

Dips



Tzatziki	3,30 €		Feta & Roasted Pepper	3,30 €	
Beetroot Hummus	3,30 €		Baba Ganoush	3,30 €	

Served with Sourdough Bread & Pita - 2,80€ or Served with Veggie Sticks - 4,20€

Starters



Gazpacho	4,60 €	
Tomato & Strawberry		
Tomato, Nectarine & Burrata	9,10 €	
With Pistachio & Homemade Pesto		
Hummus	7,40 €	
With Baby Carrots & Celery		
Guacamole	7,90 €	
With Wheat & Corn Tortilla Chips		
Tuna Tartar	10,90 €	
With Avocado, Ginger, Red Chilli & Classic Dressing		
Salmon Tartar	11,90 €	
With Mango, Red Onion & Lemon Dressing		
Jackfruit Soft Tacos	11,90 €	
Tomato, Corn, Red Onion, Red Cabbage & Avocado		
Prawn Soft Tacos with Togarashi Mayo	14,90 €	
Red Cabbage, Carrot, Mango, Parsley, Red Chilli (Very Spicy)		

Fish



Black Rice & Prawns	15,80 €	
Cauliflower & Coconut Lime Infusion Topped with Cashews		
Stir-fry Prawn	15,60 €	
With Egg Noodles & Asian-Style Veggies		
Prawn & Vegetable Red Thai Curry	14,90 €	
With Wholewheat Rice & Spinach (Very Spicy)		
Prawn, Avocado & Orange Salad	12,20 €	
Baby Gem Lettuce, Rocket, Red Cabbage, Fennel, Almonds, Orange Vinaigrette		
Braised Tuna With Roasted Vegetables	15,20 €	
Millet, Sweet Potato from Odemira, Bimis, Courgette, Aubergine, Fennel, Red Onion & Chimichurri Dressing		
Tuna Steak Niçoise with Caper & Mustard Dressing	17,10 €	
Organic Egg, Bistrot Salad, Green Bean, Cherry Tomato & Olive		
Panko-Crusted Salmon	15,30 €	
Black Rice, Red Cabbage, Carrot, Mango, Red Chilli & Parsley Slaw		
Salmon With Hazelnut Crust	16,00 €	
Quinoa Trio, Orange & Green Leaf Salad		
Cod & Chickpeas	15,10 €	
Chickpeas, Organic Soft-boiled Egg, Spinach & lots of Parsley		

Plant based / Vegetarian



Hot Honey Halloumi Salad	12,80 €	
Rocket, Avocado, Cucumber, Cherry Tomato, Red Onion, Pomegranate & Sumac		
Oven-baked Beetroot Falafel with Lemon Couscous & Tahini Dressing	11,90 €	
Baby Gem Lettuce, Cucumber, Radish, Pickled Red Onion, Mint		
Greek Salad & Hummus	11,50 €	
Chickpeas, Tomato, Olives, Cucumber, Feta & Pita Bread		
Black Bean Burgers with Quinoa & Guacamole	13,10 €	
Quinoa Mix, Corn, Tomato, & Green Leaf Salad (mildly spicy)		
Butternut Squash Lasagna	14,50 €	
Spinach, Ricotta & Parmesan served with Rocket & Laminated Mushrooms		
Organic Soft-boiled Eggs on Wholewheat Spaghetti	14,20 €	
Homemade Pesto, Green Asparagus, Mushrooms, Rocket & Parmesan		
Organic Tofu & Vegetable Red Thai Curry	13,60 €	
With Wholewheat Rice & Spinach (Very Spicy)		
Tofu Paprika	14,40 €	
Chickpeas, Sweet Potato from Odemira, Avocado "Mayo", Pickled Cucumber (Mildly Spicy)		
Quinoa with Hummus or Feta	12,80 €	
Quinoa Portuguesa, Aubergine, Courgette, Chickpeas, Almonds & Pomegranate Seeds		

Free Range Poultry



Chicken Caesar Salad	13,20 €	
Baby Gem Lettuce, Kale, Pinenuts & Parmesan		
Honey & Soy Duck Salad	18,60 €	
Rocket, Mangetout, Cherry Tomato, Spring Onion, Cashew & Sesame Seeds		
Teriyaki Chicken	15,60 €	
With Egg Noodles & Asian-Style Vegetables		
Chicken Paprika	15,20 €	
Chickpeas, Sweet Potato from Odemira, Avocado "Mayo", Pickled Cucumber (Mildly Spicy)		
Saffron Chicken	14,90 €	
With Lemon Couscous, Pistachio, Cranberry, Rocket & Yoghurt Dressing		
Chicken & Vegetable Red Thai Curry	14,50 €	
With Wholewheat Rice & Spinach (Very Spicy)		
Duck with Roasted Vegetables & Sweet Potato Mash	17,50 €	
Duck Magret, Bimis, Courgette, Fennel, Red Onion		

Desserts


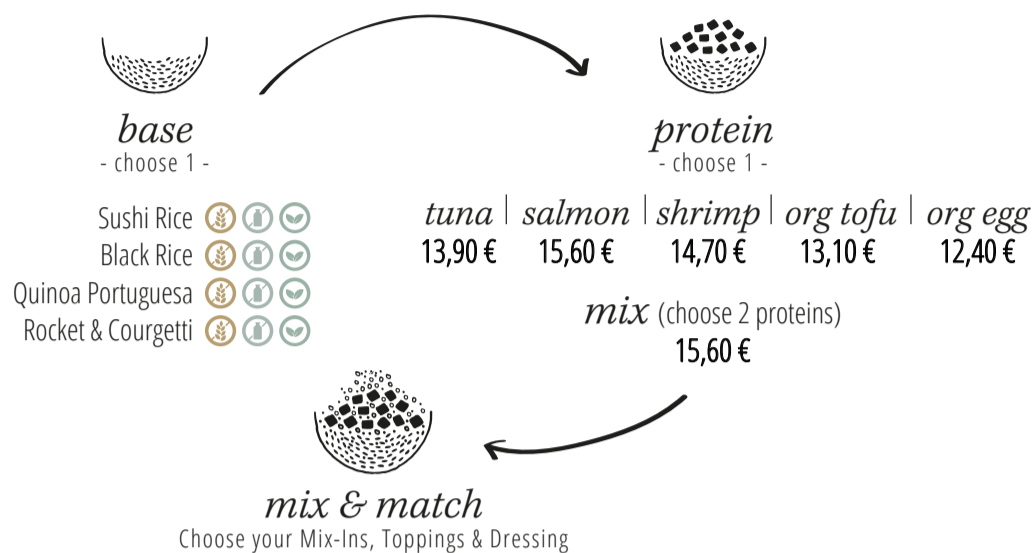


Wild Berries with Cashew Cream	5,20 €		Hazelnut & Cocoa Cake	5,90 €	
Apple & Pecan Pie with Cashew Cream	6,70 €		Brownie served with Salted Tahini Caramel	5,50 €	
Dark Chocolate Mousse with Macadamia	5,60 €		Tapioca Pudding with Coconut Dulce de Leche	4,40 €	
Mango & Turmeric Chia Pudding	4,60 €		Passionfruit Cheesecake	5,40 €	
Vanilla Ice Cream, Nectarine, Pistachio & Raspberry	6,50 €		Local "Snickers" Bites	5,20 €	

Artisanal Ice Cream










	1 scoop	2 scoops	3 scoops	4 scoops		1 scoop	2 scoops	3 scoops	4 scoops	
Vanilla	3,50 €	5,30 €	6,60 €	7,50 €		Strawberry	3,50 €	5,30 €	6,60 €	7,50 €
Chocolate						Mango				

 **Build your own Bowl (byob)**


dressing
- choose 1 -

- Classic 
- Spicy  
- Citrus Basil   
- Ponzu  
- Miso & Sesame  

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**


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

ALL POKES are finished WITH SLICED SPRING ONIONS & sesame seeds

 **Desserts**


Wild Berries with Cashew Cream	5,20 €   	Hazelnut & Cocoa Cake	5,90 €   
Apple & Pecan Pie with Cashew Cream	6,70 €   	Brownie served with Salted Tahini Caramel	5,50 €   
Dark Chocolate Mousse with Macadamia	5,60 €   	Tapioa Pudding with Coconut Dulce de Leche	4,40 €   
Mango & Turmeric Chia Pudding	4,60 €   	Passionfruit Cheesecake	5,40 €   
Vanilla Ice Cream, Nectarine, Pistachio & Raspberry	6,50 €  	Local "Snickers" Bites	5,20 €   

 **Artisanal Ice Cream**


	1 scoop	2 scoops	3 scoops	4 scoops		1 scoop	2 scoops	3 scoops	4 scoops		
Vanilla	3,50 €	5,30 €	6,60 €	7,50 €	 	Strawberry	3,50 €	5,30 €	6,60 €	7,50 €	  
Chocolate					 	Mango					  