

ALERGÉNIOS
WINTER 2025.

Allergens
Winter 2025.

Aipo / 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

PARA PARTILHAR / TO SHARE													
BAKED FETA	T						•	T		•	T		•
ALHO-FRANCÊS GRELHADO / CHARCOAL GRILLED WHOLE LEEK												•	•
BEN'S SWEET POTATO FRIES												•	•
HUMMUS TO SHARE										•		•	
CRUDITÉS	•												
MARKET PLATES													
SALADA BASE MARKET / MARKET SALAD BASE		T										•	•
SALADA DE GRÃOS / GRAIN SALAD	•									•		•	T
PÃO / BREAD		•		T			T			T		T	
GARDEN BOWLS													
SPICY FETA BOWL							•		•	•	T	•	•
LATIN LOVER										•		•	•
PISTACHIO CAESAR CRUNCH	T			T			•		•	•	T	•	•
WILD MEDITERRANEAN			T		T			T		•		•	•
AVOCADO SUPERGREEN										•	T		•
PROTEÍNA / PROTEIN													
FALAFEL												•	
FRANGO PIRI-PIRI / PIRI PIRI CHICKEN													•
FRANGO LIMÃO MOSTARDA / LEMON MUSTARD CHICKEN									•				•
HERB TOFU												•	•
VITELA CHIMICHURRI /CHIMICHURRI STEAK	T								•			T	•
TUNA TATAKI*					•			T				•	•
HONEST SALMON			T		•			T				•	•
HOT HONEY HALLOUMI							•						•
GUARNIÇÕES / SIDES													
HOUSE HUMMUS										•		•	
SMASHED POTATOES WITH TRUFFLE MAYO													•
ABÓBORA ASSADA / CHARCOAL GRILLED PUMPKIN	T						•		T	•	T		•
COUVES-DE-BRUXELAS / BRUSSELS SPROUTS										•		•	
CENOURAS GLACEADAS / GLAZED CARROTS	T											•	•
RISOTTO DE COGUMELOS / PLANT-BASED MUSHROOM RISOTTO													•
GRILLED AVOCADO NIKKEI	T								T				•
BATATA-DOCE ASSADA TAHINI / ROASTED SWEET POTATO TAHINI									•	•	T	•	
VERDURAS DE TEMPORADA / SEASONAL VEGGIES									•				•
SALSAS / SAUCES													
TRUFFLE MAYO													•
ALIOLI PLANT-BASED													•
SMOKED OLIVE OIL BUTTER							•						
FERMENTED CHILLI JAM													•
CHIPOTLE MAYO													•
TAHINI												•	
ROMESCO										•			•

* O **atum** que utilizamos foi submetido a um tratamento de congelamento a -20°C durante um mínimo de 24h. / *The **tuna** we use has been subjected to a freezing treatment at -20°C for a minimum of 24h.
† Indica **vestígios** não intencionais do alérgeno, de acordo com as informações dos nossos fornecedores. Embora apliquemos medidas de controlo e boas práticas de higiene, pode ocorrer **contaminação cruzada** durante a preparação dos pratos. / † 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.

ALERGÉNIOS PEQUENO-ALMOÇO.

Allergens Breakfast.

													
Aipo / 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

TOSTAS / TOASTS													
LOADED TOMATO TOAST		•		•			T		T		T		
TURKISH EGGS		•		•		T	1		•	T	T	1	
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 (App Only)		•		T		T				T	•		

HOUSE SPECIALS													
BREAKFAST "TOSTADA"				•								•	•
MATCHA PISTACHIO PANCAKES		T		•		•			•	T		•	
BREAKFAST BURRITO		•							•			•	•

BOWLS													
XL YOGURT WITH FRESH FRUIT						1			•	T	•		
BLUEBERRY CHIA-PUDDING		T							•	T	•	•	
PROTEIN-POWER OVERNIGHT OATS		T							•	T	•		•
AÇAÍ BOWL				T					•	T	•	T	

EXTRAS													
OVOS MEXIDOS DUKKAH / SCRAMBLED EGGS DUKKAH				•					•				
OVO BT / 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		

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

[†] Indica vestígios não intencionais do alérgeno, de acordo com as informações dos nossos fornecedores. Embora apliquemos medidas de controlo e boas práticas de higiene, pode ocorrer contaminação cruzada durante a preparação dos pratos. / † 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.

ALERGÉNIOS SWEET CORNER & SHAKERS 2025.

Allergens Sweet Corner
& Shakers 2025.

													
Aipo / 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

SOBREMESAS / DESSERTS													
CHOCOLATE CHIP COOKIE				T					T			T	
CAULIFLOWER MOCHA BROWNIE				T					•		•	T	
DUO DE CHOCOLATE		T							•	T			
MATCHA LOVE			T		T		T		•			T	T
MACADAMIA MISO CHEESECAKE				T					•	T	•	•	
VANILLA-CARAMEL CREAM CUPCAKE				T					•	T		•	•
HONEST "RED VELVET" CUPCAKE				T					•	T		•	•
CHIA-AÇAÍ DETOX		T							•	T		•	
BANANA BREAD				T					•	T		T	
ORANGE PROTEIN POWER				T					•	T		T	•
MATCHA PROTEIN POWER		T		T					•	T		T	
COCOA PROTEIN POWER									•	T	•		

WINTER WARMERS													
GINGERBREAD MATCHA LATTE		1		T		1			•			T 1	
BLUEBERRY MATCHA LATTE		1				1			•			1	
APPLE CINNAMON MATCHA LATTE		1				1			•			1	
HONEST BANOFFEE LATTE		1		T		1			•	T		T 1	
PISTACHO LATTE		1				1			•	T		1	
PISTACHO MATCHA LATTE		1				1			•	T		1	
SALTED CARAMEL LATTE		1				1			•			1	
PUMPKIN SPICE LATTE		1				1			•			1	

SHAKERS													
ICED VANILLA MATCHA LATTE		1				1			1			1	
RED BERRY SHAKER		1				1			1			1	
ICED PISTACHIO LATTE		1				1			•			1	
FRUIT MATCHA LATTE		1				1			1			1	

¹ De acordo com 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.

[†] Indica vestígios não intencionais do alérgeno, de acordo com as informações dos nossos fornecedores. Embora apliquemos medidas de controlo e boas práticas de higiene, pode ocorrer contaminação cruzada durante a preparação dos pratos. / [†] 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.