
COUVERT

Selection of Breads with Marinated Olives, Carrots and Organic Olive Oil

Seleção de Pães com Azeitonas Marinadas, Cenouras e Azeite Biológico

6.00€

SOUP | SOPA

Vegetable Soup

Sopa de Legumes

5.00€

Cold Soup

Sopa Fria

6.00€

SNACKS

Vegetarian Gyosas with *Ponzu* Sauce

Gyosas Vegetarianas com Molho *Ponzu*

9.00€

Dehydrated Vegetables with Garlic, Olive Oil and Fine Herbs Mayonnaise

Vegetais Desidratados com Maionese de Azeite, Alho e Ervas Finas

9.50€

Longevity Ketogenic Salad

Salada Cetogénica Longevity

8.00€

Traditional Hummus Trilogy with Beetroot, Curry and Whole Wheat Nachos

Trilogia Tradicional de Húmus com Beterraba, Caril e Nachos Integrais

9.00€

Octopus with Chopped Peppers and *Kumquat*

Polvo com Picadinho de Pimentos e *Kumquat*

9.00€

SALADS | SALADAS

Chicken, Smoked Salmon or Prawns Ceasar Salad

(Lettuce with Tomato, Egg, Anchovies in Olive Oil, Parmesan, Spelt Puff, seasoned with Caesar Sauce)

Salada *Ceasar* de Frango, Salmão Fumado ou Camarão

(Alface com Tomate, Ovo, Anchovas em Azeite, Parmesão e Puff de Espelta temperada com Molho *Caesar*)

16.00€

Tomate Rosa Carpaccio with *Mozzarella*, Arugula and Goji Berries

seasoned with *Pesto* Sauce

Carpaccio de Tomate Rosa com *Mozzarella*, Rúcula e Bagas de Goji temperado com Molho *Pesto*

16.00€

Tuna *Tataki* with Sesame, Mango, Pitaya and Lettuce seasoned with Passion Fruit Vinaigrette

Tataki de Atum com Sésamo, Manga, *Pitaya* e Alface temperado com Vinagrete de Maracujá

16.00€

Saracen Wheat with Organic Vegetables, Pickled Egg and Hazelnuts seasoned with Pomegranate Vinaigrette

Trigo Sarraceno com Legumes Biológicos, Ovo em Pickle e Avelãs temperado com Vinagrete de Romã

15.00€



SANDWICHES | SANDUÍCHES

Whole Wheat Chicken Club Sandwich | Sanduíche *Club* Integral de Frango
(Lettuce with Tomato, Egg and Chicken seasoned with Olive Oil Mayonnaise)
(Alface com Tomate, Ovo e Frango temperada com Maionese com Azeite)

12.00€

Whole Wheat Vegetarian Club Sandwich | Sanduíche *Club* Integral Vegetariana
(Cream Cheese with Avocado, Egg, Lettuce, Tomato and Pesto Sauce)
(Queijo Creme com Abacate, Ovo, Alface, Tomate e Molho *Pesto*)

12.00€

Smoked Salmon Sandwich with Cream Cheese, Arugula, Gherkins and Capers on Poppy Seed Bread
Sanduíche de Salmão Fumado com Queijo Creme, Rúcula, Cornichões e Alcaparras em Pão de Sementes de Papoila

14.00€

Beef Burger with Coleslaw salad on Whole Wheat *Bolo do Caco*
Hambúrguer de Novilho com Salada *Coleslaw* em Bolo do Caco Integral

16.00€

Duck *Magret* with *Dijon* Mustard, Mung Beans, Aromatic Herbs Sprouts and *Teriyaki* Sauce on *Bao* Bread
Magret de Pato com Mostarda *Dijon*, Feijão Mungo, Rebentos de Ervas Aromáticas e Molho *Teriyaki* em Pão *Bao*

15.00€



FISH | PEIXE

Classic Ceviche with Tiger Milk, Algae and Sweet Potato

Ceviche Clássico com Leite de Tigre, Algas e Batata-doce

21.00€

Tuna with Beetroot, Sesame, *Azuki* Beans and Captain Kombucha Coconut

Atum com Beterraba, Sésamo, Feijão *Azuki* e *Captain Kombucha Coco*

21.00€

Fish and Seafood *Cataplana* with *Thai* Jasmin Rice

Cataplana de Peixe e Marisco com Arroz *Thai* de Jasmim

48.00€/2pax

MEAT | CARNE

Chicken Breast with Organic Beetroot and Vegetable Rice

Peito de Frango com Arroz Biológico de Beterraba e Vegetais

22.00€

Turkey Breast with *Ricotta* and Spinach Whole Wheat *Ravioli*

Peito de Perú com *Ravioli* Integral de *Ricotta* e Espinafres

22.00€



VEGETARIAN | VEGETARIANO

Dried Tomato Whole Wheat Pasta with Feta Cheese, Organic Vegetables and *Pesto* Sauce
Massa Integral de Tomate Seco com Queijo Feta, Vegetais Biológicos e Molho *Pesto*
21.00€

Whole Wheat Pizza with Vegetable Curry and Mint Sauce
Pizza Integral de Caril de Legumes e Molho de Menta
21.00€

DESSERTS | SOBREMESAS

Fruit Ice Cream Popsicles
Gelados de Fruta
6.00€

Sliced Fruit Platter with *Açaí Sorbet*
Prato de Fruta Laminada com *Sorbet* de *Açaí*
9.00€

Banana Verde Cake with Avocado and Lime *Sorbet*
Bolo de Banana Verde com *Sorbet* de Abacate e Lima
11.00€

