

# POKÉ YOUR STYLE

## 1 CHOOSE BOWL SIZE



## 2 CHOOSE A BASE

- Sushi Rice
- Brown Rice
- Salad
- Mix (50/50)

## 3 CHOOSE A PROTEIN

- Tuna Fish
- Salmon (+1,00€)
- Shrimp
- Organic Tofu
- Organic Cashew

(Extra protein 2,50€, only salmon is 3,50€)

## 4 ADD A SAUCE

- Mayonnaise Wasabi
- Mayonnaise Spicy
- Mayonnaise Vegan Wasabi\*
- Mayonnaise Refreshing
- Ponzu
- Sweet Chilli
- Soy
- Soy and Honey
- Peanut
- Vinaigrette

(Extra sauce 1,00€)

## 5 CHOOSE THE INGREDIENTS:

KIDS (choose 2) REGULAR (choose 3) LASRGE (choose 5)

- Apple\*
- Avocado\*
- Baby Spinach\*
- Carrot\*
- Cherry Tomato\*
- Cucumber\*
- Edamame\*
- Lettuce\*
- Mango
- Pineapple
- Purple Onion\*
- Pear\*
- Radish\*
- Red Cabbage\*
- Rocket\*
- Seaweed\*

\*Organic

(Extra ingredient +1,00€)

## 6 CHOOSE A TOPPING

- Black Sesame\*
- Chia\*
- Fried Onion\*
- Mix Sesame\*
- White Sesame\*

\*Organic

Take away box +0,50€, take away box with bag +1,00€

# SIGNATURE BOWLS

 VEGAN  ORGANIC  SPICY

## 1 VEGGIE WIPEOUT — 14,90€

Tofu, Brown Rice, Cucumber, Red Cabbage, Seaweed, Carrot, Edamame, Mayonnaise Vegan Wasabi Sauce and Mix Sesame.

## 2 HANG TEN — 14,90€

Tofu, Sushi Rice, Pineapple, Avocado, Spinach, Cucumber, Carrot, Ponzu Sauce and Mix Sesame.

## 3 TWIN FIN TUNA — 14,90€

Tuna, Sushi Rice, Mango, Avocado, Red Onion, Cucumber, Carrot, Peanut Sauce and Sesame Mix.

## 4 SPICY BARREL — 14,90€

Tuna, Sushi Rice, Edamame, Avocado, Red Onion, Cherry Tomato, Carrot, Spicy Mayo and Mix Sesame.

## 5 SINGLE FIN SALMON — 15,90€

Salmon, Brown Rice, Mango, Avocado, Red Cabbage, Cucumber, Baby Spinach, Ponzu Sauce and Sesame Mix.

## 6 PICO DO MOLHE — 15,90€

Salmon, Sushi Rice, Seaweed, Mango, Avocado, Radishes, Edamame, Wasabi Mayonnaise Sauce and Mix Sesame.

## 7 LOCALS ONLY — 14,90€

Shrimp, Sushi Rice, Edamame, Cherry Tomato, Mango, Red Onion, Avocado, Sweet Chili Sauce and Mix Sesame.

## 8 SUPERTUBOS — 14,90€

Shrimp, Sushi Rice, Edamame, Cherry Tomato, Pineapple, Red Cabbage, Red Onion, Spicy Mayo Sauce and Mix Sesame.

Take away box +0,50€, take away box with bag +1,00€

All prices with VAT included

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# SWEET BOWLS



VEGAN



ORGANIC



GLUTEN-FREE

## 1 CHOOSE A BASE

- 1 Organic Açaí 100% Natural (Sugar free & No ice cream)    2 Greek Natural Yogurt    3 Soy Yogurt

## 2 CHOOSE 4 TOPPINGS

- Almonds\*
- Apple\*
- Banana
- Black Sesame Seeds\*
- Blueberries
- Brazil Nuts\*
- Cashew\*
- Chia Seeds\*
- Goji Berries\*
- Hemp Seeds\*
- Homemade Granola\*
- Homemade Granola w/ Chocolate\*
- Homemade Honey
- Laminated Coconut\*
- Mango
- Pineapple
- Peanut Butter
- Pear\*
- Strawberries from Algarve (Seasonal)
- Tamara Syrup\*
- White Sesame Seeds\*

\*Organic

(Extra fruits +1,00€, extra seeds +1,50€)

1 AÇAÍ — 10,00€

2 YOGURT — 8,00€

3 VEGAN YOGURT — 9,00€

# SMOOTHIE BOWLS



VEGAN



ORGANIC



GLUTEN-FREE

### 1 Chocolate, Banana Peanut Butter — 9,00€



Almond Milk or Cow Milk, Vegan organic Cacao, Frozen Banana, Peanut Butter, Homemade Granola, Banana and Organic Chia Seeds.

### 2 Banana & Strawberries — 9,00€



Coconut Milk or Cow Milk, Frozen Banana and Strawberries, Organic Avocado, Organic Homemade Granola, Organic Banana and Hemp Seeds.

### 3 Avocado, Spinach and Kale — 9,00€



Almond Milk or Cow Milk, Organic Avocado, Organic Spinach, Organic Kale, Frozen Raspberry, Organic Hemp Seeds, Organic Flax Seeds, Organic Laminated Coconut, Blueberries.

### 4 Mango & Pineapple — 9,00€



Almond Milk or Cow Milk, Frozen Banana, Frozen Pineapple, Mango, Organic Laminated Coconut, Organic Chia Seeds, Organic Goji Berries.

### 5 Pear & Kale — 9,00€



Coconut Milk or Cow Milk, Organic Pear, Frozen Banana, Organic Kale, Organic Cinnamon, Organic Chia Seeds, Homemade Granola and Organic Laminated Coconut.

### 6 Blueberries & Strawberries — 9,00€



Coconut or Cow Milk, Organic Blueberries, Frozen Banana and Strawberries, Organic Homemade Granola, Banana and Organic Flax Seeds.

(Extra fruits +1,00€, extra seeds +1,50€)

Take away box +0,50€, take away box with bag +1,00€



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All prices with VAT included

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## HEALTHY JUICES

— 4,50€

### 1 ENERGY BOOSTER

Carrot\*, Apple\*, Pineapple and Ginger\*.

### 2 SWEET DETOX

Beetroot\*, Cucumber\*, Apple\* and Blueberries\*.

### 3 FEEL GOOD

Celery\*, Pineapple, Cucumber\*, Ginger\*, Apple\*, Mint\*.

### 4 SUPER HYDRATION

Melon Galia, Apple\*, Cucumber\* and Mint\*.

### 5 PINK LEMONADE

Frozen Raspberry, Lemon\* and Apple\*.

### 6 SUNNY VIBES

Pineapple, Pear\*, Orange\* and Ginger\*.

### 7 VITAMINE POWER

Carrot\*, Apple\* and Orange\*.

### 8 SWEET SENSATION

Pineapple, Apple\*, Carrot\* and Baby Spinach\*.

\*Organic

## SPECIALTY COFFEE

- Espresso ————— 1,70€
- Espresso duplo ————— 2,00€
- Americano ————— 2,50€
- Flat White ————— 3,50€
- Latte Machiato ————— 3,50€
- Cappuccino ————— 3,50€
- Iced Americano ————— 2,80€
- Iced Latte Machiato ————— 3,80€
- Iced Cappuccino ————— 3,80€
- Hot Chocolate (Vegan & Organic) ————— 3,00€  
(Extra Oat Milk +0,50€ | extra Shot +0,50€ )

## ORGANIC TEA & INFUSION

- Drain you - (Spa Day by Senasaudáveis) 2,90€
- Bless you - (Infusion Immunity) 2,90€
- Comforta'belly numb - (Infusion Digestive) 2,50€
- Forever Young - (Infusion Antioxidant) 2,50€
- Skinny Love - (Infusion Detox e Antioxidant) 2,50€
- Sweat Dreams - (Infusion Quiet Night) 2,50€
- Pump it ip - (Infusion Stimulating) 2,50€
- Lucia in the Cinnamon with Apples 2,50€
- Ginger Two Lemons 2,50€
- Black Tea, Green, Rooibos, Chamomile 2,00€

## HEALTHY MILKSHAKES

— 5,50€

### 1 WELLNESS FUEL

Coconut Milk, Banana, Greek Yogurt, Pineapple and Honey.

### 2 CREAMY PEANUT

Almond Milk, Peanut Butter, Banana and frozen Strawberries.

### 3 BUZZY BERRY

Coconut Milk, Pineapple, frozen Raspberry, frozen Strawberries and Mango.

### 4 COOL CHILL OUT

Almond milk, Organic Apple, Banana and Organic Homemade Granola.

### 5 THE MILKY WAY

Coconut milk, Bio Vegan Cocoa, Banana and frozen Strawberries.

### 6 PULP FUSION

Almond milk, Banana, Organic Lemon, Mango and Spinach.

### 7 NATURE'S BOUNTY

Coconut milk, frozen red fruits, Banana and Honey.

### 8 CINNAMON DELIGHTS

Coconut milk, Organic Pear, Banana and Cinnamon.

Take Away cup +0,50€

## DRINKS

- Natural Orange\*/Apple\* Juice BIO ————— 4,00€
- Captain Kombucha Org Original ————— 3,80€
- Captain Kombucha Org Ginger and Lemon — 3,80€
- Captain Kombucha Org Raspberry ————— 3,80€
- Captain Kombucha Pineapple ————— 3,80€
- Water Monchique Garrafa 37,5cl ————— 1,80€
- Water Monchique Garrafa 75cl ————— 2,80€
- Sparkling water ————— 1,50€
- Corona ————— 4,00€
- Why Not Peach + Ginger ————— 3,50€
- Why Not Rasperry + Thyme ————— 3,50€
- Why Not Lemon Mate ————— 3,50€
- Why Not Cola Natural ————— 3,50€
- Mania N125 ————— 4,50€
- Mania Vegan Cannibal ————— 4,50€
- Mania Sunstorm Ginger ————— 4,50€
- Mania Atompils ————— 4,50€
- Mania Portuguese Man o War ————— 4,50€
- Mania Black Hole Sun ————— 4,50€
- Mania Space Monster Yoga King ————— 4,50€
- Mania Pink Punk Party ————— 4,50€
- Kona Big Wave ————— 5,00€
- Kona Hanalei ————— 5,00€
- Fritz Kola ————— 3,00€
- Fritz Kola No Sugar ————— 3,00€

Take Away cup +0,50€



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