

# wraps

**CHOOSE ONE DRESSING.**  
\*Extra dressing charged separately.

## CHICKEN



### CHICKEN EGG

Grilled chicken, mozzarella, tomato, carrot, sautéed corn, boiled egg and lettuce.

Sml. **35.90** Lrg. **39.90**



### CHICKEN PRIME

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

Sml. **35.90** Lrg. **39.90**



### CAESAR WRAP

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

Sml. **36.90** Lrg. **40.90**



### CHICKEN CHIPS

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

Sml. **36.90** Lrg. **40.90**



### CHICKEN PESTO

Grilled chicken, buffalo mozzarella, sautéed mushrooms, tomato and mixed greens.

Suggested dressing: Pesto sauce.

Sml. **37.90** Lrg. **41.90**



### GUACA CHICKEN

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

Sml. **37.90** Lrg. **41.90**

## BEEF



### SWEET BEEF

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

\*Upgrade available for filet mignon.

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



### GUACA BEEF

Beef stew, mozzarella, bacon, sautéed corn, guacamole, tomato, red onion and lettuce.

\*Upgrade available for filet mignon.

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



NEW

### MIGNON PRIME WRAP

Filet mignon, mozzarella, sautéed corn, bacon, vinaigrette, pickles and lettuce.

Sml. **42.90** Lrg. **49.90**

## FISH



### TUNA CONFIT ROLL

Tuna confit, mozzarella, pickles, red onion, carrot, beet, tomato, parmesan cheese and mixed greens.

Sml. **37.90** Lrg. **41.90**

## VEGGIE



### FALAFEL ROLL Ⓥ

Roasted falafel, humus, pickles, red onion, tomato, mixed greens and lemon.

Suggested dressing: Lime Tahine.

Sml. **37.90** Lrg. **41.90**



### MUSH'N ROLL

Mushroom mix, mozzarella, cream cheese, tomatoes, red onion, roasted broccoli, heart of palm and lettuce.

Sml. **38.90** Lrg. **43.90**

# hot panini

**CHOOSE ONE DRESSING.**  
\*Extra dressing charged separately.



### BLUE BEEF

Beef stew, mozzarella, blue cheese, sautéed onion, bacon, soft boiled egg and tomato. \*Upgrade available for filet mignon.

**39.90**



NEW

### MIGNON PRIME PANINI

Filet mignon, mozzarella, sautéed corn, vinaigrette and tomato.

**39.90**



### CHICKEN BROCCOLI

Grilled chicken, buffalo mozzarella, cream cheese, bacon, roasted broccoli and tomato.

**36.90**



NEW

### CHICKEN CORN PANINI

Grilled chicken, buffalo mozzarella, cream cheese, sautéed corn, egg and tomato.

**36.90**

## SIDE SALAD

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

**+14.90**

## HOMEMADE DRESSINGS

Ⓥ Vegan Ⓛ Contains lactose

CAESAR Ⓛ

DIJON Ⓥ

YOGURT WITH HERBS Ⓛ

TASTY Ⓛ

BARBECUE Ⓥ

MAYO SRIRACHA Ⓛ

WALNUT PESTO Ⓛ

OLIVE OIL

HONEY MUSTARD

CHIMIRRURI\* Ⓥ

LIME TAHINE Ⓥ

BALSAMIC VINEGAR

ASIAN CITRUS\* Ⓥ

TERIYAKI\* Ⓥ

CHIPOTLE FRENCH Ⓛ

LEMON

\*only available for salads and pokes

\*only available for wraps and proteins from 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, pumpkin seeds and mixed greens.

Sml. **37.90** Lrg. **41.90**



### CAESAR CLASSIC

Grilled chicken, parmesan cheese, croutons, cherry tomato and lettuce.

Sml. **37.90** Lrg. **41.90**



### PESTO BOWL

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

Suggested dressing: Pesto sauce.

Sml. **44.90** Lrg. **49.90**



### CHICKEN GLORY

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

Sml. **42.90** Lrg. **47.90**

## BEEF



### BLUE BEEF

Beef stew, blue cheese, heart of palm, cherry tomato, sautéed corn, bacon, eggs and mixed greens.

\*Upgrade available for filet mignon.

Sml. **49.90** Lrg. **54.90**

## FISH



### SALMON TERIYAKI SALAD

Grilled Teriyaki Salmon, broccoli, cucumber, cherry tomato, sesame mix, sliced almonds and mixed greens.

Sml. **53.90** Lrg. **58.90**



### TUNA PREMIUM SALAD

Seared tuna with sesame crust and teriyaki sauce, mixed greens, steamed quinoa, cherry tomatoes, cucumber, sautéed mushrooms, pumpkin seeds and avocado.

Sml. **59.90** Lrg. **64.90**



### TUNA CONFIT SALAD

Tuna confit, pumpkin, steamed quinoa, buffalo mozzarella, carrot, edamame, crispy parmesan cheese, sliced almonds, sesame seeds and mixed greens.

Sml. **42.90** Lrg. **47.90**

## VEGGIE



### MEDITERRANEAN 🌱

Roasted falafel, steamed quinoa, mixed greens, red onion, carrot, cucumber, cherry tomato, black olives, pumpkin seeds and humus.

Suggested dressing: Lime Tahine + Lemon.

Sml. **46.90** Lrg. **51.90**

# hot bowls

whole wheat pies

CHOOSE ONE DRESSING.  
\*Extra dressing charged separately.

## CHICKEN



### POWER CHICKEN

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

**45.90**



### CHICKEN HOMUS

Grilled chicken, steamed quinoa, cooked chickpeas, sauteed onion, broiled squash, roasted broccoli, mixed greens, beet, cucumber, tomato, black olives and humus.

**45.90**

## BEEF



### BEEF BOWL

Beef stew, rice, black beans, sauteed onion, broiled squash, mixed greens, beet, red onion, cherry tomato, crispy parmesan cheese and soft boiled egg.

\*Upgrade available for filet mignon.

**47.90**



### MIGNON PRIME BOWL

Filet Mignon, rice, beans, bacon, mixed vegetables, croutons, blue cheese, cherry tomato, carrot and mixed greens.

**54.90**

## FISH



### SALMON TERIYAKI BOWL

Grilled Teriyaki Salmon, steamed quinoa, roasted squash, mixed greens, cherry tomato, edamame, cucumber and avocado.

**59.90**



### TUNA PREMIUM BOWL

Seared tuna with sesame crust and teriyaki sauce, japanese rice, shredded nori, sautéed mushrooms, roasted broccoli, mixed greens, edamame, cucumber and carrot.

**59.90**

## VEGGIE



### DELICIOUS FALAFEL 🌱

Steamed quinoa, cooked chickpeas, roasted falafel, roasted broccoli and roasted squash, mixed greens, carrot, cucumber, cherry tomato, black olives, pumpkin seeds and homus.

**44.90**

## HOMEMADE DRESSINGS

🌱 Vegan 🥛 Contains lactose

CAESAR 🥛

DIJON 🌱

YOGURT WITH HERBS 🥛

TASTY 🥛

BARBECUE 🌱

MAYO SRIRACHA 🥛

WALNUT PESTO 🥛

OLIVE OIL

HONEY MUSTARD

CHIMIRRURI\* 🌱

LIME TAHINE 🌱

BALSAMIC VINEGAR

ASIAN CITRUS\* 🌱

TERIYAKI\* 🌱

CHIPOTLE FRENCH 🥛

LEMON

\*only available for salads and pokes.

\*only available for wraps and proteins from hot bowls.

# pokes

**SALMON** 57.90

Raw salmon cubes

**GRILLED SALMON** **NEW** 56.90

Grilled flaked teriyaki salmon

**TUNA** 55.90

Raw tuna cubes

**VEGGIE** **NEW** 52.90

Sauteed mushrooms



**All pokes come with:**

Base (choose below), furikake (except in veggie poke), avocado, edamame, red onion, cucumber, scallion, ginger, laminated almonds, sesame seeds, shredded nori, seaweed salad and sweet potato chips.

**CHOOSE YOUR BASE:**

SUSHI RICE

MIXED GREENS

STEAMED QUINOA

**CHOOSE ONE DRESSING:**

**ASIAN CITRUS**

Soy sauce, sesame oil, ginger and lemon.

**MAYO SRIRACHA**

Mayo with spicy sriracha sauce.

**TERIYAKI**

\*Molho extra cobrado a parte.

# whole wheat pies



**CREAMY CHICKEN**

Without salad **26.90**  
With side salad **41.90**



**CHICKEN & MUSHROOMS**

Without salad **26.90**  
With side salad **41.90**



**HEART OF PALM & HERBS**

Without salad **26.90**  
With side salad **41.90**



**TURKEY & LEEK**

Without salad **26.90**  
With side salad **41.90**



**BEEF & CHEESE**

Without salad **29.90**  
With side salad **44.90**

**SIDE SALAD**

Mixed greens, heart of palm, 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.  
**17.90**

# açaí & creams



**AÇAÍ BOWL**

**Traditional açai:**  
with guarana extract (sweetened with sugar).  
Med. **25.90** Lrg. **29.90**

**Blend Greenjoy:**  
pure açai pulp (no sugar) mixed with banana and apple juice. Optional honey.  
Med. **27.90** Lrg. **31.90**



**BERRY CREAM**

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

**TOPPINGS**

CHOPPED BANANA	2.90	SLICED ALMONDS	2.90	HONEY	3.90
CHOPPED STRAWBERRY	4.90	SUGAR FREE PEANUT FUDGE	3.90	BLENDED WITH PEANUT BUTTER	3.90
CHOPPED MANGA	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 **22.90** 500ml **25.90**



### BANANA BLUE

Banana, blueberry, apple juice and frozen yogurt.  
400ml **23.90** 500ml **26.90**



### GO MANGO

Mango, passion fruit, apple juice and frozen yogurt.  
400ml **23.90** 500ml **26.90**



### BERRIES FULL

Strawberry, blueberry, blackberry, apple juice, yogurt and honey.  
400ml **23.90** 500ml **26.90**



### COCOA OAT **NEW**

Peanut butter, cocoa, banana, oat milk and yogurt.  
400ml **19.90** 500ml **22.90**

Add Whey Protein

+5.90

## PROTEIN



### BERRY PUNCH

Apple juice, strawberry, banana, yogurt and whey protein.  
400ml **23.90**  
500ml **26.90**



### PROTEIN BERRY

Strawberry, blueberry, frozen yogurt, honey, whey protein, oat milk.  
400ml **25.90**  
500ml **29.90**



### POWER NUT

Açaí, peanut butter, banana, whey protein, oat milk.  
\*the açaí can be 100% pure or the traditional sweetened.  
\*o açaí pode ser tradicional adoçado ou 100% puro.

	tradiTional	pure
400ml	<b>23.90</b>	<b>25.90</b>
500ml	<b>26.90</b>	<b>28.90</b>

# homemade juices



### MANGO FRESH

Mango, passion fruit and orange.  
**14.90**



### SAINT JUICE

Lemongrass, pineapple, lemon and honey.  
**14.90**



### GREEN JOY

Orange, pineapple, mint, kale and ginger.  
**14.90**



### RED JUICE

Strawberry, orange, lemon and honey.  
**14.90**



### LIFE JUICE **NEW**

Orange, beet, carrot, ginger, mint and honey.  
**14.90**



### PINEAPPLE WITH MINT

**14.90**



### AÇAÍ JUICES

\*optional: with fruits.  
**17.90**



### ORANGE

**11.90**



### COCONUT WATER

**11.90**



### MATE WITH LEMON AND APPLE

**11.90**

# drinks



### COCA-COLA

Original. 350ml  
**8.90**



### COCA-COLA ZERO

No sugar. 350ml  
**8.90**



### GUARANÁ

WEWI  
**9.90**



### GUARANÁ ZERO

WEWI  
**9.90**



### KOMBUCHA RED

**16.90**



### WATER

310ml  
**6.90**



### SPARKLING WATER

310ml  
**7.40**

# dessert



### BANANA CAKE

Whole wheat banana cake, chestnuts, crispy oats and chocolate. Without wheat.  
Sml. **10.90** Lrg. **14.90**



### BANANA CAKE WITH ICE CREAM

Whole wheat banana cake, chestnuts, crispy oats and chocolate with yogurt ice cream. Without wheat.  
Sml. **14.90** Lrg. **18.90**



### BROWNIE

**9.90**



### BROWNIE WITH ICE CREAM

With yogurt ice cream.  
**13.90**



### SORVETE DE IOGURTE

Yogurt ice cream with strawberry sauce, chopped strawberry and sliced almonds.  
**9.90**