

## market plates

### ESCOLHE UMA PROTEÍNA - 7,90€

Acompanhada por salada Za'atar de 4 folhas, rabanete, vinagrete de mostarda, amêndoas, za'atar (contém sésamo) e hortelã + Pão de massa mãe orgânica com 4 sementes.

\*Pode substituir-se o pão por salada dupla.

#### Frango Grelhado com Chipotle SG

Peito de frango do campo marinado com chipotle, grelhado em carvão vegetal no forno Josper.

#### Vitela de Pesto Grelhada \*novo SG

Vitela de pesto, grelhada em carvão vegetal no forno Josper com molho chimichurri.

#### Tataki de Atum Bonito SG

Tataki de atum Bonito com molho ponzu e sésamo.

#### Falafel com Molho Tahini SG PB

Grão de bico, alho francês, pimentos, cominhos e ervas, com molho tahini.

#### Crispy Miso Tofu \*novo SG PB

Tofu panado com sésamo, cebolo primaveril, malagueta e molho miso sweet soy. \*Picante

#### Honest Salmon\* SG

Grelhado em carvão vegetal no forno Josper glaceado com Nori.

## ETAPA 1

## garden bowls

### ESCOLHE UMA SALADA - 7,90€

Não inclui pão.

#### Summer Burrata \*novo SG VE

Burrata, gazpacho de cereja, melancia, espinafre, rúcula, kale, tomate cherry, nozes caramelizadas, ameixa assada, azeitonas kalamata e pesto.

#### Avocado Supergreen SG PB

Rúcula, espinafres, abacate, cogumelos Portobello salteados, beterraba, tomate cherry, pepino, sementes de papoila, alface, rebentos de soja e vinagrete balsâmico.

#### Heavenly Hummus \*novo SG PB

3 tipos de hummus: beterraba, sésamo preto e clássico com uma base de kale, lentilhas, hortelã, abóbora, tomates cherry assados, cogumelos, pickle couve roxa, pepino, pimento vermelho assado, azeitonas kalamata, feijão branco, Za'atar e romã.

#### Ginger Queijo de Cabra Crunch SG VE

Bola de queijo de cabra e beterraba, batata-doce, pétalas de cebola roxa assada, feijão verde, pera, nozes caramelizadas crocantes, arandos semi-secos, rúcula e espinafres, com vinagrete de gengibre e mel.

#### Latin Lover SG PB

Arroz integral, feijão preto e grão quente, kale, couve roxa, pickle cebola roxa, pimentos, milho, pickle jalapeños caseiros e pico de gallo. Molho plant-based sour cream e jalapeño assado. \*Picante

#### Honest Poke Experiencia com Spicy Salmon! SG PB

Abacate, cenoura, pickles caseiros de cebola e jalapeños, Abacate, cenoura, pickles caseiros de cebola e jalapeños, abacaxi grelhado em carvão vegetal no forno Josper, cebola crocante sem glúten, wakame, pepino, edamame, beterraba, maçã, coentros, gengibre, furikake, com molho de sésamo e tamarindo picante. \*Picante

Podes escolher: Base de arroz integral negro/Base de quinoa tricolor + 1€

## ETAPA 2

### ADICIONA UM MOLHO

Plant-Based e Homemade 0,95 €/un

#### Healthy Alioli SG PB

#### Beet Ketchup SG PB

#### Chipotle Mayo (Spicy) SG PB

#### Almond Romesco SG PB

### ADICIONA UMA PROTEÍNA

80g + 3€ / 150g + 4,5€

#### Frango Grelhado SG

#### Vitela Grelhada SG

#### Falafel com Molho Tahini SG PB

#### Crispy Miso Tofu SG PB

80g + 3,5€ / 150g\* + 5,5€

#### Spicy Salmon novo SG

#### Tataki de atum Bonito SG

#### Honest Salmon SG

\* Disponível em 130gr

#### Coxa de frango assada com limão novo SG

\* Disponível em 130gr

## ETAPA 3

### ADICIONA GUARNIÇÕES PLANT-BASED AOS TEUS PRATOS - 2,5€/UNIDADE

#### Legumes da Época \*novo SG PB

Legumes da época assados no forno Josper, com molho pesto de limão e ervas.

#### Melancia assada com Mascarpone \*novo SG PB

Melancia assada com mascarpone plant-based, molho balsâmico e nozes caramelizadas.

#### Hummus da Semana SG PB

Especialidade da casa. Pergunta à nossa equipa o sabor da semana.

#### Batatas Chimichurri SG PB

Batatas amarelas e roxas com alioli cremoso de aneto.

#### Grilled Avocado com Pico de Gallo SG PB + 0,5€

Abacate grelhado, com molho de pimenta verde, pico de gallo, tofu e lima.

#### Crunchy Thai Salada de Verão \*novo SG PB

Cenoura, rebentos de soja, couve roxa, gengibre, couve coração de boi, cebolo primeveril, coentros, hortelã, manjericão, alface romana, lima, cajus, sésamo preto e branco. Molho de sésamo thai.

#### Forbidden Rice SG PB

Arroz negro integral e orgânico salteado com ervas, sementes de girassol, coentros, passas, couve roxa e amêndoas.

#### Batata-doce assada, Milho Doce e "Bacon" \*novo SG PB + 0,5€

Assada em carvão vegetal no forno Josper com dois tipos de milho, coentros, aji, quinoa, coco "bacon plant-based" e "sour cream plant-based".

**SG** Sem Glúten    **PB** Plant-Based    **VE** Vegetariano

\* Para informações sobre alergias ou intolerâncias solicite-as a um dos nossos colaboradores.

# para partilhar

## Beringela assada em carvão vegetal com Hummus \*novo . 5,50€

Beringela, hummus clássico, azeite de harissa, tahini, romã, amêndoas, aneto e za'atar. SG PB

## "Chupa chups" de Milho Doce na Brasa \*novo ..... 4,50€

Batata-doce cortada à mão com Beet Ketchup, Healthy Alioli, coentros. SG PB

## Hummus to Share ..... 4,50€

Porção de hummus com acompanhamento à escolha:

Pão de massa mãe torrado, orgânico e com 4 tipos de sementes. PB

Crudités de cenoura e pepino com Sumak. SG PB

## Ben's Sweet Potato Fries ..... 4,50€

Batata-doce cortada à mão com Beet Ketchup, Healthy Alioli, coentros. SG PB

## Pão de Massa Mãe Torrado ..... 1,50€

Orgânico e com 4 tipos de sementes. PB

## Pão de Massa Mãe Inteiro ..... 7€

Orgânico e com 4 tipos de sementes. PB

Varia entre 1kg e 1,2kg.

Disponível apenas para takeaway.

# sweet corner

Todas as nossas sobremesas contêm frutos secos.  
Plant-Based, sem açúcares refinados e sem glúten.

3,90€ / unidade

## Cauliflower Mocha Brownie

Couve-flor, caramelo salgado e tahini. SG PB

## Duo de Chocolate

Tarte de chocolate preto e branco, frutos silvestres e banana. SG PB

## Matcha Love Cheesecake

Tarte de chá Matcha, maracujá e malagueta. SG PB

## Tarte Afrodisíaca

Tarte de banana, gengibre, chocolate e frutos silvestres. SG PB

# healthy snacks

## by honest greens

Plant-Based, sem açúcares refinados e sem glúten.

## Chocolate Cookie ..... 3,50€

Guilt-free com sal Maldon. SG PB

## Cupcake Vanilla-Caramel Cream ..... 3,50€

Com recheio de "red velvet", creme de cacau e avelãs caramelizadas. SG PB

## Cupcake Honest "Red Velvet" ..... 3,50€

Cupcake de chocolate, creme de beterraba e recheio de tofu e baunilha. SG PB

## Chia-Açaí Detox ..... 3,90€

Chia, leite de coco e amêndoas, frutos silvestres, açaí, amêndoas laminadas, coco e fruta fresca. SG PB

## Almond Protein Balls ..... 1,50€

Tâmaras, amêndoas, coco desidratado, sementes de chia e quinoa tricolor. SG PB

SG Sem Glúten PB Plant-Based VE Vegetariano

\* Para informações sobre alergias ou intolerâncias solicite-as a um dos nossos colaboradores.

## H2O bar

### REFILL GRÁTIS

Bebe mais água! A nossa água é 100% pura, graças à tecnologia de osmose inversa.

<b>Águas com infusões de Frutas, Ervas Frescas e Agave</b>	<b>2,50€</b>
Naturais e homemade. Sem açúcares refinados, baixas em calorias e sabores da época.	
<b>Água 100% purificada sem Gás / com Gás</b>	<b>2,50€</b>

## honest kombucha

### GENGIBRE - LIMÃO FRUTOS VERMELHOS

(250ml) **3,50€**

## cold press juice

Sumo prensado a frio. Mantém todos os minerais e vitaminas da matéria-prima. Cada garrafa contém cerca de 1 quilo de frutas e legumes frescos. 330 ml.

<b>Focus</b>	<b>3,90€</b>
Beterraba, maçã, limão, pimento vermelho.	
<b>Happiness</b>	<b>3,90€</b>
Maçã, gengibre, limão e curcuma.	
<b>Glow</b>	<b>3,90€</b>
Cenoura, maçã, gengibre e limão.	
<b>Power</b>	<b>3,90€</b>
Pepino, maçã, gengibre, limão, beterraba e cenoura.	
<b>Relaxation</b>	<b>3,90€</b>
Abacate, maçã, espinafres, pepino, ananás, lima, limão, spirulina e erva de trigo.	
<b>Detox</b>	<b>3,90€</b>
Aipo, espinafres, maçã, pepino, gengibre, lima e limão.	

## brew bar

### HOT

<b>V60</b>	<b>3,50€</b>
<b>Aeropress</b>	<b>3,50€</b>

### COLD

<b>Cold Brew</b>	<b>3€</b>
Café de extração a frio, macerado 16h.	
<b>Cold Brew Oat Latte</b>	<b>3,50€</b>
<b>Tea Cold Brew</b>	<b>3€</b>

Chá de casca de café e papaia desidratada, macerado a frio 24h.

## cerveja

**Cerveja Artesanal Musa Blondie - Blonde Ale**  
Copo 250ml **2,70€** / Garrafa 330ml **3,50€**

**Cerveja Artesanal Musa Frank APA – American Pale Ale**  
Copo 250ml **2,95€** / Garrafa 330ml **4€**

**Cerveja Sem Gluten Daura**  
Garrafa 330ml **3,5€**

## vinhos

### TINTO

**Tyto Alba Tinto**  
(vinhas protegidas)  
Copo **4€** / Garrafa **19€**

**Hummus Tinto**  
(natural sem sulfitos adicionados)  
Copo **6€** / Garrafa **29€**

### ROSÉ

**Tyto Alba Rosé**  
(vinhas protegidas)  
Copo **3,5€** / Garrafa **17€**

### BRANCOS

**Tyto Alba Branco**  
(vinhas protegidas)  
Copo **3,5€** / Garrafa **17€**

**Capucha Clima Branco**  
(biológico)  
Copo **5,5€** / Garrafa **27€**

## expresso bar

### HOT

<b>Expresso/Duplo</b>	<b>1/1,30 €</b>
<b>Macchiato S/L</b>	<b>1,10/1,30 €</b>
<b>Cappuccino S/L</b>	<b>2,50/3€</b>
<b>Latte S/L</b>	<b>2,50/3€</b>
<b>Americano</b>	<b>1,80 €</b>
<b>Flat White</b>	<b>2,75€</b>
<b>Mocha S/L</b>	<b>2,75/3,25€</b>
<b>Dirty Chai S/L</b>	<b>3/3,50€</b>
<b>Choco Latte S/L</b>	<b>2,50/3€</b>
<b>Extra Shot</b>	<b>0,25€</b>

### COLD

<b>Iced Latte</b>	<b>3€</b>
Café com leite e gelo.	
<b>Coco Latte</b>	<b>3,50€</b>
Doble expresso, leite de coco e canela.	
<b>Iced Matcha Latte</b>	<b>3,50€</b>
Chá verde tradicional japonês servido com leite e gelo.	
<b>Iced Chai Latte</b>	<b>3,50€</b>
Chá preto de especiarias indianas servido com leite e gelo.	

### INFUSÕES E CHÁS

<b>Matcha Latte S/L</b>	<b>2,75/3,25€</b>
Chá verde tradicional japonês servido com leite.	
<b>Chai Latte S/L</b>	<b>2,75/3,25€</b>
Chá preto de especiarias indianas servido com leite.	
<b>Infusões Biológicas</b>	<b>2,25€</b>
Chá verde, hortelã, camomila e lavanda, rooibos mediterrânicos, chá branco, chá vermelho, chá Earl Grey, gengibre e limão e fruit love.	

**LEITES:** Gordo orgânico ou semidesnatado sem lactose.

**BEBIDAS VEGETAIS:** Soja, aveia e amêndoas

**ENG**

ENGLISH · LANGUAGE

## market plates

### CHOOSE A PROTEIN - 7,90€

Served with 4 leaf side za'atar salad (contains sesame), almond, baby radish and a mustard vinaigrette + 4-seed sourdough bread.

\*Option to substitute bread for double salad.

**Chipotle Chicken, charcoal grilled GF**

Free-range chicken breast meat, Josper charcoal-grilled, chipotle marinated.

**Steak, Charcoal Grilled with Chimichurri \*new GF**

Local pasture-raised beef, marinated with fresh herbs, Josper grilled, served medium-rare.

**Tuna Tataki**

Wild & sustainable white tuna served with Ponzu sauce and sesame.

**Home-Made Falafel with Tahini Sauce GF PB**

A mixture of chickpeas, leeks, pepper, cumin, herbs and Tahini sauce. Elaborated with olive pomace oil.

**Crispy Miso Tofu \*new GF PB**

Glazed with miso, served with green onion, herbs, red pepper and sweet soy. \*Spicy

**Honest Salmon GF**

Josper charcoal-grilled, nori glaze.

**ADD A SPECIAL TOUCH WITH OUR PLANT-BASED SAUCES!**

**ADD A SAUCE**

Plant-Based and Homemade 0,95 €/un

**Healthy Alioli GF PB****Beet Ketchup GF PB****Chipotle Mayo (Spicy) GF PB****Almond Romesco GF PB****STEP 1**

## garden bowls

### CHOOSE A SALAD - 7,90€

Bread not included.

**Summer Burrata \*new GF VE**

Burrata cheese, cherry balsamic gazpacho, watermelon, spinach, arugula, cherry tomato, caramelized walnuts, roasted plum, kalamata olives and pesto.

**Avocado Supergreen GF PB**

Arugula, spinach, avocado, sautéed organic portobello mushrooms, beetroot, cherry tomato, cucumber, poppy seeds, alfalfa & soy sprouts. Balsamic dressing.

**Heavenly Hummus \*new GF PB**

Three kinds of hummus: beet, classic and black sesame on a base of kale, lentils, mint, pumpkin, grilled cherry tomatoes, mushrooms, cucumber, lombard, red pepper, white beans, kalamata olives, pomegranate and za'atar.

**Ginger Queijo de Cabra Crunch \*new GF VE**

Goat cheese beet ball, sweet potato, roasted red onion, green beans, pear, crunchy caramelized walnuts, cranberries, arugula, and spinach. Ginger-honey vinaigrette.

**Latin Lover GF PB**

Wholegrain rice, warm beans, Kale, cabbage, corn, onions, homemade pickled jalapeños, avocado, bell pepper, and pico de gallo. Plant-based Sour Cream and blackened jalapeño dressing. \*Spicy

**Honest Poke Try it with Spicy Salmon! GF PB**

Avocado, carrot, onion and homemade pickled jalapeños, grilled pineapple, gluten free crunchy onion, wakame, cucumber, edamame, beetroot, apple, coriander, ginger, furikake. Sesame sauce and Spicy Tamarindo. \*Spicy

Base to choose: Black and brown rice / Tricolor quinoa + 1€

**STEP 2****ADD AN EXTRA PROTEIN**

80g + 3€ / 150g + 4,5€

**Chipotle Chicken GF****Charcoal-Grilled Steak GF****Home-Made Falafel GF PB****Crispy Miso Tofu GF PB  
new**

80g + 3,5€ / \*150g + 5,5€

**Spicy Salmon new GF****Tuna Tataki GF****Honest Salmon GF****Lemon-Herb Chicken Tigh  
new GF**

\*Only Available in 130gr

\*Only Available in 130gr

**STEP 3****ADD PLANT-BASED SIDES TO YOUR PLATES - 2,50€****Seasonal Charcoal-Grilled Vegetables \*new GF PB**

Served with lemon pesto and fresh herbs.

**Grilled Watermelon & Mascarpone \*new GF PB**

With a maple balsamic glaze and caramelized walnuts.

**Hummus of the Week GF PB**

Specialty of the house. Ask our team for the flavor of the week.

**Smashed Potatoes & Dill-Chimichurri GF PB**

With purple and white potatoes as well as plant-based creamy Aioli.

**Grilled Avocado & Pico de Gallo GF PB + 0,5€**

Grilled skin-on with green peppercorn sauce, tofu and lime.

**Avocado, Kale & Summer Squash \*new GF PB**

With corn, pear, pomegranate, hazelnuts. Lemon pesto and plant based crème fraîche.

**Cauliflower-Tahini-Harissa \*new GF PB**

Charcoal grilled, smoked and creamy. \*Spicy

**Crunchy Thai Summer Salad \*new GF PB**

Carrots, soy sprouts, dried cranberries, lombard, ginger, cabbage, green onion, cilantro, basil, grapes, lime, cashew nuts, sesame, sesame Thai dressing.

**Forbidden Rice GF PB**

Wholegrain and organic sautéed ancient black grains, herbs, sunflower seeds, raisins, red cabbage, coriander and almonds.

**Baked Sweet Potato, Summer Corn & "Bacon" \*new GF PB + 0,5€**

Grilled in Josper oven, with plant based sour cream, 2 types of sweet corn, coriander and ground chili, quinoa, plant based coconut bacon and mixed herbs.

**GF** Gluten free

**PB** Plant-based

**VE** Vegetarian

\*Allergy information available at the till.

## to share

**Charcoal-Roasted Aubergine with Hummus \*new .....** 5,50€  
JJosper oven roasted with classic hummus, pomegranate seeds, almond, dill and Za'atar.  

**Sweet Corn "Lollipops", Charcoal Grilled \*new .....** 4,50€  
With plant-based creme fraiche, coriander and harissa.  

**Hummus To Share .....** 4,50€  
Hummus of the week. Choose between:

Portion of toasted 4-seed sourdough bread.  Vegetables sticks with Sumak.  

**Ben's Sweet Potato Fries .....** 4,50€  
Hand cut, served with Beet Ketchup, plant-based Aioli and coriander.  

**Toasted Sourdough Artisan Bread .....** 1,50€  
Organic sourdough artisan bread with 4 seeds. 

**Sourdough Artisan Bread .....** 7€  
Organic sourdough artisan bread with 4 seeds.   
Between 1kg and 1.2kg.  
Only available for takeaway.

## sweet corner

All of our desserts contain nuts.  
Plant based, no refined sugars and gluten free.  
**3,90€ / each**

**Cauliflower Mocha Brownie**  
Salty Tahini caramel.  

**Duo de Chocolate**  
Raw dark and white chocolate cake with forest berries and coco nibs.  

**Matcha Love Cheesecake**  
Matcha tea cheesecake with passion fruit and dehydrated ají.  

**Aphrodisiac Cake**  
Raw banana, ginger and maca cake with chocolate and forest berries.  

## healthy snacks

Plant based, no refined sugars and gluten free.  
**by honest greens**

**Chocolate Chip Cookie .....** 3,50€  
Guilt-free Chocolate chip cookie with Maldon salt.  

**Cupcake Vanilla-Caramel Cream .....** 3,50€  
Vanilla-caramel cupcake, "red velvet" filled with cacao cream and caramelized hazelnut.  

**Cupcake Honest "Red Velvet"** .....

Chocolate cupcake and beetroot cream filled with vanilla-tofu cream.  

**Chia-Açaí Detox .....** 3,90€  
Chia, coconut milk and almonds, berries, açaí, laminated almond, coconut and fresh fruit.  

**Almond Protein Balls .....** 1,50€  
Almonds, dates, dehydrated coconut, chia seeds and tricolor quinoa.  

Gluten free

 Plant-based

 Vegetarian

\*Allergy information available at the till.

# H2O bar

## FREE REFILL

Drink more water! Our water is 100% pure thanks to the Reverse Osmosis technology.

**Infused water with Fruits, Fresh Herbs and Agave ..... 2,50€**

Natural and house-made daily with no refined sugar, low in calories. Flavors may change based on season.

**100% purified water Still / Sparkling ..... 2,50€**

# honest kombucha

## GINGER - LEMON

## RED BERRIES

(250ml) 3,50€

# cold press juice

Cold pressed juice maintains all the minerals and vitamins from the raw materials. Each bottle contains 1 kilo of fresh fruits and vegetables. 330 ml.

**Focus ..... 3,90€**

Lemon, yellow pepper, apple, red pepper and beet.

**Happiness ..... 3,90€**

Turmeric, ginger, lemon and apple.

**Glow ..... 3,90€**

Apple, carrot, lemon and ginger.

**Power ..... 3,90€**

Celery, broccoli, zucchini, lemon, kale, spinach, ginger, apple, cucumber, parsley, beet and carrot.

**Relaxation ..... 3,90€**

Avocado, spinach, apple, lime, lemon, cucumber, pineapple, spirulina and wheat grass.

**Detox ..... 3,90€**

Celery, spinach, ginger, lime, lemon, cucumber and apple.

# brew bar

## HOT

**V60 ..... 3,50€**

**Aeropress ..... 3,50€**

## COLD

**Cold Brew ..... 3€**

Cold extraction coffee, 16h-macerated.

**Cold Brew Oat Latte ..... 3,50€**

**Tea Cold Brew ..... 3€**

Coffee husks and dehydrated papaya tea, cold-macerated for 24h.

# beer

**Handmade beer Musa Blondia - Blode Ale**  
Glass 250ml 2,70€ / Bottle 330ml 3,50€

**Handmade Beer Musa Frank APA - American Pale Ale**  
Glass 250ml 2,95€ / Bottle 330ml 4€

**Gluten Free Daura Beer**  
Bottle 330ml 3,5€

# wines

## RED

**Tyto Alba Tinto**

(protected vineyard)

Glass 4€ / Bottle 19€

**Hummus Tinto**

(natural wine with no added sulphites)

Glass 6€ / Bottle 29€

## ROSÉ

**Tyto Alba Rosé**

(protected vineyard)

Glass 3,50€ / Bottle 17€

## BRANCOS

**Tyto Alba Branco**

Glass 3,5€ / Bottle 17€

**Capucha Clima Branco**

(Organic)

Glass 5,5€ / Bottle 27€

# expresso bar

## HOT

**Expresso/Doble ..... 1/1,30€**

**Macchiato S/L ..... 1,10/1,30€**

**Cappuccino S/L ..... 2,50/3€**

**Latte S/L ..... 2,50/3€**

**Americano ..... 1,80€**

**Flat White ..... 2,75€**

**Mocha S/L ..... 2,75/3,25€**

**Dirty Chai S/L ..... 3/3,50€**

**Choco Latte S/L ..... 2,50/3€**

**Extra Shot ..... 0,25€**

## COLD

**Iced Latte ..... 3€**  
Iced coffee with milk.

**Coco Latte ..... 3,50€**  
Double espresso, coconut milk and cinnamon.

**Iced Matcha Latte ..... 3,50€**  
Japanese traditional green tea with milk and ice.

**Iced Chai Latte ..... 3,50€**  
Indian spices black tea with milk and ice.

## INFUSIONS AND TEAS

**Matcha Latte S/L ..... 2,75/3,25€**  
Green traditional Japanese tea served with milk.

**Chai Latte S/L ..... 2,75/3,25€**  
Black tea with Indian spices served with milk.

**Ecologic Infusions ..... 2,25€**  
Green tea, mint, chamomile and lavender, Mediterranean rooibos, white tea, red tea, Earl Grey tea, ginger and lemon and fruit tea.

**COW MILKS:** Eco whole milk, semi-skim milk and lactose-free.

**VEGETABLES DRINK:** Soy, oat and almond.

# breakfast menu

## TOSTAS

**Avocado Tahini** ..... 4,90€

Abacate, sal Maldon, rebentos de beterraba, malagueta desidratada, molho tahini e lima

**Honest Pan Tumaca** ..... 3,90€

Tomate cherry, salmorejo, queijo feta plant-based, manjericão, azeite extra virgem, espirulina.

**Hummus da semana** ..... 3,50€

Hummus da semana, azeite extra virgem, paprika

**Pear & Lemon Ricotta** ..... 4,50€

Peras assadas no forno a carvão vegetal Josper, ricota com limão, mel, amêndoas e romã.

## PANQUECAS

**Manteiga de Amêndoa Gluten-free** ..... 5,90€

Panquecas de aveia com espirulina, manteiga de amêndoa torrada, plant-based sour cream e amoras.

## BOWLS

**Açaí bowl** ..... 6,90€

Açaí, banana, frutos vermelhos, sementes de cânhamo e crumble paleo sem açúcar.

\* Sabias que o açúcar é um dos principais ingredientes da maioria das açaí bowls? As do Honest Greens não o têm!

**Protein-power Overnight Oats** ..... 4,90€

Porridge de aveia e quinoa tricolor, leite de coco, fruta da época, amêndoas, quinoa caramelizada e bagas de goji.

**Plant-based yogurt goodness** ..... 4,90€

logurte plant-based artesanal feito a partir de bebida vegetal, flor de rosas, com fruta fresca, granola paleo, amêndoa torrada e molho de frutos silvestres.

**Chia-berry detox pudding** ..... 4,90€

Pudim de chia, com leite de coco, frutos vermelhos, banana, bebida de amêndoa, granola paleo e amêndoa torrada.

## BEBIDAS

Lore ipsum

**Sumo natural de Laranja e Gengibre** ..... 3,50€

**Café de Especialidade** ..... A partir de 1€

**Cold Pressed Juice** ..... A partir de 3,90€

**Adiciona um ovo (biológico) escalfado + 1 €**

**Adiciona queijo Halloumi grelhado + 1,50 €**

**Horário 09:00 - 11:30 Fins de Semana e Feriados**

Sem glúten Plant-based

\*Para informações sobre alergias ou intolerâncias solicite-as a um dos nossos colaboradores.

# breakfast menu

## TOASTS

**Avocado-Tahini** ..... 4,90€

Avocado, sprouts, dehydrated ají chili, tahini sauce & lime.

**Honest Pan Tumaca** ..... 3,90€

Cherry tomatoes, salmorejo (tomato puree), plant-based feta cheese, basil, extra virgin olive oil, spirulina.

**Hummus Of The Week** ..... 3,50€

Weekly hummus, extra virgin olive oil, paprika.

**Pear & Lemon Ricotta** ..... 4,50€

Charcoal roasted pears, lemon ricotta, honey, almonds, pomegranate.

## PANCAKES

**Gluten-free almond-butter** ..... 5,90€

Oat pancakes, spirulina, toasted almond butter, plant-based sour cream, berries.

## BOWLS

**Açaí bowl** ..... 6,90€

Açaí, banana, fresh berries, hemp seeds and house-made paleo crumble, sugarfree.

\*did you know sugar is one of the principal ingredients of most Açaí Bowls? Not in honest greens!

**Protein-power Overnight Oats** ..... 4,90€

Oatmeal and three-color quinoa porridge, coconut milk aged at least 24h, fresh seasonal fruit, almond slivers, goji berries and plant-based protein power.

**Plant-based yogurt goodness** ..... 4,90€

House-made plant-based rose yogurt made from vegetable/nut milk, pro-biotic and rose flowers, served with fresh fruit, paleo granola, almond slivers and a wild berry sauce.

**Chia-berry detox pudding** ..... 4,90€

House made Chía pudding, coconut milk, red fruits, Canary Island bananas, almond milk, paleo granola, toasted almond slivers.

## DRINKS

**Fresh Squeezed Ginger-Orange Juice** ..... 3,50€

**Specialty Coffee** ..... Starting at 1€

**Cold Pressed Juice** ..... Starting at 3,90€

**Add a poached egg (free-range organic) +1€**

**Add Grilled Halloumi cheese +1,50€**

**Serving Time 09:00 - 11:30 Weekends and Holidays**

Gluten-free Plant-based

\*Allergy information available at the till.