

ALERGÊNIOS SUMMER 2025.

Allergens
Summer 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													
TOMATE DE VERÃO / SUMMER TOMATOES												•	•
ABACATE COM TÁRTARO / AVOCADO WITH WATERMELON												•	•
BEN'S SWEET POTATOES FRIES													•
HUMMUS TO SHARE												•	•
CRUDITÉS	•												
PÃO / BREAD		•											
MARKET PLATES. PROTEÍNA / PROTEIN													
SALADA BASE MARKET / MARKET SALAD BASE										•	•	•	•
SALADA DE LEGUMES / GRAIN SALAD											•		
FALAFEL												•	
FRANGO PIRI-PIRI / PIRI PIRI CHICKEN													•
FRANGO LIMÃO MOSTARDA / LEMON MUSTARD CHICKEN										•			•
HERB TOFU												•	•
VITELA CHIMICHURRI /CHIMICHURRI STEAK										•			•
TUNA TATAKI*					•							•	•
HONEST SALMON					•							•	•
SPICY SALMON (CRU / RAW)					•							•	•
HOT HONEY HALLOUMI							•						•
GARDEN BOWLS													
SUMMER BURRATA							•				•		•
LATIN LOVER											•		•
GINGER HONEY GOAT							•				•		•
WILD MEDITERRANEAN											•	•	•
AVOCADO SUPERGREEN											•		•
GUARNIÇÕES / SIDES													
HOUSE HUMMUS											•	•	
SMASHED POTATOES ALIOLI													•
CENOURAS ASSADAS / ROASTED CARROTS										•	•	•	•
GREEK SALAD							•			•			•
STREET CORN											•		•
SPICED MEDITERRANEAN RICE											•		•
GUACAMOLE NIKKEI													
BATATA-DOCE ASSADA / ROASTED SWEET POTATO TAHINI										•	•	•	•
SEASONAL VEGGIES										•			•
MOLHOS / SAUCES													
LEMON AIOLI													•
AIOLI PLANT-BASED / ALIOLI PLANT-BASED													•
SMOKED OLIVE OIL BUTTER							•						•
FERMENTED CHILLI JAM													•
CHIPOTLE MAYO													•
TAHINI												•	

* 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. // 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.** / Due to the installation, handling, and preparation characteristics of the restaurant, all our products are susceptible to containing some type of allergen or traces of allergens, either directly or through cross-contamination.

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

SHAKERS														
ICED VANILLA MATCHA LATTE		1					1			1			1	
RED BERRY SHAKER		1					1			1			1	
CHILI MANGO SHAKER														
ROOIBOS LIME HOUSE SODA														
PEACH TURMERIC HOUSE SODA														
ICED PISTACHIO LATTE		1					1			•			1	
FRUIT MATCHA LATTE		1					1			1			1	

¹De 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. / ¹Depending on the type of milk or plant-based drink, it contains: cow's milk, lactose; almond drink, nuts; oat drink, gluten; soy drink, soy.

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 alérgico ou vestígios de alérgicos. / Due to the installation, handling, and preparation characteristics of the restaurant, all our products are susceptible to containing some type of allergen or traces of allergens, either directly or through cross-contamination.

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		•		•									
TURKISH EGGS		•		•			1		•			1	
LOADED AVOCADO TOAST		•		•					•			•	
MEDITERRANEAN EGGS BENEDICT		•		•					•			•	
HONEST PAN TUMACA		•										•	
AVOCADO TOAST "BAGEL"		•										•	
SMOKED SALMON FLORENTINE		•		•	•				•			•	•
HUMMUS TOAST (App Only)		•										•	

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

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

EXTRAS													
OVOS MEXIDOS COM DUKKAH / SCRAMBLED EGGS WITH DUKKAH				•					•				
OVO BT / POACHED EGG				•									
GRANOLA KETO / KETO GRANOLA									•			•	
SALMÃO FUMADO / SMOKED SALMON					•								
QUEIJO HALLOUMI GRELHADO / GRILLED HALLOUMI CHEESE							•						
ABACATE / AVOCADO													
PÃO DUPLO / DOUBLE BREAD		•											

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.

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