

DIPS



Tzatziki
Beetroot Hummus

6,80 €
6,80 €



Feta & Roasted Pepper
Baba Ganoush

6,80 €
6,80 €



Covert Local - 2 mini dips 3,80€
Served with Sourdough and Pita Bread

STARTERS



"Bulhão Pato" Mushrooms

With Organic Soft-boiled Egg, Spinach & Rye Toast

6,80 €



Burrata & Butternut Squash

With Hazelnuts & Homemade Pesto

8,80 €



Hummus

With Baby Carrots & Celery

7,40 €



Guacamole

With Wheat & Corn Tortilla Chips

7,90 €



Tuna Tartar

With Avocado, Ginger, Red Chilli & Classic Dressing

10,90 €



Salmon Tartar

With Mango, Red Onion & Lemon Dressing

11,90 €



Jackfruit Soft Tacos

Tomato, Corn, Red Onion, Red Cabbage & Avocado

11,90 €



Prawn Soft Tacos with Togarashi Mayo

Red Cabbage, Carrot, Mango, Parsley, Red Chilli (Very Spicy)

14,90 €



FISH



Black Rice & Prawns

Cauliflower & Coconut Lime Infusion Topped with Cashews

15,80 €



Stir-fry Prawn

With Egg Noodles & Asian-Style Veggies

15,60 €



Prawn & Vegetable Red Thai Curry

With Wholewheat Rice & Spinach (Very Spicy)

14,90 €



Prawn, Avocado & Orange Salad

Baby Gem Lettuce, Rocket, Red Cabbage, Fennel, Almonds, Orange Vinaigrette

12,20 €



Braised Tuna With Roasted Vegetables

Millet, Sweet Potato from Odemira, Bimis, Courgette, Aubergine, Fennel, Red Onion & Chimichurri Dressing

15,20 €



Thai Salad With Sesame Crusted Tuna

Cougette Strips, Red Cabbage, Carrot, Red Onion, Peanuts & Spicy Dressing (Spicy)

12,40 €



Panko-Crusted Salmon

Black Rice, Red Cabbage, Carrot, Mango, Red Chilli & Parsley Slaw

15,30 €



Salmon With Hazelnut Crust

Quinoa Trio, Orange & Green Leaf Salad

16,00 €



Cod & Chickpeas

Chickpeas, Organic Soft-boiled Egg, Spinach & lots of Parsley

15,10 €



Octopus

Sweet Potato from Odemira, Fennel, Kale & Avocado "Mayonnaise"

17,80 €



PLANT BASED/VEGETARIAN



Green Lentils with Roasted Vegetables & Harissa

Served on Hummus

11,40 €



Indian Curry

Sweet Potato from Odemira, Chickpeas, Spinach and Quinoa Mix

11,60 €



Greek Salad & Hummus

Chickpeas, Tomato, Olives, Cucumber, Feta & Pita Bread

11,50 €



Black Bean Burgers with Quinoa & Guacamole

Quinoa Mix, Corn, Tomato, & Green Leaf Salad (mildly spicy)

13,10 €



Butternut Squash Lasagna

Spinach, Ricotta & Parmesan served with Rocket & Laminated Mushrooms

14,50 €



Organic Soft-boiled Eggs on Wholewheat Spaghetti

Homemade Pesto, Green Asparagus, Mushrooms, Rocket & Parmesan

14,20 €



Organic Tofu & Vegetable Red Thai Curry

With Wholewheat Rice & Spinach (Very Spicy)

13,60 €



Tofu Paprika

Chickpeas, Sweet Potato from Odemira, Avocado "Mayo", Pickled Cucumber (Mildly Spicy)

14,40 €



Quinoa with Hummus or Feta

Quinoa Portuguesa, Aubergine, Courgette, Chickpeas, Almonds & Pomegranate Seeds

12,80 €



FREE RANGE POULTRY



Chicken Caesar Salad

Baby Gem Lettuce, Kale, Pinenuts & Parmesan

13,20 €



Teriyaki Chicken

With Egg Noodles & Asian-Style Vegetables

15,60 €



Chicken Paprika

Chickpeas, Sweet Potato from Odemira, Avocado "Mayo", Pickled Cucumber (Mildly Spicy)

15,20 €



Chicken & Vegetable Red Thai Curry

With Wholewheat Rice & Spinach (Very Spicy)

14,50 €



Asian Duck

Duck Magret, Pak Choi & Shiitake Mushrooms

16,80 €



Duck with Roasted Vegetables & Sweet Potato Mash

Duck Magret, Bimis, Courgette, Fennel, Red Onion

17,50 €



DESSERTS



Lemon Pie

4,70 €



Apple & Pecan Pie with Cashew Cream

6,70 €



Dark Chocolate Mousse with Macadamia

5,60 €



Orange & Almond Cake

4,50 €



Local "Snickers"

5,20 €



Hazelnut & Cocoa Cake

5,90 €



Brownie served with Salted Tahini Caramel

5,50 €



Oat & Blackberry Crumble With Greek Yogurt

4,90 €



Sweet Bite - Coconut, Hazelnut & Cocoa, Pink, Medjool Date

2,50 €



Pineapple & Pomegranate Seeds

3,50 €



ARTISANAL ICE CREAM



1 scoop 2 scoops 3 scoops 4 scoops

Vanilla

3,50 €

5,30 €

6,60 €

7,50 €



Papaya & Lime

3,50 €

5,30 €

6,60 €

7,50 €



1 scoop 2 scoops 3 scoops 4 scoops

Strawberry

3,50 €

5,30 €

6,60 €

7,50 €



Orange with Cardamom

3,50 €

5,30 €

6,60 €

7,50 €



BUILD YOUR OWN BOWL (BYOB)

BASE
- choose 1 -

- Sushi Rice
- Black Rice
- Quinoa Portuguesa
- Rocket & Courgetti

PROTEIN
- choose 1 -

TUNA	SALMON	SHRIMP	ORG TOFU	ORG EGG
13,90 €	15,60 €	14,70 €	13,10 €	12,40 €

MIX (choose 2 proteins)
15,60 €

MIX & MATCH
Choose your Mix-Ins, Toppings & Dressing

DRESSING
- choose 1 -

Classic	Citrus Basil	Miso & Sesame
Spicy	Ponzu	

MIX-INS
- choose 3 -

- Red Onion
- Red Cabbage
- Mango
- Cucumber
- Avocado
- Radish
- Pineapple
- Goma Wakame
- Edamame
- Shiitake Mushrooms

TOPPINGS
- choose 2 -

- Fresh Ginger
- Macadamia Nuts
- Wasabi Cashews
- Herb Mix
- Red Chili
- Togarashi Mayo
- Wasabi Mayo
- Crispy Onion
- Tobiko Eggs
- Nori Strip

EXTRA MIX-INS
1,90 € (each)

EXTRA TOPPINGS
1,40 € (each)

POKE

<p>Luau 15,60 € </p> <p>Salmon, Tuna, Avocado, Mango, Cucumber, Crispy Onion, Wasabi Mayo, Sushi Rice, Spicy Dressing</p> <p>Hula 13,90 € </p> <p>Shrimp, Red Cabbage, Mango, Cucumber, Edamame, Nori Strips, Black Rice, Classic Dressing</p> <p>Spicy 14,60 € </p> <p>Tuna, Goma Wakame, Avocado, Edamame, Crispy Onion, Shiitake Mushrooms, Sushi Rice, Spicy Dressing</p> <p>Salmon 15,60 € </p> <p>Salmon, Avocado, Cucumber, Mango, Herb Mix, Wasabi Cashews, Sushi Rice, Ponzu Dressing</p> <p>Surf 15,50 € </p> <p>Salmon, Tuna, Mango, Avocado, Edamame, Cucumber, Crispy Onion, Red Chili, Sushi Rice, Classic Dressing</p> <p>Protein 15,60 € </p> <p>Tuna, Salmon, Avocado, Edamame, Mango, Tobiko Eggs, Quinoa, Wasabi Mayo, Ponzu Dressing</p>	<p>Umami 12,90 € </p> <p>Organic Egg, Avocado, Shiitake Mushrooms, Edamame, Fresh Ginger, Nori Strips, Sushi Rice, Miso & Sesame Dressing</p> <p>Hawaiian Heat 15,30 € </p> <p>Tuna, Avocado, Pineapple, Red Onion, Macadamia Nut, Nori strips, Togarashi Mayo (Spicy), Black Rice, Ponzu Dressing</p> <p>Fresh 15,40 € </p> <p>Salmon, Mango, Edamame, Avocado, Red Cabbage, Fresh Ginger, Herb Mix, Sushi Rice, Ponzu Dressing</p> <p>CBS (Citrus Basil Shrimp) 14,70 € </p> <p>Shrimp, Edamame, Mango, Cucumber, Radish, Red Chilli, Rocket, Courgetti, Citrus Basil Dressing</p> <p>Reef 15,40 € </p> <p>Salmon, Avocado, Mango, Cucumber, Crispy Onion, Tobiko Eggs, Sushi Rice, Classic Dressing</p> <p>Tofu 13,10 € </p> <p>Organic Tofu, Avocado, Mango, Cucumber, Crispy Onion, Nori strips, Sushi Rice, Ponzu Dressing</p>
--	--

ALL POKES ARE FINISHED WITH SLICED SPRING ONIONS & SESAME SEEDS

DESSERTS

<p>Lemon Pie 4,70 € </p> <p>Apple & Pecan Pie with Cashew Cream 6,70 € </p> <p>Dark Chocolate Mousse with Macadamia 5,60 € </p> <p>Orange & Almond Cake 4,50 € </p> <p>Local "Snickers" 5,20 € </p>	<p>Hazelnut & Cocoa Cake 5,90 € </p> <p>Brownie served with Salted Tahini Caramel 5,50 € </p> <p>Oat & Blackberry Crumble With Greek Yogurt 4,90 € </p> <p>Sweet Bite - Coconut, Hazelnut & Cocoa, Pink, Medjool Date 2,50 € </p> <p>Pineapple & Pomegranate Seeds 3,50 € </p>
--	---

ARTISANAL ICE CREAM

<table border="0" style="width: 100%;"> <tr> <td></td> <td>1 scoop</td> <td>2 scoops</td> <td>3 scoops</td> <td>4 scoops</td> </tr> <tr> <td>Vanilla</td> <td>3,50 €</td> <td>5,30 €</td> <td>6,60 €</td> <td>7,50 €</td> </tr> <tr> <td>Papaya & Lime</td> <td></td> <td></td> <td></td> <td></td> </tr> </table>		1 scoop	2 scoops	3 scoops	4 scoops	Vanilla	3,50 €	5,30 €	6,60 €	7,50 €	Papaya & Lime					<table border="0" style="width: 100%;"> <tr> <td></td> <td>1 scoop</td> <td>2 scoops</td> <td>3 scoops</td> <td>4 scoops</td> </tr> <tr> <td>Strawberry</td> <td>3,50 €</td> <td>5,30 €</td> <td>6,60 €</td> <td>7,50 €</td> </tr> <tr> <td>Orange with Cardamom</td> <td></td> <td></td> <td></td> <td></td> </tr> </table>		1 scoop	2 scoops	3 scoops	4 scoops	Strawberry	3,50 €	5,30 €	6,60 €	7,50 €	Orange with Cardamom				
	1 scoop	2 scoops	3 scoops	4 scoops																											
Vanilla	3,50 €	5,30 €	6,60 €	7,50 €																											
Papaya & Lime																															
	1 scoop	2 scoops	3 scoops	4 scoops																											
Strawberry	3,50 €	5,30 €	6,60 €	7,50 €																											
Orange with Cardamom																															