

ALERGÊNIOS VERÃO.

Allergens
Summer 2026.

		Aipo / Celery	Glúten / Gluten	Crustáceos / Crustaceans	Ovos / Eggs	Peixe / Fish	Tremoço / Lupin	Leite / Milk	Moluscos / Molluscs	Mostarda / Mustard	Frutos de Casca Rija / Nuts	Amendoim / Peanuts	Sésamo / Sesame	Soja / Soy	Sulfitos / Sulphites
PARA PARTILHAR / TO SHARE	Ajoblanco com tomate										●			●	●
	Boniato cakes				●			●			●		●		●
	Ben's sweet potato fries													●	●
	Hummus to share		T								●		●		T
	Crudités	●													
MARKET PLATES	Salada base market / Market salad base									●			●	●	●
	Salada de grãos / Grain salad										●				●
	Pão / Bread		●		T			T			T		T		
GARDEN BOWL	Spicy feta bowl							●		●	●	T	●	●	●
	Latin lover										●			●	●
	Stracciatella bowl							●		●	●				●
	Ginger honey goat							●			●			●	●
	Avocado supergreen										●	T		●	●
PROTEÍNA / PROTEIN	Falafel												●		
	Frango piri piri / Piri piri chicken										●			●	●
	Frango com limão e mostarda / Lemon mustard chicken									●				●	●
	Herb tofu												●	●	●
	Vitela chimichurri / Chimichurri steak	T								●			T		●
	Tataki de atum** / Tuna tataki**			T		●			T				●	●	●
	Honest salmon			T		●			T				●	●	
	Hot honey halloumi							●						●	●
GUARNIÇÕES / SIDES	House hummus with pistachio	T									●		●		T
	Smashed potatoes & truffle mayo													●	●
	Street corn							●			●		●	●	●
	Greek rice							●							
	Guacamole nikkei														
	Ceviche plant-based										●		●		
	Pêssego da época & labneh / Labneh fennel & peaches							●			●		●	●	
	Boniato & summer corn purée										●		●		
	Legumes da Época / Seasonal veggies									●					●
MOLHOS / SAUCES	Maionese trufada / Truffle mayo													●	●
	Aioli plant-based													●	●
	Smoked olive oil butter							●							
	Fermented chilli jam														●
	Chipotle mayo													●	●
	Tahini												●		

● Contém o alérgénio. / ● Presence of the allergen.

^T Indica a **possível presença** de um alérgénio, com base nas informações fornecidas pelos nossos fornecedores. Embora apliquemos medidas de controlo e boas práticas de higiene, pode ocorrer **contaminação cruzada** durante a preparação dos pratos. / ^T Indicates the possible unintentional **presence** of an allergen, based on information provided by our suppliers. Although we apply control measures and good hygiene practices, **cross-contamination** may occur during the preparation of dishes.

**** O atum** que utilizamos foi submetido a um tratamento de congelação a -20°C por um mínimo de 24h. / **** The tuna** we use has been subjected to a freezing treatment at -20°C for a minimum of 24h.

ALERGÉNIOS PEQUENO-ALMOÇO.

Allergens.
Breakfast 2026.

		Aipo / Celery	Glúten / Gluten	Crustáceos / Crustaceans	Ovos / Eggs	Peixe / Fish	Tremoços / Lupin	Leite / Milk	Moluscos / Molluscs	Mostarda / Mustard	Frutos de Casca Rija / Nuts	Amendoim / Peanuts	Sésamo / Sesame	Soja / Soy	Sulfitos / Sulphites
TOSTAS / TOASTS	Loaded tomato toast		●		●			T			T		T		
	Turkish eggs		●		●			T 1			●	T	T	T	
	Loaded avocado toast		●		●			T			●		T	●	
	Mediterranean eggs benedict		●		●			T			●		T	●	T
	Honest pan tumaca		●	T	T	T		T			T		T	●	
	Avocado toast "bagel"		●		T			T			●		●		
	Smoked salmon florentine		●		●	●		T			●		●	●	
HOUSE SPECIALS	Breakfast "tostada"				●									●	●
	Matcha pistachio pancakes		T		●			●			●	T		●	
	Breakfast burrito		●								●			●	●
BOWLS	XL yogurt with fresh fruit						T	1			●	T	●		
	Blueberry chia-pudding		T								●	T	●	●	
	Protein-power overnight oats		T								●	T	●		●
	Açaí bowl				T						●	T	●	T	
EXTRAS	Ovos mexidos com dukkah / Scrambled eggs with dukkah				●						●				
	Ovo escalfado / Poached egg				●										
	Granola keto / Keto granola				T						●	T	●	T	
	Salmão fumado / Smoked salmon					●									
	Queijo halloumi / Grilled halloumi cheese							●							
	Abacate / Avocado														
	Pão duplo / Double bread		●		T			T			T		T		

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¹ Mediante o tipo de iogurte, contém: iogurte grego, lactose; iogurte de coco, soja. / ¹ Depending on the type of yogurt, it contains: Greek yogurt, lactose; coconut yogurt, soy.

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SUMMER SHAKERS	Matcha coconut cloud														
	Espresso coconut cloud														
	Pistacho latte		1					1			●	T		1	
	Ube collagen glow		1					1			1			1	
	Protein cold foam							●							
	Protein matcha cold foam							●							
COLD	Iced vanilla matcha latte		1	T	T	T		1	T		T			1	
	Red berry shaker		1					1			1			1	
	Iced matcha latte		1					1			1			1	
	Fruit matcha latte		1					1			1			1	
HOT	Choco caramel latte							1			●				
	Mocha caramel latte							1			●				
VINHOS / WINES	Honest by Popa														●
	Marquês de Lara Alvarinho														●
	Drink Me NatCool														●
CERVEJAS / BEERS	Artesanal Browsers Lager		●												
	Artesanal Browsers Blanche		●												
	Super Bock sem glúten														
	Super Bock sem álcool		●												
ÁGUAS FRESCAS	Mirtilo, alecrim e hortelã / Bluberries, rosemary and mint														
	Limonada de morango e gengibre / Strawberry ginger lemonade														
	"Mojito" de pepino / Cucumber mojito														
	Cenoura, laranja e curcuma / Carrot, orange and turmeric														

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¹ Mediante o tipo de leite ou bebida vegetal, contém: leite de vaca, lactose; bebida de amêndoa, frutos de casca rija; bebida de aveia, glúten; bebida de soja, soja. / ¹ Depending on the type of milk or plant-based drink, it contains: cow's milk, lactose; almond drink, nuts; oat drink, gluten; soy drink, soy.

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ALERGÉNIOS HONEST BITES.

Allergens.
Honest Bites 2026.

HONEST BITES		Aipo / Celery	Glúten / Gluten	Crustáceos / Crustaceans	Ovos / Eggs	Peixe / Fish	Tremoços / Lupin	Leite / Milk	Moluscos / Molluscs	Mostarda / Mustard	Frutos de Casca Rija / Nuts	Amendoim / Peanuts	Sésamo / Sesame	Soja / Soy	Sulfitos / Sulphites
HONEST BITES	Chocolate chip cookie		T		T						T			T	
	Raspberry and pistachio cookie		T								●	T		T	
	Yellow carrot chai cake		T		T			T			●	T		T	
	Marbled chocolate and tahini cake		T		T			T			●		●	T	●
	Banana bread		T		T			T			●	T			
	Raw chocolate duo		T		T			T			●	T			
	Shoyu pecan pie		T					T			●			●	
	Miso koji apple pie		T		T			T			●	T		●	
	Chocolate avocado mousse with olive oil & maldon salt				T			T			●			●	
	Pistachio matcha overnight protein oats		T	T		T		T			●	T	T	T	
	Raw maca coconut bar		T		T			T			●	T		●	
	Lime pistachio and raspberry bar				T			T			●	T		T	
	Orange protein power		T		T			T			●	T		T	●
	Matcha protein power		T		T						●	T	T	T	
	Cocoa protein power		T								●	T	●		

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