

Dips



Tzatziki	3,50 €		Feta & Roasted Pepper	3,50 €	
Beetroot Hummus	3,50 €		Baba Ganoush	3,50 €	

Served with Sourdough Bread & Pita - 2,90€ or Served with Veggie Sticks - 4,40€

Starters



<b>Bisque</b> <i>New</i>	6,10 €	
With Prawns & Turbot		
<b>"Bulhão Pato" Mushrooms</b>	7,20 €	
With Organic Soft-Boiled Egg, Spinach & Rye Toast		
<b>Burrata &amp; Butternut Squash</b>	9,40 €	
With Hazelnuts & Homemade Pesto		
<b>Hummus</b>	7,90 €	
With Baby Carrots & Celery		
<b>Guacamole</b>	8,40 €	
With Wheat & Corn Tortilla Chips		
<b>Tuna Tartar</b>	11,60 €	
With Avocado, Ginger, Red Chilli & Classic Dressing		
<b>Salmon Tartar</b>	12,70 €	
With Mango, Red Onion & Lemon Dressing		
<b>Jackfruit Soft Tacos</b>	12,70 €	
Tomato, Corn, Red Onion, Red Cabbage & Avocado		
<b>Prawn Soft Tacos with Togarashi Mayo</b>	14,90 €	
Red Cabbage, Carrot, Mango, Parsley, Red Chilli <i>(Very Spicy)</i>		

Fish



<b>Turbot with Pea &amp; Mint Pearl Barley "Risotto"</b> <i>New</i>	18,40 €	
Bistrot Salad		
<b>Black Rice &amp; Prawns</b>	16,90 €	
Cauliflower & Coconut Lime Infusion Topped with Cashews		
<b>Stir-fry Prawn</b>	16,10 €	
With Egg Noodles & Asian-Style Veggies		
<b>Prawn &amp; Vegetable Red Thai Curry</b>	15,90 €	
With Wholewheat Rice & Spinach <i>(Very Spicy)</i>		
<b>Prawn, Avocado &amp; Orange Salad</b>	13,10 €	
Baby Gem Lettuce, Rocket, Red Cabbage, Fennel, Almonds, Orange Vinaigrette		
<b>Braised Tuna With Roasted Vegetables</b>	16,20 €	
Millet, Sweet Potato from Odemira, Bimis, Courgette, Aubergine, Fennel, Red Onion & Chimichurri Dressing		
<b>Tuna Steak Niçoise with Caper &amp; Mustard Dressing</b>	17,90 €	
Organic Egg, Bistrot Salad, Green Bean, Cherry Tomato & Olive		
<b>Panko-Crusted Salmon</b>	16,30 €	
Black Rice, Red Cabbage, Carrot, Mango, Red Chilli & Parsley Slaw		
<b>Salmon With Hazelnut Crust</b>	17,10 €	
Quinoa Trio, Orange & Green Leaf Salad		
<b>Cod &amp; Chickpeas</b>	16,20 €	
Chickpeas, Organic Soft-boiled Egg, Spinach & lots of Parsley		

Plant based / Vegetarian



<b>Mushroom Pearl Barley "Risotto"</b> <i>New</i>	11,80 €	
Brown, Shitake & Shimeiji Mushroom & Parmesan		
<b>Chickpea, Aubergine, Dried Apricots &amp; Cashew Tagine</b>	13,90 €	
With Millet		
<b>Lentils with Roasted Vegetables &amp; Harissa</b>	12,90 €	
Served on Hummus		
<b>Greek Salad &amp; Hummus</b>	12,30 €	
Chickpeas, Tomato, Olives, Cucumber, Feta & Pita Bread		
<b>Black Bean Burguers with Quinoa &amp; Guacamole</b>	13,90 €	
Quinoa Mix, Corn, Tomato, & Green Leaf Salad <i>(Mildly Spicy)</i>		
<b>Butternut Squash Lasagna</b>	15,50 €	
Spinach, Ricotta & Parmesan served with Rocket & Laminated Mushrooms		
<b>Organic Soft-boiled Eggs on Wholewheat Spaghetti</b>	15,20 €	
Homemade Pesto, Green Asparagus, Mushrooms, Rocket & Parmesan		
<b>Organic Tofu &amp; Vegetable Red Thai Curry</b>	14,50 €	
With Wholewheat Rice & Spinach <i>(Very Spicy)</i>		
<b>Tofu Paprika</b>	15,40 €	
Chickpeas, Sweet Potato from Odemira, Avocado "Mayo", Pickled Cucumber <i>(Mildly Spicy)</i>		

Free Range Poultry



<b>Mediterranean Chicken with Red Rice</b> <i>New</i>	14,90 €	
Courgette, Aubergine, Cranberry, Pistachio, Almond & Yoghurt Dressing		
<b>Asian Duck</b>	17,90 €	
Duck Magret, Pak Choi & Shiitake Mushroom		
<b>Chicken Caesar Salad</b>	14,10 €	
Baby Gem Lettuce, Kale, Pinenuts & Parmesan		
<b>Teriyaki Chicken</b>	16,10 €	
With Egg Noodles & Asian-Style Vegetables		
<b>Chicken Paprika</b>	15,90 €	
Chickpeas, Sweet Potato from Odemira, Avocado "Mayo", Pickled Cucumber <i>(Mildly Spicy)</i>		
<b>Chicken &amp; Vegetable Red Thai Curry</b>	15,50 €	
With Wholewheat Rice & Spinach <i>(Very Spicy)</i>		
<b>Duck with Roasted Vegetables &amp; Sweet Potato Mash</b>	18,30 €	
Duck Magret, Bimis, Courgette, Fennel, Red Onion		

Desserts



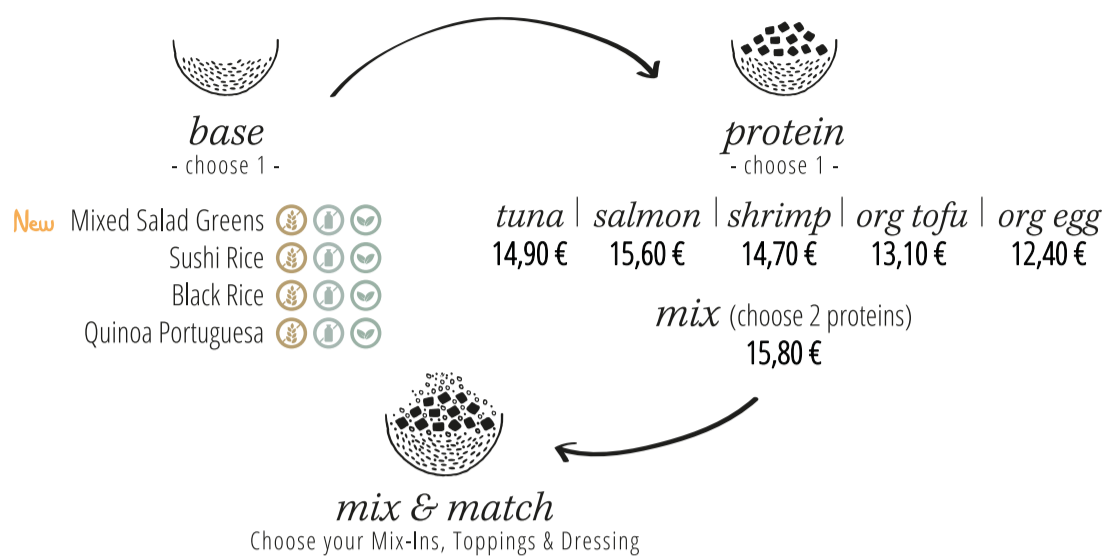
<b>Almond Tart</b> <i>New</i>	4,80 €		<b>Apple &amp; Pecan Pie with Cashew Cream</b>	7,20 €	
<b>Blueberry &amp; Açaí Chia Pudding</b> <i>New</i>	5,50 €		<b>Dark Chocolate Mousse with Macadamia</b>	6,10 €	
<b>Blackberry Cheesecake</b>	6,40 €		<b>Hazelnut &amp; Cocoa Cake</b>	6,30 €	
<b>Lemon Tart</b>	4,70 €		<b>Brownie served with Salted Tahini Caramel</b>	5,90 €	
<b>Pomegranate &amp; Pineapple</b>	3,70 €		<b>Local "Snickers" Bites</b>	5,60 €	

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)



- New** Mixed Salad Greens
- Sushi Rice
- Black Rice
- Quinoa Portuguesa

- tuna | salmon | shrimp | org tofu | org egg  
14,90 € | 15,60 € | 14,70 € | 13,10 € | 12,40 €

**dressing**  
- choose 1 -

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

**mix-ins**  
- choose 3 -

- Red Onion
- Red Cabbage
- Mango
- Cucumber
- Avocado
- Pineapple
- Radish
- New** Roasted Sweet Potato
- Goma Wakame
- Edamame
- Shiitake Mushrooms

**extra mix-ins**  
1,90 € (each)

**toppings**  
- choose 2 -

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

**extra toppings**  
1,40 € (each)

Poke



<b>Maui</b> <b>New</b> Salmon, Tuna, Mango, Cucumber, Edamame, Macadamia, Avo "Mayo", Sushi Rice, Classic Dressing	15,20 €	<b>Protein</b> Tuna, Salmon, Avocado, Edamame, Mango, Tobiko Eggs, Quinoa, Wasabi Mayo, Ponzu Dressing	15,60 €
<b>Miso Salmon</b> <b>New</b> Salmon, Avocado, Roasted Sweet Potato, Shiitake Mushroom, Edamame, Crispy Onion, Nori Strip, Quinoa Portuguesa, Miso & Sesame Dressing	15,50 €	<b>Umami</b> Organic Egg, Avocado, Shiitake Mushrooms, Edamame, Fresh Ginger, Nori Strip, Sushi Rice, Miso & Sesame Dressing	12,40 €
<b>Luau</b> Salmon, Tuna, Avocado, Mango, Cucumber, Crispy Onion, Wasabi Mayo, Sushi Rice, Spicy Dressing	15,60 €	<b>Hawaiian Heat</b> Tuna, Avocado, Pineapple, Red Onion, Macadamia Nut, Nori strips, Togarashi Mayo (spicy), Black Rice, Ponzu Dressing	14,90 €
<b>Spicy</b> Tuna, Goma Wakame, Avocado, Edamame, Crispy Onion, Shiitake Mushrooms, Sushi Rice, Spicy Dressing	14,60 €	<b>Fresh</b> Salmon, Mango, Edamame, Avocado, Red Cabbage, Fresh Ginger, Herb Mix, Sushi Rice, Ponzu Dressing	15,40 €
<b>Salmon</b> Salmon, Avocado, Cucumber, Mango, Herb Mix, Wasabi Cashews, Sushi Rice, Ponzu Dressing	15,60 €	<b>Reef</b> Salmon, Avocado, Mango, Cucumber, Crispy Onion, Tobiko Eggs, Sushi Rice, Classic Dressing	15,40 €
<b>Surf</b> Salmon, Tuna, Mango, Avocado, Edamame, Cucumber, Crispy Onion, Red Chili, Sushi Rice, Classic Dressing	15,50 €	<b>Tofu</b> 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

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