

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



new

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**



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

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

 Vegan  Contains lactose

CAESAR 

BARBECUE 

HONEY MUSTARD

RANCH 

WALNUT PESTO 

LIME TAHINE 

CHIPOTLE FRENCH 

OLIVE OIL

OLIVE OIL WITH BALSAMIC VINEGAR

OLIVE OIL WITH LEMON

LEMON

BALSAMIC VINEGAR

*available only for salads and 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



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 pupkin, 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

HOMEMADE DRESSINGS

Ⓥ Vegan Ⓛ Contains lactose

CAESAR Ⓛ

BARBECUE Ⓥ

HONEY MUSTARD

RANCH Ⓛ

WALNUT PESTO Ⓛ

LIME TAHINE Ⓥ

CHIPOTLE FRENCH Ⓛ

OLIVE OIL

OLIVE OIL WITH BALSAMIC VINEGAR

OLIVE OIL WITH LEMON

LEMON

BALSAMIC VINEGAR

*available only for salads and 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 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	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

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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

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BERRY PUNCH
Apple juice, strawberry, banana, yogurt and whey protein.
400ml **25.90**
500ml **28.90**
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PROTEIN BERRY
Strawberry, blueberry, frozen yogurt, honey, whey protein and “Nude” oat milk.
400ml **29.90**
500ml **32.90**
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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

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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
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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