

 Dips



Tzatziki	3,70 €	 	Feta & Roasted Pepper	3,70 €	 
Beetroot Hummus	3,70 €	  	Baba Ganoush <i>Topseller</i>	3,70 €	  

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

 Starters



Bisque <i>New</i>	6,10 €	 
With Prawns		
Burrata, Roasted Baby Carrots & Beetroot <i>New</i>	11,20 €	 
With Pistachio, Rocket & Homemade Pesto		
Mushrooms "à Bulhão Pato" <i>New</i>	7,20 €	 
With Soft-boiled Organic Egg & Rye Toast on the side		
Hummus	7,90 €	  
With Baby Carrots & Celery		
Guacamole <i>Topseller</i>	8,60 €	 
With Wheat & Corn Tortilla Chips		
Tuna Tartar	11,60 €	
With Avocado, Ginger, Red Chilli & Classic Dressing		
Salmon Tartar	12,70 €	
With Mango, Red Onion & Lemon Dressing		
Jackfruit Soft Tacos	12,70 €	 
Tomato, Corn, Red Onion, Red Cabbage & Avocado		
Prawn Soft Tacos with Togarashi Mayo	14,90 €	
Red Cabbage, Carrot, Mango, Parsley, Red Chilli <i>(Very Spicy)</i>		

 Plant based / Vegetarian



Lentils with Roasted Vegetables & Harissa <i>New Recipe</i>	12,90 €	  
Served on Hummus		
Mushroom Speltotto <i>New Recipe</i>	11,90 €	
Brown, Shiitake & Shimeiji Mushrooms, Parmesan		
Quinoa with Hummus	12,60 €	  
Portuguese Quinoa, Aubergine, Courgette, Chickpeas, Almonds, Pomegranate & Rocket		
Quinoa with Feta	12,60 €	 
Portuguese Quinoa, Aubergine, Courgette, Chickpeas, Almonds, Pomegranate & Rocket		
Greek Salad & Hummus	12,30 €	
Chickpeas, Tomato, Olives, Cucumber, Feta & Pita Bread		
Pad Thai	13,90 €	  
Rice Noodles, Asian Veggies, Edamame, Soybean Sprouts & Peanuts		
Butternut Squash Lasagna <i>Topseller</i>	15,50 €	
Spinach, Ricotta & Parmesan served with Rocket & Laminated Mushrooms		
Organic Soft-boiled Eggs on Wholewheat Spaghetti	15,70 €	
Homemade Pesto, Green Asparagus, Mushrooms, Rocket & Parmesan		
Organic Tofu & Vegetable Red Thai Curry	14,50 €	 
With Brown Rice & Spinach <i>(Very Spicy)</i>		
Tofu Paprika	15,40 €	  
Chickpeas, Sweet Potato, Avocado "Mayo", Pickled Cucumber <i>(Mildly Spicy)</i>		

 Fish



Turmeric & Lemon Salmon <i>New</i>	16,60 €	 
With Green Asparagus & Rice Noodless <i>(Mildly Spicy)</i>		
Octopus with Avocado " Mayo"	22,80 €	 
Sweet Potato from Odemira, Fennel & Kale		
Black Rice & Prawns	17,20 €	 
Cauliflower & Coconut Lime Infusion Topped with Cashews		
Stir-fry Prawn <i>Topseller</i>	16,10 €	
With Egg Noodles & Asian-Style Veggies		
Prawn & Vegetable Red Thai Curry	15,90 €	
With Brown Rice & Spinach <i>(Very Spicy)</i>		
Prawn, Avocado & Orange Salad	13,10 €	 
Baby Gem Lettuce, Rocket, Red Cabbage, Fennel, Almonds, Orange Vinaigrette		
Braised Tuna With Roasted Vegetables	16,60 €	 
Millet, Sweet Potato, Bimis, Courgette, Aubergine, Fennel, Red Onion & Chimichurri Dressing		
Tuna Steak Niçoise with Caper & Mustard Dressing	17,90 €	 
Organic Soft-boiled Egg, Bistrot Salad, Green Bean, Cherry Tomato, Red Onion & Olive		
Panko-Crusted Salmon	16,90 €	
Black Rice, Red Cabbage, Carrot, Mango, Red Chilli & Parsley Slaw		
Cod & Chickpeas	16,20 €	 
Chickpeas, Organic Soft-boiled Egg, Spinach & lots of Parsley		

 Free Range Poultry



Mediterranean Chicken with Red Rice <i>Topseller</i>	15,60 €	
Courgette, Aubergine, Cranberry, Pistachio, Almond & Yoghurt Dressing		
Cajun Chicken <i>New</i>	15,20 €	 
With Creamy Coconut & Lime Brown Rice & Mango, Black Bean, Tomato & Coriander Salsa		
Asian Duck <i>New</i>	17,90 €	
Duck Magret, Pak Choi & Shiitake Mushroom		
Teriyaki Chicken	16,10 €	
With Egg Noodles & Asian-Style Vegetables		
Chicken Paprika	15,90 €	 
Chickpeas, Sweet Potato, Avocado "Mayo", Pickled Cucumber <i>(Mildly Spicy)</i>		
Chicken & Vegetable Red Thai Curry	15,50 €	
With Brown Rice & Spinach <i>(Very Spicy)</i>		

 Desserts



Sweet Potato Creme Brulée <i>New</i>	4,80 €	  	Apple & Pecan Pie with Cashew Cream	7,20 €	  
Banoffee <i>New</i>	5,10 €	  	Dark Chocolate Mousse with Macadamia	6,10 €	  
Infused Pear with Mascarpone Cream <i>New</i>	6,80 €	 	Fudgy Cookie with Java Ice Cream & Miso Caramel Topping <i>New</i>	6,20 €	  
Blue Coconut Detox Chia <i>New</i>	4,90 €	  	Brownie served with Salted Tahini Caramel <i>Topseller</i>	5,90 €	  
Blackberry Cheesecake with Lemon & Mint Swirl <i>New</i>	6,40 €	  	Pineapple & Pomegranate <i>New</i>	3,90 €	  

 Artisanal Ice Cream



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



Build your own Bowl (byob)



base
- choose 1 -

Mixed Salad Greens 

Sushi Rice 

Black Rice 

Portuguese Quinoa 



protein
- choose 1 -

tuna | 14,90 €

salmon | 15,90 €

shrimp | 14,70 €

org tofu | 13,10 €

org egg | 12,40 €

mix (choose 2 proteins)
16,10 €



mix & match
Choose your Mix-Ins, Toppings & Dressing

dressing
- choose 1 -

- Classic 

Spicy 
- Citrus Basil 

Ponzu 
- Miso & Sesame 

mix-ins

- choose 3 -

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

toppings

- choose 2 -

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

extra mix-ins
1,90 € (each)

extra toppings
1,40 € (each)



Poke



- Maui**

Salmon, Tuna, Mango, Cucumber, Edamame, Macadamia, Avo “Mayo”, Sushi Rice, Classic Dressing

15,60 € 
- Miso Salmon**

Salmon, Avocado, Roasted Sweet Potato, Shiitake Mushroom, Edamame, Crispy Onion, Nori Strip, Portuguese Quinoa, Miso & Sesame Dressing

15,50 € 
- Luau** *Topseller*

Salmon, Tuna, Avocado, Mango, Cucumber, Crispy Onion, Wasabi Mayo, Sushi Rice, Spicy Dressing

15,60 € 
- Spicy**

Tuna, Goma Wakame, Avocado, Edamame, Crispy Onion, Shiitake Mushrooms, Sushi Rice, Spicy Dressing

14,60 € 
- Salmon**

Salmon, Avocado, Cucumber, Mango, Herb Mix, Wasabi Cashews, Sushi Rice, Ponzu Dressing

15,80 € 
- Surf**

Salmon, Tuna, Mango, Avocado, Edamame, Cucumber, Crispy Onion, Red Chili, Sushi Rice, Classic Dressing

15,50 € 

- Protein**

Tuna, Salmon, Avocado, Edamame, Mango, Tobiko Eggs, Portuguese Quinoa, Wasabi Mayo, Ponzu Dressing

15,60 € 
- Umami**

Organic Egg, Avocado, Shiitake Mushrooms, Edamame, Fresh Ginger, Nori Strips, Sushi Rice, Miso & Sesame Dressing

12,40 € 
- Hawaiian Heat**

Tuna, Avocado, Pineapple, Red Onion, Macadamia Nut, Nori Strips, Togarashi Mayo (spicy), Black Rice, Ponzu Dressing

14,90 € 
- Fresh**

Salmon, Mango, Edamame, Avocado, Red Cabbage, Fresh Ginger, Herb Mix, Sushi Rice, Ponzu Dressing

15,40 € 
- Reef**

Salmon, Avocado, Mango, Cucumber, Crispy Onion, Tobiko Eggs, Sushi Rice, Classic Dressing

15,40 € 
- 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



- Sweet Potato Creme Brulée *New*

4,80 € 

Banoffee *New*

5,10 € 

Infused Pear with Mascarpone Cream *New*

6,80 € 

Blue Coconut Detox Chia *New*

4,90 € 

Blackberry Cheesecake with Lemon & Mint Swirl *New*

6,40 € 
- Apple & Pecan Pie with Cashew Cream

7,20 € 

Dark Chocolate Mousse with Macadamia

6,10 € 

Fudgy Cookie with Java Ice Cream & Miso Caramel Topping *New*

6,20 € 

Brownie served with Salted Tahini Caramel *Topseller*

5,90 € 

Pineapple & Pomegranate *New*

3,90 € 



Artisanal Ice Cream



- Vanilla

1 scoop 2 scoops 3 scoops

3,50 € 5,30 € 6,60 € 

Chocolate


- Strawberry

1 scoop 2 scoops 3 scoops

3,50 € 5,30 € 6,60 € 

Mango

