

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



new 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**

CLASSIC MIGNON WRAP



Grilled filet mignon cubes, mixed greens, tomato, mozzarella, and pickled red onion.

Sml. **52.90** Lrg. **58.90**

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**

VEGGIE

FALAFEL ROLL VG



Falafel, hummus, pickles, red onion, tomato, mixed greens and lemon.

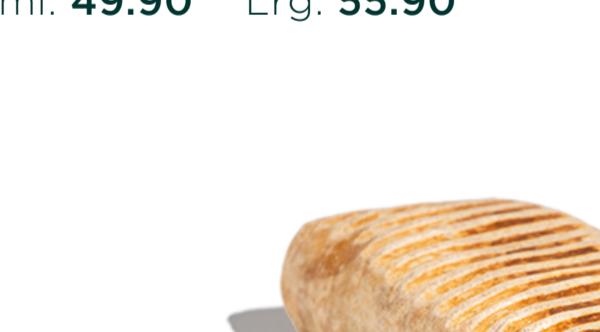
Suggested dressing: Lime Tahine.

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

paninis

CHOOSE ONE DRESSING.

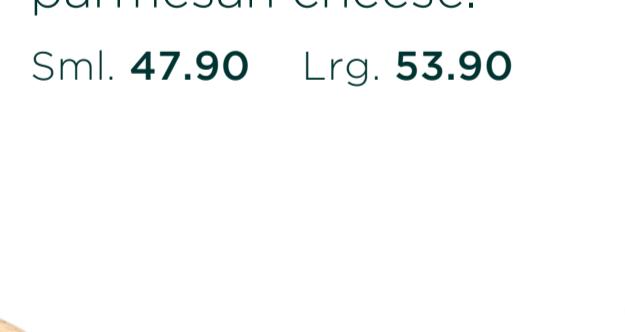
*Extra dressing charged separately.



BACON MIGNON

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

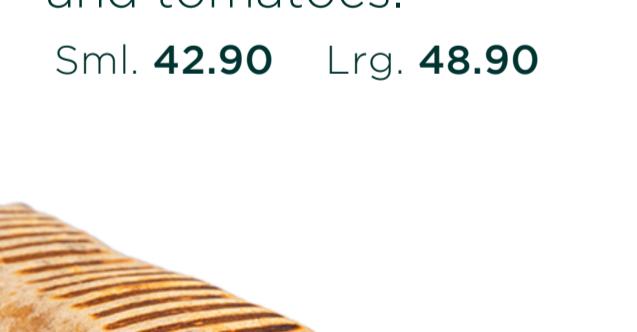
Sml. **49.90** Lrg. **55.90**



BEEF PARMESANO

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

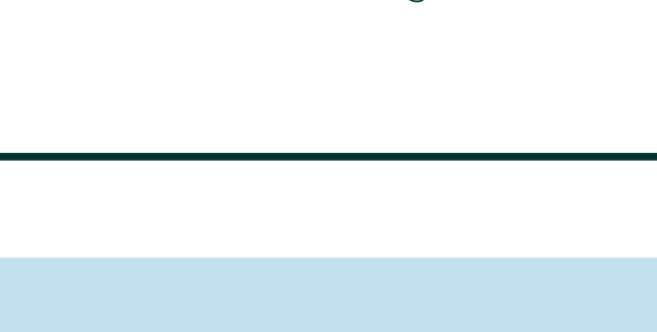
Sml. **47.90** Lrg. **53.90**



CHICKEN BROCCOLI

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

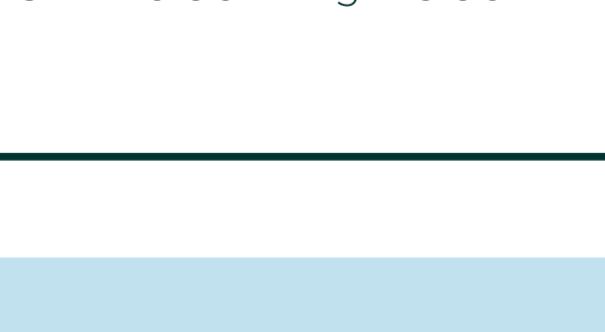
Sml. **42.90** Lrg. **48.90**



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

CAESAR VG

BARBECUE VG

HONEY MUSTARD

RANCH VG

WALNUT PESTO VG

LIME TAHINE VG

CHIPOTLE FRENCH VG

OLIVE OIL

OLIVE OIL WITH BALSAMIC VINEGAR

OLIVE OIL WITH LEMON

LEMON

BALSAMIC VINEGAR

*available only for salads and soup bowls

VG Vegan

VG Contains lactose

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

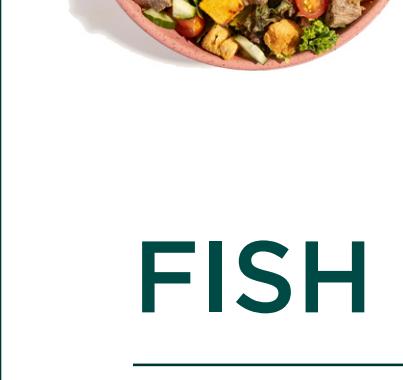
BEEF



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



CLASSIC MIGNON SALAD

Grilled filet mignon cubes, mixed greens, sweet potato, cucumber, cherry tomatoes and croutons.

Med. 58.90 Lrg. 64.90

FISH



GRILLED SALMON SALAD

Mixed greens, salmon fillet, sweet potato, cherry tomatoes, cucumber, beet, and salty granola.

Med. 59.90 Lrg. 65.90

VEGGIE



FALAFEL CRISPY SALAD

Mixed greens, crispy falafel, roasted pumpkin, cucumber, cherry tomatoes, pickled red onion, and salty granola.

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

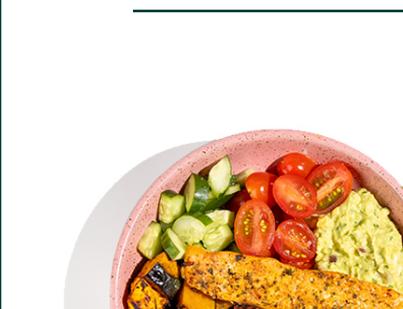
BEEF



BEEF BOWL

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

58.90



CLASSIC MIGNON BOWL

Grilled filet mignon cubes, rice mix, gratinated cauliflower with parmesan cheese, sweet potato, sautéed corn, sautéed onion and guacamole.

57.90

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

HOME MADE DRESSINGS

CAESAR

BARBECUE

HONEY MUSTARD

RANCH

WALNUT PESTO

LIME TAHINI

CHIPOTLE FRENCH

OLIVE OIL

OLIVE OIL WITH BALSAMIC VINEGAR

OLIVE OIL WITH LEMON

LEMON

BALSAMIC VINEGAR

*available only for salads and hot bowls

Vegan Contains lactose

whole wheat pies



CREAMY CHICKEN

Without salad **34.90**

With side salad **51.80**



TURKEY & LEEK

Without salad **34.90**

With side salad **51.80**



CHICKEN & MUSHROOMS

Without salad **34.90**

With side salad **51.80**



BEEF & CHEESE

Without salad **37.90**

With side salad **54.80**



PALM HEART & HERBS

Without salad **34.90**

With side salad **51.80**

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 açaí:

with guarana extract
(sweetened with sugar).

Med. **27.90** Lrg. **31.90**

Blend Greenjoy:

pure açaí 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

BLENDING WITH PEANUT BUTTER

3.90

BLENDING 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

400ml **25.90**

500ml **28.90**

pure

400ml **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



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