, quinoa, crispy parmesan cheese, tomato, corn, broccoli, mixed greens and guacamole.
Lrg. 44.90 Med. 39.90

FISH



TUNA & GREENS
Tuna, beet, carrot, raisins, red onion, tomato, parmesan cheese, sweet potato chips and mixed greens.
Lrg. 45.90 Med. 40.90

BEEF



BLUE BEEF
Beef stew, gorgonzola cheese, heart of palm, tomato, corn, bacon, eggs and mixed greens.
Lrg. 46.90 Med. 41.90



MEATBALL SALAD
Grilled meatballs, buffalo mozzarella, tomato, carrot, cucumber, mint, quinoa, pumpkin seeds and mixed greens.
Lrg. 44.90 Med. 39.90

VEGGIE



MEDITERRANEAN
Baked falafel, quinoa, mixed greens, red onion, carrot, cucumber, tomato, black olives, mint, zaatar tortilla chips and humus. *Suggested dressing: Lime Tahine + Lemon.*
Lrg. 45.90 Med. 40.90



MUSHGREENS
Sauteed mushrooms, sauteed onion, broiled squash, crispy parmesan cheese, cucumber, tomato, cilantro, quinoa, mixed greens and avocado.
Lrg. 44.90 Med. 39.90

hot bowls

*CHOOSE UP TO TWO DRESSINGS FOR YOUR BOWL.

CHICKEN



POWER CHICKEN
Grilled chicken, brown rice, black beans, sweet potato, mixed greens, carrot, tomato, parmesan cheese, homemade croutons and guacamole.
Suggested dressing: Honey Balsamic.
41.90



CHICKEN HOMUS
Grilled chicken, quinoa, sauteed onion, broiled squash, broccoli, mixed greens, beet, cucumber, tomato, black olives and humus.
Suggested dressing: Honey Balsamic.
41.90

VEGGIE



DELICIOUS FALAFEL
Quinoa, baked falafel, broccoli and roasted squash, mixed greens, carrot, cucumber, tomato, mint, black olives, tortilla zaatar and homus.
41.90

BEEF



BEEF BOWL
Beef stew, brown rice, black beans, sauteed onion, broiled squash, lettuce, beet, red onion, tomato, crispy parmesan cheese and soft boiled egg.
Suggested dressing: Coriander Vinaigrette.
42.90



AVOCADO & BEEF
Beef stew, brown rice, black beans, sweet potato, mixed greens, carrot, cilantro, corn, parmesan cheese, homemade croutons and avocado.
45.90



MEATBALL BOWL
Brown rice, black beans, grilled meatballs, roasted squash and broccoli, tomato, cilantro, mixed greens and parmesan cheese.
41.90

MOLHOS ARTESANAIS				Daily made in our main kitchen.			
CAESAR	MISÔ SESAME GINGER	CILANTRO VINAIGRETTE	OLIVE OIL				
BARBECUE	LIME TAHINE	YOGURT WITH HERBS	BALSAMIC VINEGAR				
HONEY MOSTARD	HONEY BALSAMIC	ALMOND PESTO	LEMON				
CHIPOTLE FRENCH 🌶️	TASTY						

whole wheat pies



CREAMY CHICKEN

Without salad 22.90
With salad 36.90



CHICKEN & MUSHROOMS

Without salad 22.90
With salad 36.90



HEART OF PALM & HERBS

Without salad 22.90
With salad 36.90



TURKEY & LEEK

Without salad 23.90
With salad 37.90



BEEF & CHEESE

Without salad 24.90
With salad 38.90

SIDE SALAD

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

extra sides



POTATO CHIPS

Side of sweet potato chips.
9.90



GUACA & CHIPS

Side of sweet potato chips with guacamole.
15.90



HOMUS & TORTILLA

Side of tortilla chips with humus and zaatar.
13.90

super bowls

CREAMY FRUITS
SERVED IN A BOWL.

AÇAÍ



AÇAÍ BOWL

Açaí in a bowl. Choose between:

Traditional açai:

with guarana extract (sweetened with sugar).
Lrg. 29.90 Med. 25.90

Blend Greenjoy:

pure Açai pulp (sugar free) mixed with banana and apple juice. Optional honey.
Lrg. 31.90 Med. 27.90



AÇAÍ COCONUT

Açaí mixed with coconut milk. Choose between:

Traditional açai:

with guarana extract (sweetened with sugar).
Lrg. 29.90 Med. 25.90

Blend Greenjoy:

pure Açai pulp (sugar free) mixed with banana and apple juice. Optional honey.
Lrg. 31.90 Med. 27.90



AMAZON ROOTS

Açaí, banana, peanut butter, honey, whey protein, almond milk or whole milk. Choose between:

Traditional açai:

with guarana extract (sweetened with sugar).
Lrg. 31.90 Med. 27.90

Pure açai:

pure Açai pulp (sugar free)
Lrg. 34.90 Med. 30.90

FRUITS



BERRY CREAM

Strawberry, banana, greek yogurt, honey and whey protein.
Lrg. 27.90 Med. 23.90



COCOA POWER

Banana, cocoa, mango, greek yogurt, honey and whey protein.
Lrg. 27.90 Med. 23.90

TOPPINGS

CHOPPED STRAWBERRY	CHIA
CHOPPED MANGO	CRANBERRY
CHOPPED BANANA	SHREDDED COCONUT
HOMEMADE GRANOLA	SHREDDED COCOA
SUGAR FREE PEANUT FUDGE	HONEY

*you can choose up to 3 toppings for your bowl.

healthy smoothies

CLASSIC



LOVE

Strawberry, blackberry, apple juice and frozen yogurt.


500ml 23.90 400ml 20.90



PINA FRESH

Pineapple, mint, ginger and frozen yogurt.

500ml 24.90 400ml 21.90



BANANA BLUE

Banana, blueberry, apple juice and frozen yogurt.

500ml 24.90 400ml 21.90



GO MANGO

Mango, passion fruit, apple juice and frozen yogurt.

500ml 24.90 400ml 21.90

GREEN



MR GREEN

Coconut water, pineapple, kale, ginger, honey and chia.

500ml 21.90 400ml 18.90




GREEN GODDESS

Orange juice, mango, passion fruit, honey, kale and chia.

500ml 21.90 400ml 18.90


PROTEIN



BERRY PUNCH

Apple juice, strawberry, banana, greek yogurt and whey protein.

500ml 21.90 400ml 18.90



PROTEIN BERRY

Strawberry, blueberry, frozen yogurt, honey, whey protein, almond milk or whole milk.

500ml 25.90 400ml 23.90



POWER NUT

Açaí, peanut butter, banana, whey protein, almond milk or whole milk.

**the açaí can be 100% pure or the traditional sweetened.*

traditional	pure
500ml 24.90	500ml 27.90
400ml 21.90	400ml 24.90

GREEK



MONKEY CRUNCH

Banana, peanut butter, granola, mango, greek yogurt, honey and almond or whole milk.

500ml 21.90 400ml 18.90



BERRIES FULL

Strawberry, blueberry, blackberry, apple juice, greek yogurt and honey.

500ml 24.90 400ml 21.90

homemade juices



MANGO FRESH

Mango, passion fruit and orange.

12.90



SAINT JUICE

Lemongrass, pineapple, lemon and honey.

13.90



GREEN JOY

Orange, pineapple, mint, kale and ginger.

13.90



RED JUICE

Strawberry, orange, lemon and honey.

13.90



PINEAPPLE WITH MINT

15.90



AÇAÍ JUICES

**optional: with fruits.*

18.90



ORANGE JUICE

10.90



COCONUT WATER

10.90



MATE WITH LEMON AND APPLE

10.90

drinks



COCA-COLA

Original.

350ml

6.90



COCA-COLA ZERO

No sugar.

350ml

6.90



BAER MATE

Apple flavor. 269ml

8.90



STILL WATER

310ml

5.50



SPARKLING WATER

370ml

5.90

dessert



BANANA CAKE

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

13.90



BANANA CAKE

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

17.90



YOGURT PARFAIT

Greek yogurt, strawberry and homemade granola.

16.90



BROWNIE

14.90



BROWNIE

With peanut butter.

15.90



BROWNIE

With yogurt ice cream.

19.90