

























## STARTERS



<b>Couvert Local</b> Rye bread, olive oil, hummus, baby carrots and celery	3,40 €	 
<b>Soup of the day</b> Made daily with our freshest vegetables	3,40 €	  
<b>Tomato &amp; Burrata</b> With homemade pesto	9,20 €	 
<b>Greek salad on hummus</b> Chickpeas, tomato, olives, cucumber, feta and a dash of olive oil	8,60 €	 
<b>Guacamole</b> With tortilla chips	5,60 €	 
<b>Hummus</b> With baby carrots and celery	5,20 €	  
<b>Tuna Tartar</b> With edamame and soya dressing	8,50 €	
<b>Salmon Tartar</b> With mango and ponzu dressing	9,60 €	
<b>Corvina &amp; Salmon Ceviche</b> With Passionfruit dressing	10,20 €	 
<b>Jackfruit Soft Tacos</b> Tomato, corn, red onion, red cabbage and avocado	9,30 €	 
<b>Oysters from Ria Formosa</b> Each	2,40 €	 
½ dozen	13,00 €	 



## VEGAN/VEGETARIAN



<b>Black Bean Burguers</b> Guacamole, corn, tomato, red onion and mixed salad	10,20 €	 
<b>Oven Baked Falafel with Yoghurt Dressing</b> Lemon couscous, iceberg, radish, cucumber and pomegranate seeds	10,80 €	 
<b>Organic Soft-boiled Eggs on Wholewheat Spaghetti</b> Homemade pesto, green asparagus, mushrooms, rocket and parmesan	11,20 €	
<b>Butternut Squash Lasagna</b> Spinach, ricotta and a dash of parmesan; served with rocket and laminated mushrooms	11,40 €	
<b>Quinoa with Hummus or Feta</b> Quinoa Portuguesa, aubergine, courgette, chickpeas, almonds and pomegranate seeds	10,60 €	  
<b>Tofu Red Thai Curry</b> With wholewheat rice and spinach (Spicy)	10,80 €	  
<b>Tofu Paprika</b> Chickpeas, sweet potato from Odemira, avocado "mayo", pickled cucumber (Mildly Spicy)	11,60 €	  



















## FREE RANGE CHICKEN



<b>Turmeric Chicken</b> Lemon couscous with cranberries and pistachios and garlicky yoghurt dressing	11,80 €	
<b>Teriyaki Chicken</b> With egg noodles and asian-style vegetables	12,40 €	
<b>Chicken Red Thai Curry</b> With wholewheat rice and spinach (Spicy)	11,60 €	 
<b>Chicken Paprika</b> Sweet potato from Odemira, avocado "mayo", pickled cucumber (Mildly Spicy)	12,20 €	 

## FISH



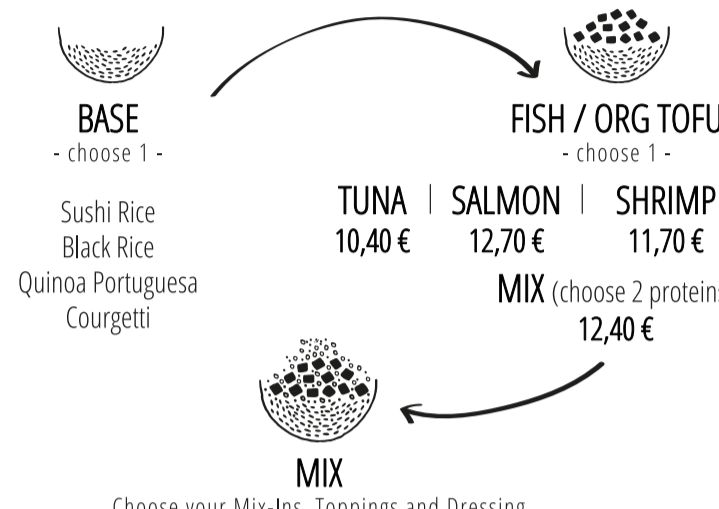
<b>Braised Tuna with Roasted Vegetables</b> Millet, sweet potato from Odemira, aubergine, red onion, cauliflower and chimichurri dressing	11,90 €	 
<b>Tuna Steak</b> Wholewheat rice, bimis, edamame, avocado and wasabi "mayo"	13,90 €	 
<b>Stir-fry Prawn</b> With egg noodles and Asian veggies	12,40 €	
<b>Corvina with "Moqueca" Sauce</b> Wholewheat rice with "farofa" topping of almonds, parsley and red chili	15,60 €	
<b>Prawn Red Thai Curry</b> With wholewheat rice and spinach (Spicy)	11,70 €	 
<b>Prawn, Avocado &amp; Passionfruit Salad</b> Iceberg, rocket, radish, red cabbage, almonds and sesame seeds	11,90 €	 
<b>Octopus</b> With Quinoa Portuguesa, sweet potato from Odemira, roasted fennel and mixed salad	12,60 €	 
<b>Black Rice and Prawns</b> Cauliflower and coconut and lime infusion	12,60 €	
<b>Panko-crusted Salmon</b> Black rice, red cabbage, carrot, mango, red chili and parsley slaw	11,90 €	
<b>Salmon wit Hazelnut Crust</b> Quinoa trio, orange and watercress	12,80 €	 
<b>Cod &amp; Chickpeas</b> Organic soft-boiled egg, spinach and lots of parsley	12,10 €	 

## DESSERTS



<b>Almond Tart with Salted Caramel</b>	5,35 €	  	<b>Blackberry Cheesecake</b>	5,00 €	  
<b>Wild Berries with Cashew Cream</b>	4,40 €	  	<b>Brownies with goji berries, pistachios and pecans</b>	3,50 €	  
<b>Dark Chocolate Mousse with Macadamia</b>	4,60 €	  	<b>Cookie</b>	1,95 €	  
<b>Hazelnut &amp; Cocoa Cake</b>	4,80 €	  	<b>Sweet Bites - Hazelnut &amp; Cocoa Sweet Bite, Coconut Sweet Bite, Pink Sweet Bite, Medjool Date stuffed with Almond Butter</b>	1,95 €	  
<b>Deconstructed Lemon Pie</b>	5,00 €	 			

All our desserts contain nuts and are refined sugar free

BUILD YOUR OWN BOWL (BYOB)										
<p><b>MIX-INS</b> - choose 3 -</p> <ul style="list-style-type: none"> <li>Goma Wakame</li> <li>Edamame</li> <li>Red Onion</li> <li>Red Cabbage</li> <li>Mango</li> <li>Cucumber</li> <li>Avocado</li> <li>Shiitake Mushrooms</li> <li>Radish</li> </ul>	 <p><b>BASE</b> - choose 1 -</p> <ul style="list-style-type: none"> <li>Sushi Rice</li> <li>Black Rice</li> <li>Quinoa Portuguesa</li> <li>Courgetti</li> </ul> <p><b>FISH / ORG TOFU</b> - choose 1 -</p> <table border="0"> <tr> <td><b>TUNA</b> 10,40 €</td> <td><b>SALMON</b> 12,70 €</td> <td><b>SHRIMP</b> 11,70 €</td> <td><b>ORG TOFU</b> 10,20 €</td> </tr> <tr> <td colspan="4" style="text-align: center;"><b>MIX</b> (choose 2 proteins) 12,40 €</td> </tr> </table> <p><b>MIX</b> Choose your Mix-Ins, Toppings and Dressing</p>	<b>TUNA</b> 10,40 €	<b>SALMON</b> 12,70 €	<b>SHRIMP</b> 11,70 €	<b>ORG TOFU</b> 10,20 €	<b>MIX</b> (choose 2 proteins) 12,40 €				<p><b>TOPPINGS</b> - choose 2 -</p> <ul style="list-style-type: none"> <li>Fresh Ginger</li> <li>Crispy Onion</li> <li>Macadamia Nuts</li> <li>Wasabi Cashsews</li> <li>Nori Strip</li> <li>Herb Mix</li> <li>Tobiko Eggs</li> <li>Red Chili</li> </ul>
<b>TUNA</b> 10,40 €	<b>SALMON</b> 12,70 €	<b>SHRIMP</b> 11,70 €	<b>ORG TOFU</b> 10,20 €							
<b>MIX</b> (choose 2 proteins) 12,40 €										
<p><b>EXTRA MIX-INS</b> 1,50 € (each)</p>	<p><b>DRESSING</b> - choose 1 -</p> <ul style="list-style-type: none"> <li>Classic Spicy</li> <li>Citrus Basil Ponzu</li> </ul>	<p><b>EXTRA TOPPINGS</b> 1,00 € (each)</p>								

ALL POKES ARE FINISHED WITH SLICED SPRING ONIONS & SESAME SEEDS

POKE			
<p><b>Aloha</b> Tuna, Avocado, Cucumber, Red Onion, Crispy Onion, Macadamia Nut, Sushi Rice, Classic Dressing 10,40 €</p> <p><b>Protein</b> Tuna, Salmon, Avocado, Edamame, Mango, Tobiko Eggs, Quinoa, Wasabi Mayo, Ponzu Dressing 12,40 €</p> <p><b>Spicy</b> Tuna, Goma Wakame, Avocado, Edamame, Crispy Onion, Shiitake Mushrooms, Sushi Rice, Spicy Dressing 10,90 €</p> <p><b>Salmon</b> Salmon, Avocado, Cucumber, Mango, Herb Mix, Wasabi Cashews, Sushi Rice, Ponzu Dressing 12,70 €</p> <p><b>Surf</b> Salmon, Tuna, Mango, Avocado, Edamame, Cucumber, Crispy Onion, Red Chili, Sushi Rice, Classic Dressing 12,80 €</p>	<p><b>Fresh</b> Salmon, Mango, Edamame, Avocado, Red Cabbage, Fresh Ginger, Herb Mix, Sushi Rice, Ponzu Dressing 12,40 €</p> <p><b>Salmon on Black</b> Salmon, Edamame, Cucumber, Avocado, Tobiko Eggs, Black Rice, Classic Dressing 11,80 €</p> <p><b>CBS (Citrus Basil Shrimp)</b> Shrimp, Edamame, Mango, Cucumber, Radish, Red Chili, Courgetti, Citrus Basil Dressing 11,70 €</p> <p><b>Reef</b> Salmon, Avocado, Mango, Cucumber, Crispy Onion, Tobiko Eggs, Sushi Rice, Classic Dressing 11,60 €</p> <p><b>Tofu</b> Organic Tofu, Avocado, Mango, Cucumber, Crispy Onion, Nori strips, Sushi Rice, Ponzu Dressing 10,20 €</p>	<p><b>Icons:</b> 🌱 (Gluten-free) 🐟 (Fish) 🥥 (Nuts) 🌶️ (Spicy)</p>	

DESSERTS			
<p>Almond Tart with Salted Caramel 5,35 €</p> <p>Wild Berries with Cashew Cream 4,40 €</p> <p>Dark Chocolate Mousse with Macadamia 4,60 €</p> <p>Hazelnut &amp; Cocoa Cake 4,80 €</p> <p>Deconstructed Lemon Pie 5,00 €</p>	<p>Blackberry Cheesecake 5,00 €</p> <p>Brownies with goji berries, pistachios and pecans 3,50 €</p> <p>Cookie 1,95 €</p> <p>Sweet Bites - Hazelnut &amp; Cocoa Sweet Bite, Coconut Sweet Bite, Pink Sweet Bite, Medjool Date stuffed with Almond Butter 1,95 €</p>	<p><b>Icons:</b> 🌱 (Gluten-free) 🐟 (Fish) 🥥 (Nuts) 🌶️ (Spicy)</p>	

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