Poké Your Style

BIO **BIOLÓGICO** | *ORGANIC*
VEGAN **REGIONAL** | *LOCAL*
GLUTEN-FREE **PICANTE** | *SPICY*

1 ESCOLHE O TAMANHO DO BOWL
CHOOSE BOWL SIZE

KIDS
10,90€

REGULAR
13,90€

LARGE
17,90€

2 ESCOLHE UMA BASE
CHOOSE A BASE

- Arroz Sushi | *Sushi Rice*
- Arroz Integral | *Brown Rice*
- Salada (Alface, Rúcula e Espinafre)
  Salad (Lettuce, Rocket and Spinach)
- Mix (Salada e Arroz Sushi ou Arroz integral)
  (Salad and Sushi Rice or Brown Rice)

3 ESCOLHE UMA PROTEÍNA
CHOOSE A PROTEIN

- Atum | *Tuna Fish* (+ 1,00€)
- Salmão | *Salmon* (+ 1,00€)
- Camarão | *Shrimp* (+ 1,00€)
- Tofu | *Tofu*
- Caju | *Cashew*

(Tofu e Caju extra +2.50€. Camarão, Atum e Salmão +3,50€)
(Extra Tofu and Cashew +2.50€. Shrimp, Tuna and Salmon +3,50€)

4 ADICIONA UM MOLHO
ADD A SAUCE

- Molho de Manga | *Mango Sauce*
- Ponzu
- Pimenta Doce | *Sweet Chilli*
- Soja | *Soy*
- Soja sem Gluten | *Gluten-Free Soy*
- Amendoim | *Peanut*
- Vinagrete | *Vinaigrette*
- Vinagrete de Hortelã | *Mint Vinaigrette*
- Sriracha
- Maionese Vegan Wasabi | *Vegan Wasabi Mayo.*
- Maionese Wasabi | *Wasabi Mayo.*
- Maionese Spicy | *Spicy Mayo.*
- Maionese Refrescante | *Refresh Mayo.*
- Molho de Iogurte | *Yogurt Sauce*
- Soja e Mel | *Soy and Honey*

(Molho extra +1,00€ / *Extra sauce +1,00€*)

5 ESCOLHE OS INGREDIENTES:
CHOOSE THE INGREDIENTS:

KIDS (Escolhe|*choose* **2**)

REGULAR (Escolhe|*choose* **3**)

LARGE (Escolhe|*choose* **5**)

- Abacate | *Avocado* BIO
- Alface | *Lettuce* BIO
- Algas | *Seaweed* BIO
- Ananás | *Pineapple*
- Cebola Roxa | *Purple Onion*
- Cenoura | *Carrot* BIO
- Couve Roxa | *Red Cabbage* BIO
- Edamame | *Edamame* BIO
- Espinafre Bebé | *Baby Spinach* BIO
- Maçã | *Apple*
- Manga | Mango
- Pepino | *Cucumber* BIO
- Pêra | *Pear* BIO
- Rabanete | *Radish* BIO
- Rúcula | *Rocket* BIO
- Tomate Cereja | *Cherry Tomato*

(Ingrediente extra +1,00€)
(Extra ingredient +1,00€)

6 ESCOLHE UM TOPPING
CHOOSE A TOPPING

- Cebola Frita| *Fried Onion*
- Chia| *Chia* BIO
- Sésamo Preto| *Black Sesame* BIO
- Sésamo Branco| *White Sesame* BIO
- Sésamo Mix| *Mix Sesame* BIO



Take away box +0,50€
Take away box com saco | *with bag* +1,00€

Fazemos os Bowls Gluten-Free a pedido do Cliente
By request we can make our Bowls Gluten-Free

- Não temos serviço de mesa | *We do not have table service* - Pré-pagamento | *Prepayment* - Todos os preços incluem IVA | *All prices with VAT included*

Signature Bowls

BIO **BIOLÓGICO** | *ORGANIC*
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1 VEGGIE WIPEOUT — 15,90€

Tofu, Arroz Integral, Pepino, Couve Roxa, Algas, Cenoura, Edamame, Molho Maionese Wasabi e Mix Sésamo.

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

2 HANG TEN — 15,90€

Tofu, Arroz Sushi, Ananás, Abacate, Espinafre, Pepino, Cenoura, Molho Ponzu e Cebola frita.

Tofu, Sushi Rice, Pineapple, Avocado, Spinach, Cucumber, Carrot , Ponzu Sauce and Fried Onion.

3 VEGAN THRUSTER — 15,90€

Caju, Mix Arroz Sushi e Salada, Abacate, Maçã, Edamame, Couve Roxa, Tomate Cherry, Molho de Amendoim e Mix Sésamo.

Cashew, Mixed Sushi Rice and Salad, Avocado, Apple, Edamame, Red Cabbage, Cherry Tomato, Peanut Sauce and Sesame Mix.

4 TWIN FIN TUNA — 16,90€

Atum, Arroz Sushi, Manga, Abacate, Cebola Roxa, Pepino, Cenoura, Molho Amendoim e Mix Sésamo.

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

5 SPICY BARREL — 16,90€

Atum, Arroz Sushi, Edamame, Abacate, Cebola Roxa, Tomate Cherry, Cenoura, Molho Spicy Mayo e Mix Sésamo .

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

6 SINGLE FIN SALMON — 16,90€

Salmão, Arroz Integral, Manga, Abacate, Couve Roxa, Pepino, Espinafre Bebé, Molho Ponzu e Cebola frita.

Salmon, Brown Rice, Mango, Avocado,Red Cabbage, Cucumber, Baby Spinach,Ponzu Sauce and Fried Onion.

7 PICO DO MOLHE — 16,90€

Salmão, Arroz Sushi, Algas, Manga,Abacate, Rabanetes, Edamame, Molho Maionese Wasabi e Mix Sésamo.

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

8 THE PERFECT TUBE — 16,90€

Salmão, Arroz de Sushi, Abacate, Cebola Roxa, Espinafres, Manga, Pepino, Molho de Manga e Mix Sésamo.

Salmon, Sushi Rice, Avocado, Red Onion, Spinach, Mango, Cucumber, Mango Sauce and Sesame Mix..

9 LOCALS ONLY — 16,90€

Camarão, Arroz Sushi, Edamame, Tomate Cherry, Manga, Cebola Roxa, Abacate, Molho Doce Chilli e Mix Sésamo.

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

10 SUPERTUBOS — 16,90€

Camarão, Arroz Sushi, Edamame, Tomate Cherry, Ananás, Couve Roxa, Cebola roxa, Molho Spicy Mayo e Mix Sésamo.

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

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Take away box com saco | *with bag* +1,00€

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Curiosidade: Os nomes atribuidos aos nossos Bowls são nomes e terminologias do surf.
Fun Fact: The names given to our Bowls are surfing names and terminologies.

FRESH, HEALTHY, TASTY BOWLS.
ROCHA Poké

ROCHAPOKE
@ROCHAPOKE

- Não temos serviço de mesa | *We do not have table service*
- Pré-pagamento | *Prepayment*
- Todos os preços incluem iva | *All prices with VAT included*

Sweet Bowls

BIO **BIOLÓGICO** | *ORGANIC*

GLUTEN-FREE

VEGAN

REGIONAL | *LOCAL*

1 ESCOLHE UMA BASE | *CHOOSE A BASE*

1- **Açai Bio** | *Organic Açai 100% Natural (Sugar free & No ice cream)*

2- **Iogurte Natural Grego** | *Greek Natural Yogurt*

2 ESCOLHE 4 COBERTURAS | *CHOOSE 4 TOPPINGS*

- Ananás | *Pineapple*
- Amêndoas | *Almonds* BIO
- Bagas de Goji | *Goji Berries* BIO
- Banana
- Caju | *Cashew* BIO
- Coco Laminado | *Laminated Coconut* BIO
- Granola Caseira | *Homemade Granola* BIO
- Granola Caseira c/ chocolate | *Homemade Granola w/ Chocolate* BIO
- Maçã | *Apple* BIO
- Manga | *Mango*
- Manteiga de Amendoim | *Peanut Butter*
- Mel Artesanal | *Homemade Honey* BIO
- Mirtilo | *Blueberries*
- Morangos do Algarve (Sazonal) | *Strawberries from Algarve (Seasonal)*
- Pêra | *Pear* BIO
- Sementes de Linhaça | *Flax seeds*
- Sementes de Chia | *Chia Seeds* BIO
- Sementes de Sésamo Branco | *White Sesame Seeds* BIO
- Sementes de Sésamo Preto | *Black Sesame Seeds* BIO
- Xarope de Tâmara | *Date Syrup* BIO

1- **Organic Açaí** 12,00€

2- **Iogurte** | *Yogurt* 9,00€



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Smoothie Bowls

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1 CHOCOLATE PEANUT BOWL — 9,90€

Leite de Amêndoa, Cacau vegan, Banana congelada,
Manteiga de Amendoim, Granola caseira, Banana e Sementes de Chia .

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

2 BERRYLICIOUS BANANA BOWL — 9,90€

Leite de Coco, Banana e Morangos congelados,
Abacate , Granola caseira , Banana e Coco Laminado.

Coconut Milk, Frozen Banana and Strawberries,
Avocado, Homemade Granola, Banana and Laminated Coconut.

3 TROPICAL PEANUT BLISS — 9,90€

Leite de Coco, Banana congelada, Manteiga de Amendoim, Ananás,
Coco Laminado e Granola de Chocolate.

Coconut Milk, Frozen Banana, Peanut Butter, Pineapple,
Laminated Coconut and Chocolate Granola.

4 GOLDEN PINEAPPLE MANGO BOWL — 9,90€

Leite de Amêndoa, Banana congelada, Ananás congelado,
Manga, Coco Laminado, Sementes de Chia, Bagas de Goji.

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

5 CARROT PINEAPPLE TEMPTATION — 9,90€

Leite de Amêndoa, Cenoura, Ananás, Manga,
Xarope Ácer, Granola e Chia.

Almond Milk, Carrot, Pineapple, Mango,
Maple Syrup, Granola and Chia.

6 BERRY BREEZE BOWL — 9,90€

Leite de Coco, Mirtilo, Banana e Morangos congelado,
Granola caseira, Banana e Sementes de Linhaça.

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

Take away box +0,50€
Take away box com saco | *with bag* +1,00€



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Drinks

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GLUTEN-FREE

SUMOS SAUDÁVEIS | *HEALTHY JUICES* — 5,00€

01 ENERGY BOOSTER
Cenoura, Maçã, Ananás e Gengibre. | *Carrot, Apple, Pineapple and Ginger.*

02 SWEET DETOX
Beterraba, Pepino e Maçã. | *Beetroot, Cucumber and Apple.*

03 FEEL GOOD
Aipo, Ananás, Pepino, Gengibre, Maçã Bio e Hortelã. | *Celery, Pineapple, Cucumber, Ginger, Apple, Mint.*

04 SUPER HYDRATION
Meloa Gália, Maçã, Pepino e Hortelã. | *Gália Melon, Apple, Cucumber and Mint.*

05 PINK LEMONADE
Framboesa congelada, Limão e Maçã. | *Frozen Raspberry, Lemon and Apple.*

06 SUNNY VIBES
Ananás, Pêra, Laranja e Gengibre. | *Pineapple, Pear, Orange and Ginger.*

07 VITAMINE POWER
Cenoura, Laranja e Maçã. | *Carrot, Apple and Orange.*

08 SWEET SENSATION
Ananás, Maçã, Cenoura e Espinafre. | *Pineapple, Apple, Carrot and Baby Spinach.*

09 GREEN LEMONADE
Limão, Maçã, Aipo, Pepino e Gengibre. | *Lemon, Apple, Celery, Cucumber and Ginger.*

10 REFRESHING BEET LEMONADE
Limão, Betteraba, Maçã e Gengibre. | *Lemon, Beetroot, Apple and Ginger.*

11 FRESH START DETOX
Maçã, Cenoura e Beterraba. | *Apple, Carrot and Beetroot.*

12 IMMUNE POWER
Pêra, Maçã, Cenoura, Gengibre e Curcuma. | *Pear, Apple, Carrot, Ginger and Turmeric.*



BATIDOS SAUDÁVEIS | *HEALTHY MILKSHAKES* — 6,00€

01 WELLNESS FUEL
Leite de coco, Banana, Iogurte Grego, Ananás e Mel. | *Coconut Milk, Banana, Greek Yogurt, Pineapple and Honey.*

02 CREAMY PEANUT
Leite de amêndoa, Manteiga de Amendoim, Banana e Morangos congelados. | *Almond Milk, Peanut Butter, Banana and frozen Strawberries.*

03 BUZZY BERRY
Leite de coco, Ananás, Framboesa congelada, Morangos congelados e Manga. | *Coconut Milk, Pineapple, frozen Raspberry, frozen Strawberries and Mango.*

04 VELVET AÇAÍ
Leite de coco, Açai e Banana. | *Coconut milk, Açai and Banana.*

05 THE MILKY WAY
Leite de coco, Cacau, Banana e Morangos congelados. | *Coconut milk, Cocoa, Banana and frozen Strawberries.*

06 TROPICAL MANGO DREAM
Leite de Amêndoa, Manga, Banana e Laranja. | *Almond Milk, Mango, Banana and Orange.*

07 PEANUT COLADA
Leite de coco, Manteiga de Amendoim, Ananás, Banana e Sementes de chia. | *Coconut milk, Peanut Butter, Pineapple, Banana and Chia seeds.*

Copo Take Away +0,40€ | *Take Away cup +0,40€*

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take a break

enjoy life and coffee

- EXPRESSO-BICA-CAFÉ -
single shot



- PINGADO -
single shot + foam



- CORTADO -
double shot + foam



- DOUBLE EXPRESSO -
double shot



- CAPPUCCINO -
single shot + foam



- FLAT WHITE -
double shot + foam



- ICED CAPPUCCINO -
double shot + milk + ice



- ABATANADO - AMERICANO -
double shot + water



- ICED AMERICANO -
double shot + water + ice



- ICED LATTE -
single shot + milk + ice (No Sugar)



-HOT CHOCOLATE -
(Organic Vegan)



-LATTE -
single shot + foam



milk first

-GALÃO -
single shot + foam



shot first

- MATCHA LATTE -
(Organic Japanese Green Tea) + foam



- CHAI LATTE -
(Organic Chai Tea) + foam



- DIRTY CHAI -
single shot + foam + (Organic Chai Tea)



- ORGANIC TEA -



Coffee & tea

O café de especialidade refere-se aos grãos de café de alta qualidade que são cultivados em condições específicas, muitas vezes em microclimas, para que desenvolvam o sabor perfeito. Estes grãos são normalmente classificados e provenientes de origens únicas, apresentando perfis de sabor únicos e distintos. O café de especialidade envolve métodos meticulosos de cultivo, colheita e processamento, com o objetivo de proporcionar uma experiência de café superior. Além disso, enfatiza a transparência na cadeia de fornecimento, ao promover práticas de comércio justo e sustentabilidade.
Saboreie a nossa seleção distinta de cafés, onde cada chávena é uma celebração da qualidade, origem e procura da perfeição do café.

Specialty coffee refers to high-quality coffee beans that are grown under specific conditions, often in microclimates suited for optimal flavor development. These beans are typically graded and sourced from single origins, showcasing unique and distinct flavor profiles. Specialty coffee involves meticulous farming, harvesting, and processing methods, aiming to deliver a superior coffee experience. Additionally, it emphasizes transparency in the supply chain, promoting fair trade practices and sustainability.
Embrace the distinction of our carefully curated selection, where each pour is a celebration of quality, origin, and the pursuit of coffee perfection.

CAFÉ DE ESPECIALIDADE | *SPECIALTY COFFEE*

- **Expresso** *(single shot)* — 1,70€
- **Expresso duplo** *(double shot)* — 2,00€
- **Abatanado - Americano** *(double shot + water)* — 2,50€
- **Pingado** *(single shot + foam)* — 2,00€
- **Cortado** *(double shot + foam)* — 2,30€
- **Galão** *(single shot + foam)* — 3,50€
- **Flat White** *(double shot + foam)* — 3,50€
- **Latte Machiato** *(single shot + foam)* — 3,50€
- **Cappuccino** *(single shot + foam)* — 3,50€
- **Iced Americano** *(double shot + water + ice)* — 2,80€
- **Iced Latte Machiato** *(single shot + milk + ice -No Sugar)* — 3,80€
- **Iced Cappuccino** *(double shot + milk + ice)* — 3,80€
- **Chocolate quente** (Vegan & Bio) | ***Hot Chocolate*** *(Vegan & Organic)* — 3,50€

Extra Leite de aveia | *Extra Oat Milk* +0,50€ | Extra Shot +0,50€

Sabores para Café (Baunilha, Chocolate, Caramel, Canela, Avelã e Amaretto)
Coffee Flavors *(Vanilla, Chocolate, Caramel, Cinnamon, Hazelnut and Amaretto)* — 0,50€

CHÁS & INFUSÔES BIOLÓGICO | *ORGANIC TEA & INFUSION*

- Matcha Latte — 5,50€
- Chai Latte — 4,00€
- Dirty Chai Latte — 5,50€
- Drain you - (Dia de Spa by Senasaudáveis) | *(Spa Day by Senasaudáveis)* — 3,00€
- Bless you - (Tisana Imunidade) | *(Immunity Infusion)* — 3,00€
- Comforta'belly numb - (Tisana Digestiva) | *(Digestive Infusion)* — 3,00€
- Forever Young - (Tisana Antioxidante) | *(Antioxidant Infusion)* — 3,00€
- Skinny Love - (Tisana detox e Antioxidante) | *(Detox & Antioxidant Infusion)* — 3,00€
- Sweat Dreams - (Tisana Noite Tranquila) | *(Quiet Night Infusion)* — 3,00€
- Pump it ip - (Tisana Estimulante) | *(Stimulating Infusion)* — 3,00€
- Lucia in the Cinnamon with Apples — 3,00€
- Ginger Two Lemons — 3,00€
- Chá Preto | *Black Tea* — 2,30€
- Orange After Mint — 3,00€

Copo Take Away +0,40€ | *Take Away cup +0,40€*

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Drinks

BEBIDAS | *DRINKS*

- Sumo de Laranja Natural Bio — 4,50€
  Natural Org Orange Juice
- Captain Kombucha Bio Original — 3,80€
  Captain Kombucha Org Original
- Captain Kombucha Bio Gengibre e Limão — 3,80€
  Captain Kombucha Org Ginger and Lemon
- Captain Kombucha Bio Framboesa — 3,80€
  Captain Kombucha Org Raspberry
- Captain Kombucha Bio Ananás — 3,80€
  Captain Kombucha Pineapple
- Água Monchique Garrafa 37,5cl — 2,00€
  Water Monchique Bootle 37,5cl
- Água Monchique Garrafa 75cl — 3,50€
  Water Monchique Bootle 75cl
- Água das Pedras — 2,00€
  Sparkling water
- Corona — 4,00€
- Why Not Peach + Ginger Bio — 3,50€
- Why Not Rasperry + Thyme Bio — 3,50€
- Why Not Lemon Mate Bio — 3,50€
- Why Not Cola Natural Bio — 3,50€
- Why Not Pomegranate & Cucumber Bio — 3,50€
- Mania N125 — 4,50€
- Mania Vegan Cannibal — 4,50€
- Mania Atompils — 4,50€
- Mania Portuguese Man o War — 4,50€
- Fritz Kola — 3,50€
- Fritz Kola No Sugar — 3,50€
- Fritz Spritz Organic Apple — 3,80€

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