

BOWLS

FRESH SALMON 11.90€ FRESH SALMON

salmão fumado, quinoa, ovo escalfado, guacamole, tomate cherry, manga e molho manjeriçã
smoked salmon, quinoa, poached egg, guacamole, cherry tomato, mango and basil sauce



Energy	Protein	Fats	Carbohydrates
Energia	Proteínas	Gorduras	Hidratos de carbono
448 kcal	25,4g	13,2g	39,2g

FRANGO HUMMUS 11.90€ CHICKEN HUMMUS

frango assado, o nosso húmus, cogumelos salteados, grão de bico, salada, pão massa mãe, manjeriçã e azeite trufado
roasted chicken, our hummus, sautéed mushrooms, chickpeas, salad, sourdough bread, basil and truffle oil



Energy	Protein	Fats	Carbohydrates
Energia	Proteínas	Gorduras	Hidratos de carbono
517 kcal	49,3g	22,3g	23,9g

FRESH CAMARÃO 11.90€ FRESH SHRIMP

camarão salteado, arroz aromático, ovo escalfado, guacamole, tomate cherry, manga e molho manjeriçã
sautéed shrimp, aromatic rice, poached egg, guacamole, cherry tomato, mango and basil sauce



Energy	Protein	Fats	Carbohydrates
Energia	Proteínas	Gorduras	Hidratos de carbono
392 kcal	35,5g	10,5g	48,4g

FAÇA A SUA BOWL 11.90€ MAKE YOUR OWN BOWL

ESCOLHA PICK 1 BASE BASE

ARROZ AROMÁTICO AROMATIC RICE
QUINOA QUINOA
MIX DE FOLHAS SALAD
QUINOA E MIX DE FOLHAS QUINOA AND SALAD

1 PROTEÍNA PROTEIN

CAMARÃO SALTEADO SAUTÉED SHRIMP
FRANGO ASSADO ROASTED CHICKEN
OVO ESCALFADO POACHED EGG
SALMÃO FUMADO SMOKED SALMON

4 INGREDIENTES INGREDIENTS

ESPINAFRES / GUACAMOLE
HÚMUS / GRÃO DE BICO / COGUMELOS SALTEADOS / CENOURA / COUVE ROXA
CEBOLA ROXA / CEBOLA CROCANTE
CHIPS DE BATATA DOCE / TOMATE CHERRY
MANGA

SPINACH / GUACAMOLE
HUMMUS / CHICKPEAS / SAUTÉED MUSHROOMS / CARROT / RED CABBAGE
RED ONION / CRISPY ONION / SWEET POTATO CHIPS / CHERRY TOMATO
MANGO

1 MOLHO DRESSING

MANJERICÃO BASIL
SWEET CHILI SWEET CHILI
MOSTARDA E MEL MUSTARD AND HONEY
BENEDICT BENEDICT

EXTRAS EXTRAS

CAMARÃO SHRIMP	2.50€
SALMÃO FUMADO SMOKED SALMON	
FRANGO ASSADO ROASTED CHICKEN	
OVO EGG	1.00€
OUTROS INGREDIENTES	1.50€
OTHER INGREDIENTS	

TACOS

3 TACOS C/CHIPS BATATA DOCE
3 TACOS W/SWEET POTATO CHIPS

SUPER POLLO 9.90€

frango desfiado, cenoura, milho doce, tomate, alface e molho de mostarda e mel
shredded chicken, carrot, sweet corn, tomato, lettuce and mustard & honey dressing



Energy	Protein	Fats	Carbohydrates
Energia	Proteínas	Gorduras	Hidratos de carbono
410 kcal	28g	14g	44g

CAMARÓN SWEET CHILI 10.90€

camarão salteado, guacamole, couve roxa, cenoura, cebola roxa e molho sweet chili
sautéed shrimp, guacamole, red cabbage, carrot, red onion and sweet chili dressing



Energy	Protein	Fats	Carbohydrates
Energia	Proteínas	Gorduras	Hidratos de carbono
399 kcal	30,2g	10,2g	42,2g

POLLO LOCO 10.90€

frango assado, guacamole, alface, pimentos vermelhos, sour cream e cebola crocante
roasted chicken, guacamole, lettuce, red peppers, sour cream and crispy onion



Energy	Protein	Fats	Carbohydrates
Energia	Proteínas	Gorduras	Hidratos de carbono
387 kcal	28,6g	12,6g	32,9g

PANQUECAS DE AVEIA & TOSTAS

OAT PANCAKES & TOASTS

PANQUECA GRANOLA 7.50€ GRANOLA PANCAKE

3 panquecas de aveia, iogurte, morango, granola caseira, canela e mel

3 oat pancakes, yogurt, strawberries, homemade granola, cinnamon and honey



Energy	Protein	Fats	Carbohydrates
Energia	Proteínas	Gorduras	Hidratos de carbono
297 kcal	39g	24g	52g

PANQUECA RED VELVET 7.50€ RED VELVET PANCAKE

3 panquecas de beterraba, creme de caju, morangos e mirtilos
3 beet pancakes, cashew cream, strawberries and blueberries



Energy	Protein	Fats	Carbohydrates
Energia	Proteínas	Gorduras	Hidratos de carbono
304 kcal	29g	24g	29g

TOSTA AVOCADO BENEDICT 8€ AVOCADO BENEDICT TOAST

pão massa mãe, guacamole, espinafres, ovos escalfados, molho benedict e paprika fumada
sourdough bread, guacamole, spinach, poached eggs, benedict sauce and smoked paprika



Energy	Protein	Fats	Carbohydrates
Energia	Proteínas	Gorduras	Hidratos de carbono
360 kcal	19g	31g	39g

TOSTA SALMON 10.90€ SALMON TOAST

pão massa mãe, salmão fumado, abacate fatiado, queijo creme, ovo escalfado, manjeriçã, lima e cebola crocante
sourdough bread, smoked salmon, sliced avocado, cream cheese, poached egg, basil, lime and crispy onion



Energy	Protein	Fats	Carbohydrates
Energia	Proteínas	Gorduras	Hidratos de carbono
322 kcal	18g	17g	29g

BEBIDAS DRINKS

Limonada Lemonade	2.00€	Descafeinado Decaf	0.95€
Sumo do dia Juice of the day	2.50€	Capuccino Capuccino	2.50€
Chá Tea	1.50€	Galão Latte	2.50€
Café Coffee	0.85€	Meia de Leite Flat White	1.60€
Americano Americano	1.00€	Copo de Leite Glass of Milk	1.00€
Garoto "Garoto"	1.00€	Opção bebida vegetal Plant based drink option	+0.40€

All Ways
TO EAT HEALTHY
BOWLS & TACOS

allways.toeathealthy

