wraps

CHOOSE ONE DRESSING.
*Extra dressing charged separately.

CHICKEN



CHICKEN PRIME
Grilled chicken, mozzarella, cream cheese, sautéed onion, sautéed corn, tomato, oregano and lettuce.
45.90



CAESAR WRAP
Grilled chicken, buffalo mozzarella, tomato, parmesan cheese, homemade croutons and lettuce.
47.90



CHICKEN PESTO
Grilled chicken, buffalo mozzarella, sautéed mushrooms, tomato and mixed greens. Suggested dressing: Pesto.
46.90



GUACA CHICKEN
Grilled chicken, mozzarella, bacon, guacamole, tomato and lettuce.
45.90



CRISPY CHICKEN ROLL
Crispy chicken, sautéed corn, bacon, pickles, mozzarella, tomato and lettuce.
45.90



FRESH CRISPY CAESAR
Crispy chicken, parmesan cheese, lettuce and croutons.
49.90



K-STEAK WRAP
Grilled filet mignon cubes with spicy Korean sauce, mozzarella, tomato, lettuce, cucumber, carrot, crispy onions, and soft-boiled egg.
64.90



BEEF ROLL
Shredded beef stew, mozzarella, sautéed onion, bacon, vinaigrette, pickles and lettuce.
46.90



SWEET BEEF
Shredded beef stew, cream cheese, buffalo mozzarella, tomato, red onion, sweet potato chips and lettuce.
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.
43.90

VEGGIE



FALAFEL ROLL Ⓥ
Falafel, hummus, pickles, red onion, tomato, mixed greens and lemon. Suggested dressing: Lime Tahine.
43.90

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.
52.90



PESTO SALAD
Grilled chicken, buffalo mozzarella, roasted broccoli, cherry tomato, whole wheat pasta, sliced almonds and mixed greens.
Suggested dressing: Pesto.
58.90



CHICKEN GLORY
Grilled chicken, seasoned cooked quinoa, crispy parmesan cheese, cherry tomato, sautéed corn, roasted broccoli and mixed greens.
54.90
***Guacamole aside | 5.90**



CRISPY CHICKEN SALAD
Crispy chicken, mixed greens, cherry tomato, carrot, scallion, boiled egg, avocado and salty granola.
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.
69.90



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.
49.90

FISH



ÔMEGA SALMON SALAD
Salmon fillet, quinoa, mixed greens, cherry tomatoes, cucumber, beetroot, avocado, and savory granola.
67.90

VEGGIE



FALAFEL SALAD
Mixed greens, cucumber, red onion, beetroot, quinoa, broccoli, falafel, and almonds.
52.90

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.
52.90



CHICKEN HUMMUS
Grilled chicken, steamed quinoa, roasted pumpkin, roasted broccoli, mixed greens, beet, cucumber, tomato, black olives and hummus.
56.90



CRISPY CHICKEN BOWL
Crispy chicken, japanese rice with sesame, roasted broccoli, carrot, beet, cucumber, edamame and scallion.
51.90

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.
67.90

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.
61.90



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.
68.90

VEGGIE



DELICIOUS FALAFEL Ⓥ
Seasoned cooked quinoa, falafel, roasted broccoli and pumpkin, mixed greens, carrot, cucumber, tomato, black olives, and salty granola.
52.90

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 **37.90**
With side salad **53.80**



CHICKEN & MUSHROOMS

Without salad **37.90**
With side salad **53.80**



PALM HEART & HERBS

Without salad **37.90**
With side salad **53.80**



TURKEY & LEEK

Without salad **37.90**
With side salad **53.80**



BEEF & CHEESE

Without salad **41.90**
With side salad **58.80**

SIDE SALAD

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

extra sides



POTATO CHIPS

Side of sweet potato chips.

Sml**. 8.90** Lrg**. 10.90**



GUACA & CHIPS

Side of sweet potato chips with guacamole.

19.90

açaí & creams



AÇAÍ BOWL

Traditional açaí:
with guarana extract
(sweetened with sugar).
27.90

Blend Greenjoy:
pure açaí pulp (no sugar) mixed with
banana and apple juice. Optional honey.
29.90



BERRY CREAM

Strawberry, banana, yogurt,
honey and whey protein.
29.90

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 **29.90** 500ml **32.90**



BANANA BLUE
Banana, blueberry, apple juice and frozen yogurt.
400ml **29.90** 500ml **32.90**



GO MANGO
Mango, passion fruit, apple juice and frozen yogurt.
400ml **29.90** 500ml **32.90**



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 **26.90**
500ml **29.90**



PROTEIN BERRY
Strawberry, blueberry, frozen yogurt, honey, whey protein and "Nude" oat milk.
400ml **32.90**
500ml **34.90**



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	**28.90**	400ml	**30.90**
500ml	**31.90**	500ml	**33.90**

homemade juices



MANGO FRESH
Mango, passion fruit and orange.
19.90



SAINT JUICE
Lemongrass, pineapple, lemon and honey.
18.90



GREEN JOY
Orange, pineapple, mint, kale and ginger.
18.90



RED JUICE
Strawberry, orange, lemon and honey.
18.90



LIFE JUICE
Orange, beet, carrot, ginger, mint and honey.
18.90



PINEAPPLE WITH MINT
18.90



AÇAÍ JUICES
*optional: with fruits.
21.90



ORANGE
15.90



COCONUT WATER
15.90



MATE WITH LEMON AND APPLE
15.90

drinks



COCA-COLA
Original. 350ml
11.90



COCA-COLA ZERO
No sugar. 350ml
11.90



GUARANÁ
WEWI
13.90



GUARANÁ ZERO
WEWI
13.90



WATER
310ml
7.90



SPARKLING WATER
310ml
7.90

dessert



BANANA CAKE
Whole oat banana cake, chestnuts, crispy oats and chocolate. Without wheat.
16.90



BANANA CAKE WITH ICE CREAM
Whole oat banana cake, chestnuts, crispy oats and chocolate with yogurt ice cream. Without wheat.
19.90



BROWNIE
16.90



BROWNIE WITH ICE CREAM
With yogurt ice cream.
19.90

YOGURT ICE CREAM
Yogurt ice cream with strawberry sauce and sliced almonds.
9.90