

 *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 - 3,00€   or Served with Veggie Sticks - 4,55€   





















 *Starters*


Gazpacho <i>New</i>	6,20 €	  
Tomato & Strawberry		
Tomato, Burrata & Nectarine <i>New</i>	11,55 €	 
With Pistachio & Homemade Pesto		
Hummus	8,15 €	  
With Baby Carrots & Celery		
Guacamole <i>Topseller</i>	9,10 €	 
With Wheat & Corn Tortilla Chips		
Tuna Tartar	11,95 €	
With Avocado, Ginger, Red Chilli & Classic Dressing		
Salmon Ceviche	14,65 €	 
With Sweet Potato Purée & Macadamia		
Jackfruit Soft Tacos	13,10 €	 
Tomato, Corn, Red Onion, Red Cabbage & Avocado		
Prawn Soft Tacos with Togarashi Mayo	15,35 €	
Red Cabbage, Carrot, Mango, Parsley, Red Chilli (<i>Very Spicy</i>)		


















 *Free Range Poultry*


Mediterranean Chicken with Red Rice <i>Topseller</i>	16,40 €	
Courgette, Aubergine, Cranberry, Pistachio, Almond & Yoghurt Dressing		
Cajun Chicken <i>New</i>	16,20 €	 
With Creamy Coconut & Lime Brown Rice & Mango, Black Bean, Tomato & Coriander Salsa		
Duck Magret <i>New</i>	17,20 €	 
Orange Sweet Potato Purée, Watercress, Nectarine, Cucumber & Pomegranate Salad		
Teriyaki Chicken	16,60 €	
With Egg Noodles & Asian-Style Vegetables		
Chicken Paprika	16,40 €	 
Chickpeas, Sweet Potato, Avocado "Mayo", Pickled Cucumber (<i>Mildly Spicy</i>)		
Chicken & Vegetable Red Thai Curry	16,00 €	
With Brown Rice & Spinach (<i>Very Spicy</i>)		
Chicken Caesar Salad	15,60 €	
Baby Gem Lettuce, Kale, Avocado, Pinenuts & Parmesan		

 *Plant based / Vegetarian*


Hot Honey Halloumi Salad <i>New</i>	15,40 €	 
Rocket, Avocado, Cucumber, Cherry Tomato, Red Onion, Pomegranate & Sumac		
Quinoa with Hummus	13,00 €	  
Portuguese Quinoa, Aubergine, Courgette, Chickpeas, Almonds, Pomegranate & Rocket		
Quinoa with Feta	14,25 €	 
Portuguese Quinoa, Aubergine, Courgette, Chickpeas, Almonds, Pomegranate & Rocket		
Greek Salad & Hummus	13,95 €	
Chickpeas, Tomato, Olives, Cucumber, Feta & Pita Bread		
Pad Thai	14,65 €	  
Rice Noodles, Asian Veggies, Edamame, Soybean Sprouts & Peanuts		
Butternut Squash Lasagna <i>Topseller</i>	16,00 €	
Spinach, Ricotta & Parmesan served with Rocket & Laminated Mushrooms		
Organic Soft-boiled Eggs on Wholewheat Spaghetti	16,20 €	
Homemade Pesto, Green Asparagus, Mushrooms, Rocket & Parmesan		
Organic Tofu & Vegetable Red Thai Curry	14,95 €	 
With Brown Rice & Spinach (<i>Very Spicy</i>)		
Tofu Paprika	15,90 €	  
Chickpeas, Sweet Potato, Avocado "Mayo", Pickled Cucumber (<i>Mildly Spicy</i>)		
Black Bean Burgers with Guacamole <i>New</i>	15,50 €	 
Portuguese Quinoa, Tomato, Red Onion, Roasted Corn, Green Leaf Salad		

 *Fish*


Turmeric & Lemon Salmon <i>New</i>	17,45 €	 
With Green Asparagus & Rice Noodles (<i>Mildly Spicy</i>)		
Octopus with Avocado "Mayo"	23,50 €	 
Sweet Potato from Odemira, Fennel & Kale		
Black Rice & Prawns	17,75 €	 
Cauliflower & Coconut Lime Infusion, Cashews & Citrus Basil Dressing		
Stir-fry Prawn <i>Topseller</i>	16,60 €	
With Egg Noodles & Asian-Style Veggies		
Prawn & Vegetable Red Thai Curry	16,40 €	
With Brown Rice & Spinach (<i>Very Spicy</i>)		
Prawn, Avocado & Orange Salad	13,50 €	 
Baby Gem Lettuce, Rocket, Red Cabbage, Fennel, Almonds, Orange Vinaigrette		
Braised Tuna With Roasted Vegetables	17,10 €	 
Millet, Sweet Potato, Bimis, Courgette, Aubergine, Fennel, Red Onion & Chimichurri Dressing		
Tuna Steak Niçoise with Capers & Mustard Dressing	18,45 €	 
Organic Soft-boiled Egg, Bistrot Salad, Green Bean, Cherry Tomato, Red Onion & Olive		
Panko-Crusted Salmon	17,45 €	
Black Rice, Red Cabbage, Carrot, Mango, Red Chilli & Parsley Slaw		
Cod & Chickpeas	17,35 €	 
Chickpeas, Organic Soft-boiled Egg, Spinach & lots of Parsley		

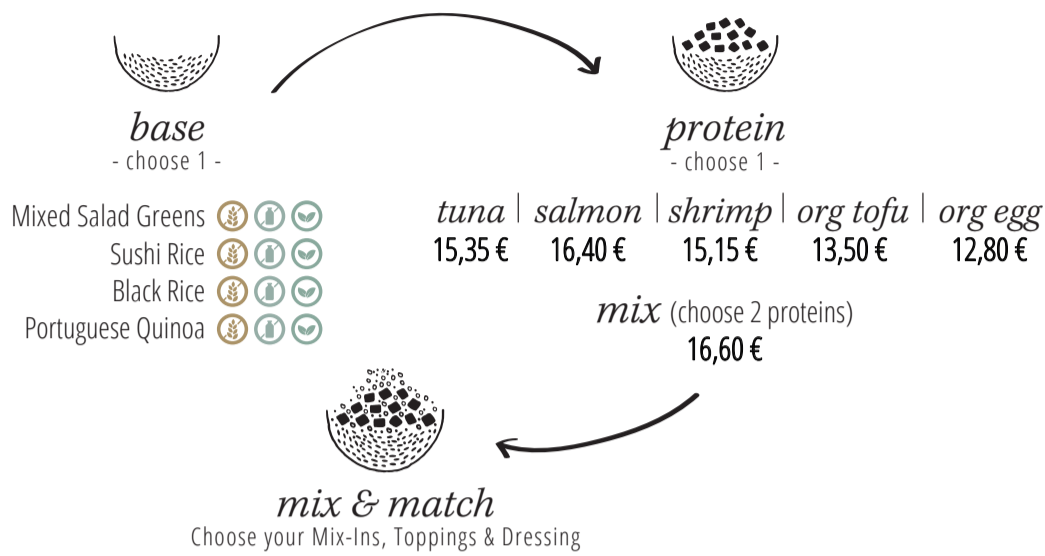
 *Desserts*


Basque Cheesecake with Strawberry Coulis <i>New</i>	6,20 €	 	Apple & Pecan Pie with Cashew Cream	7,20 €	  
Snickers <i>New</i>	5,60 €	  	Dark Chocolate Mousse with Macadamia	6,10 €	  
Mango & Turmeric Chia Pudding <i>New</i>	4,60 €	  	Passionfruit Cheesecake <i>New</i>	4,80 €	  
Wild Berries with Cashew Cream <i>New</i>	6,70 €	  	Brownie served with Salted Tahini Caramel <i>Topseller</i>	5,90 €	  
Strawberry Tart with Yuzu & Basil Ice Cream <i>New</i>	6,40 €	  	Sweet Bites: Pistachio & Almond, Hazelnut & Cocoa, Cashew & Coconut <i>New</i>	1,90 €	  

 *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 €	6,60 €
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
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	16,10 €	Protein Tuna, Salmon, Avocado, Edamame, Mango, Tobiko Eggs, Portuguese Quinoa, Wasabi Mayo, Ponzu Dressing	16,10 €
Miso Salmon Salmon, Avocado, Roasted Sweet Potato, Shiitake Mushroom, Edamame, Crispy Onion, Nori Strip, Portuguese Quinoa, Miso & Sesame Dressing	16,00 €	Umami Organic Egg, Avocado, Shiitake Mushrooms, Edamame, Fresh Ginger, Nori Strips, Sushi Rice, Miso & Sesame Dressing	12,80 €
Luau <i>Topseller</i> Salmon, Tuna, Avocado, Mango, Cucumber, Crispy Onion, Wasabi Mayo, Sushi Rice, Spicy Dressing	16,10 €	Hawaiian Heat Tuna, Avocado, Pineapple, Red Onion, Macadamia Nut, Nori Strips, Togarashi Mayo (Spicy), Black Rice, Ponzu Dressing	15,35 €
Spicy Tuna, Goma Wakame, Avocado, Edamame, Crispy Onion, Shiitake Mushrooms, Sushi Rice, Spicy Dressing	15,05 €	Fresh Salmon, Mango, Edamame, Avocado, Red Cabbage, Fresh Ginger, Herb Mix, Sushi Rice, Ponzu Dressing	15,90 €
Salmon Salmon, Avocado, Cucumber, Mango, Herb Mix, Wasabi Cashews, Sushi Rice, Ponzu Dressing	16,30 €	Reef Salmon, Avocado, Mango, Cucumber, Crispy Onion, Tobiko Eggs, Sushi Rice, Classic Dressing	15,90 €
Surf Salmon, Tuna, Mango, Avocado, Edamame, Cucumber, Crispy Onion, Red Chili, Sushi Rice, Classic Dressing	16,00 €	Tofu Organic Tofu, Avocado, Mango, Cucumber, Crispy Onion, Nori Strips, Sushi Rice, Ponzu Dressing	13,50 €

ALL POKES are finished WITH SLICED SPRING ONIONS & sesame seeds

Desserts



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Artisanal Ice Cream



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Chocolate					Mango			