

Super Juices

1. Orange 3,50€ 🍋
2. Super OJ (Orange and tumeric) 4.00€ 🍋
3. Carrot 3.80€ 🍋
4. Bronzer (Carrot and orange) 3.50€ 🍋
5. Pear Sensation (Pear and ginger) 3.50€ 🍋
6. Vitamin (Orange, carrot and apple) 3,50€ 🍋
7. Lemonade (Green apple, lemon, mint and honey) 3,50€ 🍋
8. Beet It (Carrot, apple and beetroot) 3,80€ 🍋
9. Celery Twist (Celery and green apple) 4.00€ 🍋
10. Refresh (Pineapple, cucumber, ginger, spearmint and lime) 4.50€ 🍋
11. Deep Purple (Beets, spinach, blueberries and apples) 4,50€ 🍋
12. Lemon Ginger Passion (Lemon, ginger, apple, beetroot and carrot) 4,50€ 🍋
13. Pineapple Punch (Pineapple, apple, spinach, carrot) 4.20€ 🍋
14. Green Detox (Lemon, ginger, spinach, apple, kale and celery) 4,50€ 🍋
15. Spicy Tomato (Tomato, parsley, celery, cucumber, salt and spicy sauce) 4.00€ 🔥
16. Seasonal Juice 3,20€

ALL JUICES ARE VEGAN
& made to order
without added
sugars!!!

🍋 Sweet 🍋 Medium 🔥 Not Sweet 🌿 Vegan

Super Smoothies

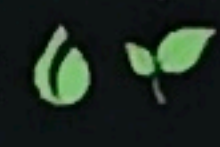
17. Hello Mango (Mango, pineapple, banana, and orange) 3,50€ 🍋 🌿
18. Reset Your Body (Kiwi, pineapple, orange and apple) 3.50€ 🍋 🌿
19. Green O Smoothie (Parsley, kale, spinach, apple and celery) 3.50€ 🍋 🌿
20. Coconut Passion (Passion fruit, banana, coconut milk, honey, grated coconut) 4,30€ 🍋 🌿
21. Classic Açaí (Acai, banana, coconut milk) 4.00€ 🍋 🌿
22. Ginger Kiss (Almond milk, banana, spinach, lemon, ginger, pineapple and orange) 3,80€ 🍋 🌿
23. Strawberry Fiels (Strawberries, blueberries, banana, apple, natural yogurt) 4,00€ 🍋
24. Peanut Power (Almond milk, honey, natural yogurt, banana peanut butter, and cinnamon) 4,00€ 🍋
25. Creamy Coconut (Coconut milk, natural yogurt, banana, avocado, grated coconut, honey, pineapple) .. 4,00€ 🍋
26. Green Passion (Passion fruit, spinach, banana, mango, pineapple) 4,20€ 🍋 🌿
27. Glowing Green Detox (Spinach, banana, kiwi, celery and kale) 3,80€ 🍋 🌿
28. Nutty Banana (Almond milk, banana, pineapple, lemon and natural yogur) 3,80€ 🍋
29. Sweet Spitulina (Mango, pineapple, banana, spirulina, coconut milk and avocado) 4,50€ 🍋 🌿

Extras +0,70€
Spirulina, Hemp Seeds, Chia Seeds, Bee Pollen, Pumpkin Seeds, Flax Seeds, Goji Berries, Honey, Almonds, Nuts, Matcha, Wheat Grass, Whey Protein, Vegan Protein, Oats, Gluten Free Oats

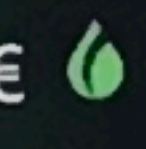
ALL SMOOTHIES ARE
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sugars!!!

🍋 Sweet 🍋 Medium 🔥 Not Sweet 🌿 Vegan



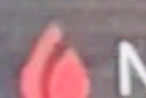
30. Digest (Almond milk, walnuts, figs and pear) 4,00€ 
31. Mango-Açaí (Mango, orange and acai) 4,00€ 
32. Tropical Fantasy Mix (Orange, pineapple, mango, banana, strawberry, kiwi, pear and lemon) . 4,20€ 
33. Easy Green (Carrot, mango, cucumber, avocado, natural yogurt, orange and honey) 4,00€ 
34. Tumeric Smoothie (Oat milk, fresh tumeric, oats, almonds, banana, chia seeds and cinnamon) . 4,50€ 

Super Protein Shakes

35. Batido de Proteína Whey 3,50€ 
Chocolate, Vanilla, Natural (with milk or water and banana)
36. Batido de Proteína Vegan 3,50€ 
Chocolate or Vanilla (with milk or water and banana)
37. Batido de Proteína com leite vegetal 4,20€ 
Coconut milk / almond / oats / rice

Extras +0,70€
Spirulina, Hemp Seeds, Chia Seeds, Bee Pollen, Pumpkin Seeds, Flax Seeds, Goji Berries, Honey, Almonds, Nuts, Matcha, Wheat Grass, Whey Protein, Vegan Protein, Oats, Gluten Free Oats

ALL SMOOTHIES ARE
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without added
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 Sweet  Medium  Not Sweet  Vegan

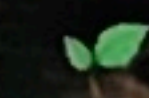


Super Smoothies Bowls

38. Strawberry 'N' Cream 6,20€ 
Rice milk, oats, chia seeds, banana, strawberries, blueberries, avocado, mint, granola, sunflower seeds, pumpkin seeds
39. Avocado & Kale 6,20€ 
Almond milk, oats, chia seeds, banana, spinach, kale, avocado, granola, pumpkin seeds, strawberries
40. Passion Fruit 6,20€ 
Rice milk, oats, chia seeds, banana, passion fruit, pineapple, avocado, granola, pumpkin seeds, grapes
41. Chocolate Peanut Butter Banana 6,20€ 
Almond milk, oats, chia seeds, banana, peanut butter, cocoa, avocado, chocolate granola, almonds
42. Tropical Mango & Pineapple 6,20€ 
Coconut milk, oats, chia seeds, banana, mango, pineapple, avocado, kiwi, granola, strawberries
43. Coconut Açaí 6,50€ 
Coconut milk, oats, chia seeds, banana, avocado, açai, grated coconut, strawberries, granola

Extras +0,70€
Spirulina, Sementes de Cânhamo, Sementes de Chia, Pólen de Abelha, Sementes de Abóbora, Sementes de Linhaça, Bagas Goji, Mel, Amêndoas, Nozes, Matcha, Erva de Trigo, Proteína Whey, Proteína Vegan, Aveia, Aveia sem Glúten.



 Vegan

Super Shots

- 44. Apple, Ginger, Cinnamon 1,50€
- 45. Lemon, Ginger, Tumeric 1,50€
- 46. Wheatgrass 1,50€
- 47. Matcha 1,50€



Other Drinks

- 48. Golden Milk - Milk, tumeric, cinnamon, ginger, black pepper, honey (with vegetable drink + 0.50 €) . . 2,00€
- 49. Coconut Matcha Latte 3,00€
- 50. Ice Coffee - Almond milk, cow milk, vanilla, sugar, chocolate powder 3,50€
- 51. Super Amerivano - Coffee with coconut oil and almond milk 2,00€
- 52. Espresso 0,80€
- 53. Americano 1,00€
- 54. White Coffee 1,50€
- 55. Latte 1,80€
- 56. Latte With Vegetable Milk 2,00€
- 57. Tea 1,50€
- 58. Sangria in Glass (sugar free) 3,50€
- 59. Sangria 1 Liter (sugar free) 8,00€
- 60. Small Water 0,5L 0,80€
- 61. Large Water 1,5L 1,50€
- 62. Large Water 1.5L with tumeric shot 4.00€

Healthy Appetizers & Snacks

- 63. Pepper Humus - Served with carrots and whole wheat toasts 3.00€
- 64. Spicy Sweet Potatoe Hummus - Served with carrots and whole wheat toasts. 3,00€
- 65. Guacamole - Served with carrots and whole wheat toasts 3,00€
- 66. Grapes, Feta Cheese, whole wheat toasts and honey 4,00€
- 67. Avocado with Honey and Sesame Seeds 3,00€
- 68. Mini toasts w/ Smoked Salmon, Feta Cheese - Parsley, Tomato and Balsamic Vinegar .. 4,50€
- 69. Parfait - Natural yogurt with 2 fruits of your choice, granola and honey 3,80€
- 70. Spirulina Parfait - Natural yogurt, spirulina, 2 fruits of your choice, granola, honey, nuts 4,50€
- 71. Breakfast of Champions 5,00€
- Natural yogurt, chia seeds, poppy seeds, oats, vanilla, honey, oat milk, banana, chocolate granola, nuts
- 72. Fruit Bowl 4,50€
- 73. Stuffed Papaya - Natural yogurt, chia seeds, nuts, chocolate granola 5,50€



Super Toast

- 74. Simple Toast with Butter 2.00€
- 75. Toast with Peanut Butter 2,50€
- 76. Toast with Jam 2,50€
- 77. Toast "Shabam"- With peanut butter, banana, honey and chocolate granola 4,00€
- 78. Toast Super Shabam. 4,50€
- With peanut butter, banana, strawberries, honey and chocolate granola
- 79. Toast with Guacamole, Tomato and Coriander 5,00€
- 80. Toast with Pepper Humus, Avocado and Parsley 5,00€
- 81. Toast with Spicy Sweet Potato Hummus, Avocado and Coriander 5,00€



Super Toasts

- 82. Ham and Cheese - Cheddar cheese, ham, red lettuce, red onion, cucumber and tomato 3,50€
- 83. Egg and Avocado - Red lettuce, tomato, cucumber, red onion, egg, avocado and cheddar cheese. . 5,00€
- 84. Chicken - Red lettuce, tomato, cucumber, red onion, chicken and avocado. 5,00€
- 85. Tuna - Red lettuce, tomato, cucumber, red onion, tuna. 5,00€
- 86. Salmon - Red lettuce, tomato, cucumber, red onion, smoked salmon, avocado 5,50€

Suggestion:

You can add to your toast grilled pineapple +0.50 €, cheddar cheese +0.50 €, grilled red Pepper +0.50€

ALL THE TOASTS ARE SERVED WITH GRAPES AND 1 SAUCE OF YOUR CHOICE:
"MUSTARD AND HONEY", "GARLIC AND PARSLEY", "MEXICAN SPICY" 🌿

Super Salads

- 87. Mixed - Red lettuce, spinach, tomato, cucumber, red onion, carrot, corn, parsley and olives 5,00€ 🌿
- 88. Tomato - Red lettuce, spinach, tomato, onion, oregano, olive oil. 3,00€ 🌿
- 89. Quinoa and Beans 7,00€ 🌿
Red lettuce, spinach, tomato, cucumber, purple onion, quinoa, black eyed beans, kidney beans, black beans, chickpeas, red peppers, green peppers, garlic, parsley, walnuts, corn, olives
- 90. Vegan 7,50€ 🌿
Red lettuce, spinach, tomato, cucumber, red onion, whole wheat pasta, beetroot, carrot, avocado, strawberries, corn, olives, nuts, sesame seeds, sunflower seeds
- 91. Greek 7,00€
Red lettuce, spinach, tomato, whole wheat pasta cucumber, red onion, black olives, red pepper, feta cheese, garlic, lemon and oregano.

- 92. Egg 6,00€
Red lettuce, spinach, tomato, cucumber, whole wheat pasta, apple, egg, dried figs, olives, corn, almonds, and sesame seeds
- 93. Chicken 7,00€
Red lettuce, spinach, tomato, cucumber, red onion, whole wheat pasta, chicken, strawberries, grilled pineapple, olives, corn, almonds and sesame seeds
- 94. Tuna 7,00€
Red lettuce, spinach, tomato, cucumber, red onion, whole wheat pasta, tuna, kiwi, grilled pineapple, olives, corn, almonds, sesame seeds
- 95. Salmon 8,00€
Red lettuce, spinach, tomato, cucumber, red onion, whole what pasta, olives, corn, avocado, strawberries, smoked salmon, almonds, sesame seeds

Suggestion, you can add to your salad:

- Grilled Pineapple + 0,50€
- Cheddar Cheese + 0,50€
- Feta Cheese + 0,50€
- Grilled Red Pepper + 0,50€
- Croutons + 0,50€
- Nuts, Goji Berries, Avocado, Seeds + 0,70€



Super Desserts

- 96. Sweet Potato Brownie - without sugar, served with peanut butter and honey 2,00€ 🌿
- 97. Mango Mouse 3,50€ 🌿
- 98. Muffins 1,50€
- 99. Cookies 0,80€
- 100. Ice Cream Cup with Fruit 4,00€ 🌿
- 101. Cup with Fruit 3,50€ 🌿
- 102. Açaí Cup with Fruit 5,00€ 🌿

Super Juice
Juice & Smoothie Bar



🌿 Vegan

Super Juice
Juice & Smoothie Bar

