

# ALERGÊNIOS SPRING.

Allergens  
Spring 2026.

	Apio / Celery	Glúten	Crustáceos / Crustaceans	Ovos / Eggs	Peixe / Fish	Tremoços / Lupin	Leite / Milk	Moluscos / Molluscs	Mostarda / Mustard	Nozes / Nuts	Amendoins / Peanuts	Sésamo / Sesame	Soja / Soy	Sulfitos / Sulphites
<b>PARA PARTILHAR / TO SHARE</b>	Labneh beets & berries						•			•				•
	Crunchy tuna tartare				•								•	•
	Ben's sweet potato fries												•	•
	Hummus to share									•		•		
	Crudités	•												
<b>MARKET PLATES</b>	Salada base market / Market salad base								•			•	•	•
	Salada de legumes / Grain salad									•				
	Pão / Bread		•	T			T			T		T		
<b>GARDEN BOWL</b>	Spicy feta bowl						•		•	•	T	•	•	•
	Latin lover									•			•	•
	Green harissa bowl	•								•		•	•	
	Ginger honey goat						•			•				•
	Avocado supergreen									•	T		•	•
<b>PROTEÍNA / PROTEIN</b>	Falafel caseiro											•		
	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						•						•	•
<b>GUARNIÇÕES / SIDES</b>	House hummus									•		•		
	Smashed potatoes with truffle mayo												•	•
	Espargos com labneh e tahini rosa / Asparagus with labneh and pink tahini						•			•		•		
	Arroz marroquino / Moroccan rice	•								•		•	•	•
	Guacamole nikkei													
	Abóbora assada e feta / Roasted pumpkin						•			•			•	•
	Beringela glaceada com salada de ervas / Glazed aubergine with herb salad								•	•				•
	Batata-doce assada com tahini / Roasted sweet potato								•	•	T	•		•
	Seasonal veggies								•					•
<b>MOLHOS / SAUCES</b>	Truffle mayo												•	•
	Alioli plant-based												•	•
	Smoked olive oil butter						•							
	Fermented chilli jam													•
	Chipotle mayo												•	•
	Tahini											•		

\*\* O **atum** que utilizamos foi submetido a um tratamento de congelação a -20°C por um mínimo de 24 horas. / <sup>T</sup> Devido às **características de instalação**, manuseio e elaboração do estabelecimento, todos os nossos produtos podem conter de forma direta ou através da **contaminação cruzada** algum tipo de alérgeno ou suas vestígios.

\*\* The **tuna** we use has been subjected to a freezing treatment at -20°C for a minimum of 24h. / <sup>T</sup> 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.

# ALERGÊNIOS PEQUENO- ALMOÇO.

Allergens  
Breakfast 2026.

	Apio / Celery	Glúten	Crustáceos / Crustaceans	Ovos / Eggs	Peixe / Fish	Tremoços / Lupin	Leite / Milk	Moluscos / Molluscs	Mostarda / Mustard	Nozes / Nuts	Amendoins / Peanuts	Sésamo / Sesame	Soja / Soy	Sulfitos / Sulphites
<b>TOSTAS / TOASTS</b>	Loaded tomato toast	●		●			T			T		T		
	Turkish eggs	●		●			T <sup>1</sup>			●	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			●		●	●	
	Hummus toast	●		T			T				T	●		
<b>HOUSE SPECIALS</b>	Breakfast "tostada"			●									●	●
	Matcha pistachio pancakes		T	●			●			●	T		●	
	Breakfast burrito		●							●			●	●
<b>BOWLS</b>	XL yogurt with fresh fruit					T	1			●	T	●		
	Blueberry chía-pudding		T							●	T	●	●	
	Protein-power overnight oats		T							●	T	●		●
	Açaí bowl			T						●	T	●	T	
<b>EXTRAS</b>	Ovos mexidos com dukkah / Scrambled eggs			●						●				
	Ovo escalfado / Poached egg			●										
	Granola keto / Keto granola			T						●	T	●	T	
	Salmão fumado / Smoked salmon				●									
	Queijo halloumi grelhado / Grilled halloumi cheese						●							
	Abacate / Avocado													
	Pão duplo / Double bread		●	T			T			T		T		

<sup>1</sup> De acordo com o tipo de iogurte, contém: iogurte grego, lactose; iogurte de coco, soja. / <sup>1</sup> Devido às características de instalação, manuseio e elaboração do estabelecimento, todos os nossos produtos podem conter de forma direta ou através da **contaminação cruzada** algum tipo de alérgeno ou suas vestígios.

<sup>1</sup> Depending on the type of yogurt, it contains: Greek yogurt, lactose; coconut yogurt, soy. / <sup>1</sup> 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.

# ALERGÊNIOS DRINKS.

Allergens  
Drinks 2026.

	Apio / Celery	Glúten	Crustáceos / Crustaceans	Ovos / Eggs	Peixe / Fish	Tremoços / Lupin	Leite / Milk	Moluscos / Molluscs	Mostarda / Mustard	Nozes / Nuts	Amendoins / Peanuts	Sésamo / Sesame	Soja / Soy	Sulfitos / Sulphites
<b>SUMMER SHAKERS</b>	Matcha coconut cloud													
	Espresso coconut cloud													
	Pistacho latte		1				1			●	T		1	
	Ube collagen glow		1				1			1			1	
	Protein cold foam						1							
	Protein matcha cold foam						1							
<b>SHAKERS</b>	Iced vanilla matcha latte		1				1			1			1	
	Red berry shaker		1				1			1			1	
	Iced matcha latte		1				1			1			1	
	Fruit matcha latte		1				1			1			1	

<sup>1</sup> De acordo com o tipo de leite ou bebida vegetal, contém: leite de vaca, lactose; bebida de amêndoa, frutos de casca; bebida de soja, soja. / <sup>T</sup> Devido às características de instalação, manuseio e elaboração do estabelecimento, todos os nossos produtos podem conter de forma direta ou através da **contaminação cruzada** algum tipo de alérgeno ou suas vestígios.

<sup>1</sup> 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. / <sup>T</sup> 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.

# ALERGÊNIOS HONEST BITES.

Allergens  
Honest Bites 2026.

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

<sup>T</sup> Devido às **características de instalação**, manuseio e elaboração do estabelecimento, todos os nossos produtos podem conter de forma direta ou através da **contaminação cruzada** algum tipo de alérgeno ou suas vestígios.

<sup>T</sup> 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.