



ORDER NOW



Dips



Tzatziki	3,70 €	 
Beetroot Hummus	3,70 €	  
Feta & Roasted Pepper	3,70 €	  
Baba Ganoush Topseller	3,70 €	  

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



Starters



Bisque New	6,10 €	 
With Prawns		
Burrata, Roasted Baby Carrots & Beetroot New	11,20 €	 
With Pistachio, Rocket & Homemade Pesto		
Hummus	7,90 €	  
With Baby Carrots & Celery		
Guacamole Topseller	8,80 €	 
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 (Very Spicy)		



Fish



Turmeric & Lemon Salmon New	16,90 €	 
With Green Asparagus & Rice Noodless (Mildly Spicy)		
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 Topseller	16,10 €	
With Egg Noodles & Asian-Style Veggies		
Prawn & Vegetable Red Thai Curry	15,90 €	
With Brown Rice & Spinach (Very Spicy)		
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	16,80 €	  
Chickpeas, Organic Soft-boiled Egg, Spinach & lots of Parsley		



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 €	  



Artisanal Ice Cream



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



Erakulis by CR7



Butternut Squash, Tofu & Miso Coconut Bowl New	14,10 €	  
Red Rice, Turmeric, Chickpeas, Edamame, Red Cabbage, Courgette, Bimis & Miso Coconut Dressing		
Citrus Salmon with Quinoa New	17,60 €	
Green Asparagus, Watercress, Cucumber, Pomegranate Seeds & Yoghurt Dressing		
Ponzu Chicken with Black Rice New	16,20 €	 
Turmeric, Edamame, Mango, Red Cabbage, Spinach, Basil & Citrus Dressing		
Green Balance Juice New	4,70 €	  
Green Apple, Cucumber, Ginger & Lemon		



Free Range Poultry



Mediterranean Chicken with Red Rice Topseller	15,90 €	
Courgette, Aubergine, Cranberry, Pistachio, Almond & Yoghurt Dressing		
Cajun Chicken New	15,70 €	 
With Creamy Coconut & Lime Brown Rice & Mango, Black Bean, Tomato & Coriander Salsa		
Asian Duck New	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 (Mildly Spicy)		
Chicken & Vegetable Red Thai Curry	15,50 €	
With Brown Rice & Spinach (Very Spicy)		



Plant based / Vegetarian



Lentils with Roasted Vegetables & Harissa New Recipe	13,60 €	  
Served on Hummus		
Quinoa with Hummus	12,60 €	  
Portuguese Quinoa, Aubergine, Courgette, Chickpeas, Almonds, Pomegranate & Rocket		
Quinoa with Feta	13,80 €	 
Portuguese Quinoa, Aubergine, Courgette, Chickpeas, Almonds, Pomegranate & Rocket		
Greek Salad & Hummus	13,50 €	
Chickpeas, Tomato, Olives, Cucumber, Feta & Pita Bread		
Pad Thai	14,20 €	  
Rice Noodles, Asian Veggies, Edamame, Soybean Sprouts & Peanuts		
Butternut Squash Lasagna Topseller	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 (Very Spicy)		
Tofu Paprika	15,40 €	  
Chickpeas, Sweet Potato, Avocado “Mayo”, Pickled Cucumber (Mildly Spicy)		



Build your own Bowl (byob)



base
- choose 1 -

Mixed Salad Greens

Sushi Rice

Black Rice

Portuguese Quinoa



protein
- choose 1 -

tuna | salmon | shrimp | org tofu | org egg

14,90 € 15,90 € 14,70 € 13,10 € 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

Chocolate

1 scoop

2 scoops

3 scoops

3,50 €

5,30 €

6,60 €







Strawberry

Mango

1 scoop

2 scoops

3 scoops

3,50 €

5,30 €

6,60 €





