

SNACKS | 15H00 - 19H00

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€

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€

Longevity Ketogenic Salad
Salada Cetogénica Longevity
8.00€

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€

Please inform our staff of any allergy or intolerance for your own wellbeing. This establishment has a complaints book.
VAT is included at the legal rate.

Por favor informe os nossos colaboradores de alergias ou intolerâncias para o seu próprio bem-estar. Este estabelecimento possui
livro de reclamações. IVA incluído à taxa em vigor.

SNACKS | 15H00 - 19H00

SALADS | SALADAS

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 Integral *Club* 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€

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€