YOUR HEALTHY KITCHEN

LOCAL®

STARTERS

Couvert Local: Baby Carrots, Celery, Hummus, Olive Oil & Rye Bread	3,40 €
Soup of the day	3,40 €
Tomato & Burrata	9,20 €
Greek Salad on Hummus	8,60 €
Guacamole with Tortilla Chips	5,60 €
Hummus with Baby Carrots & Celery	5,20 €
Tuna Tartar	8,50 €
Salmon Tartar	9,60 €
Corvina & Salmon Ceviche	10,20 €
Jackfruit Soft Tacos	9,30 €

VEGAN/VEGETARIAN

Black Bean Hamburguers, Guacamole, Corn, Tomato & Red Onion	10,20 €
Tagine: Chickpeas, Aubergine, Apricot & Cashew with Millet	10,20 €
Soft-Boiled Eggs, Wholewheat Spaghetti, Asparagus, Mushrooms, Parmesan & Pesto on Rocket	11,20 €
Spinach Lasagna with Butternut Squash & Ricotta	11,40 €
Quinoa, Aubergine, Courgette, Almonds, Chickpeas & Pomegranate & Rocket with Hummus or Feta	10,60 €
Tofu Red Thai Curry, Wholewheat Rice & Spinach (Spicy)	10,80 €
Spinach Falafel, Lemon Couscous, Yoghurt Dressing & Salad	10,80 €

MEAT

Turmeric Chicken, Lemon Couscous with Cranberries & Pistachios & Yoghurt Dressing	11,80 €
Teriyaki Chicken with Egg Noodles & Asian-Style Vegetables	12,40 €
Chicken Red Thai Curry with Wholewheat Rice & Spinach (Spicy)	11,60 €
Chicken Superbowl with Sweet Chilli Dressing	11,90 €

FISH

Braised Tuna, Millet, Orange & Purple Sweet Potato & Chimichurri Dressing	11,90 €
Tuna Steak with Wholewheat Rice, Broccoli, Edamame & Avocado	13,90 €
Stir-Fry Prawn with Egg Noodles & Asian Veggies	12,40 €
Wholewheat Spaghetti with Prawns, Ginger, Carrot & Watercress	11,80 €
Prawn Red Thai Curry, Wholewheat Rice & Spinach (Spicy)	11,70 €
Octopus with Quinoa, Sweet Potato,Roasted Fennel	12,40 €
Salmon with Hazelnut Crust, Quinoa Trio, Orange & Watercress	12,80 €
Corvina with Saffron & Pink Peppercorn Dressing, Black Rice & Cauliflower	15,80 €
Black Rice, Cauliflower, Shrimp, Coconut & Lime Infusion	12,60 €
Panko-crusted Salmon, Black Rice, Red Cabbage, Carrot & Mango Salad	11,90 €
Cod, Chickpeas, Soft-Boiled Egg & Lots of Parsley	12,10 €

DRINKS

INFUSION/TEA/LATTE

Verbena,Lime Tree, Peppermint, Lemongrass (Cantinho das Aromáticas)	1,70 €
Tea Pukka (Different flavours)	2,00 €
Chai Latte	2,90 €
Pink Latte	2,90 €
Matcha Latte	3,60 €
Golden Latte	3,20 €

COFFEE

Expresso	0,80 €
Decaffeinated	0,80 €
Latte	1,60 €
Double	1,60 €
Flat White	1,80 €
Capuccino	2,90 €
Plant Milk On Order: Almond, Soya, Oat & Coconut	

SMOOTHIES

Mango, Orange & Avocado	4,00 €
Strawberry, Banana & Oats	4,00 €
C-Shot	4,00 €
Açai, Almond & Blueberries	4,00 €

JUICES

Juice of the Day	3,30 €
Fresh Orange Juice	2,80 €
Strawberry Lemonade	3,60 €

WATER

Still	1,40 €
Sparkling	1,60 €
Coconut Water	6,50 €

BEERS

Draught Sagres	1,90 €
Túlipa 0,30l	2,80 €
Caneca 0,40l	3,40 €
Non-Alcoholic Beer Bottle	1,90 €
Artisan Beer Trindade	2,90 €
Cidra Bândida do Pomar	3,40 €

COCKTAILS

Juniper Green Organic Gin: Cucumber & MInt/ Bloodorange, Orange & Pomegranate/ Red Berries	9,00 €
UK5 Organic Vodka: Caipiroska / Strawberry Breeze	9,00 €
Papagayo Organic Golden Rum: Margarita / Mojito / Mango Daiquiri	9,00 €
Caipirinha	9,00 €
Distilled Non-Alcoholic Spirits:	
Garden & Tonic	10,00 €
Basil Garden	10,00 €
Grove & Tonic	10,00 €
Find Your Groove	10,00 €

CHILDREN´S MENU ON OFFER

WHEAT FREE · DAIRY FREE · VEGETARIAN · VEGAN