

ETAPA 1

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 Jospers. **Picante*

Vitela de Pasto Grelhada *novo* SG

Vitela de pasto, grelhada em carvão vegetal no forno Jospers 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 primavera, malagueta e molho miso sweet soy. **Picante*

Honest Salmon SG

Grelhado em carvão vegetal no forno Jospers glaceado com Nori.

ADICIONA UM TOQUE ESPECIAL COM OS NOSSOS MOLHOS PLANT-BASED!

garden bowls

ESCOLHE UMA SALADA - 7,90€

Não inclui pão.

Summer Burrata *novo* SG VE

Burrata, gaspacho 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, alfalfa, 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 *Experimenta com Spicy Salmon!* SG PB

Abacate, cenoura, pickles caseiros de cebola e jalapeños, abacaxi grelhado em carvão vegetal no forno Jospers, 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

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 *novo* SG PB

80g + 3,5€ / 150g* + 5,5€

Spicy Salmon *novo* SG

Tataki de atum Bonito SG

Honest Salmon SG

*Disponível em 130gr 5,5€

Coxa de frango assada com limão *novo* SG

*Disponível em 130gr 3,5€

ETAPA 3

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

Legumes da Época *novo* SG PB

Legumes da época assados no forno Jospers, 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, e lima.

Avocado, Kale & Summer Squash *novo* SG PB

Com milho, arandos semi-secos, pera, romã e avelãs. Pesto de limão e creme fraiche plant-based.

Couve-flor Tahini-Harissa *novo* SG PB

Assada em carvão vegetal no forno Jospers, fumada e cremosa. **Picante*

Crunchy Thai Salada de Verão *novo* SG PB

Cenoura, rebentos de soja, couve roxa, gengibre, couve coração de boi, cebolo primavera, coentros, hortelã, manjerição, 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 amêndoa.

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

Assada em carvão vegetal no forno Jospers 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.  
- "Chupa chups" de Milho Doce na Brasa novo** 6,50€
Batata-doce cortada à mão com Beet Ketchup, Healthy Alioli, coentros.  
- Hummus to Share** 4,50€
Porção de hummus com acompanhamento à escolha:
Pão de massa mãe torrado, orgânico e com 4 tipos de sementes.  Crudités de cenoura e pepino com Sumak.  
- Ben's Sweet Potato Fries** 4,50€
Batata-doce cortada à mão com Beet Ketchup, Healthy Alioli, coentros.  
- Pão de Massa Mãe Torrado** 1,50€
Orgânico e com 4 tipos de sementes. 
- Pão de Massa Mãe Inteiro** 7€
Orgânico e com 4 tipos de sementes. 
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.  



Duo de Chocolate

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

Matcha Love Cheesecake

Tarte de chá Matcha, maracujá e malagueta.  


Tarte Afrodisiaca

Tarte de banana, gengibre, chocolate e frutos silvestres.  

healthy snacks

by honest greens

Plant-Based, sem açúcares refinados e sem glúten.

- Chocolate Cookie** 3,50€
Guilt-free com sal Maldon.  
- Cupcake Vanilla-Caramel Cream** 3,50€
Com recheio de "red velvet", creme de cacau e avelãs caramelizadas.  
- Cupcake Honest "Red Velvet"** 3,50€
Cupcake de chocolate, creme de beterraba e recheio de tofu e baunilha.  
- Chia-Açaí Detox** 3,90€
Chia, leite de coco e amêndoas, frutos silvestres, açaí, amêndoas laminadas, coco e fruta fresca.  
- Almond Protein Balls** 1,50€
Tâmaras, amêndoas, coco desidratado, sementes de chia e quinoa tricolor.  

 Sem Glúten  Plant-Based  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.

Águas com infusões de Frutas, Ervas Frescas e Agave.....2,50€

Naturais e homemade. Sem açúcares refinados, baixas em calorias e sabores da época.

Água 100% purificada sem Gás / com Gás 2,50€

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.

Focus 3,90€
Beterraba, maçã, limão, pimento vermelho.

Happiness 3,90€
Maçã, gengibre, limão e curcuma.

Glow 3,90€
Cenoura, maçã, gengibre e limão.

Power 3,90€
Pepino, maçã, gengibre, limão, beterraba e cenoura.

Relaxation 3,90€
Abacate, maçã, espinafres, pepino, ananás, lima, limão, espirulina e erva de trigo.

Detox 3,90€
Aipo, espinafres, maçã, pepino, gengibre, lima e limão.

brew bar

HOT

V60 3,50€
Aeropress 3,50€

COLD

Cold Brew 3€
Café de extração a frio, macerado 16h.

Cold Brew Oat Latte 3,50€

Tea Cold Brew 3€
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

Expresso/Duplo 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€
Café com leite e gelo.

Coco Latte 3,50€
Doble expresso, leite de coco e canela.

Iced Matcha Latte 3,50€
Chá verde tradicional japonês servido com leite e gelo.

Iced Chai Latte 3,50€
Chá preto de especiarias indianas servido com leite e gelo.

INFUSÕES E CHÁS

Matcha Latte S/L 2,75/3,25€
Chá verde tradicional japonês servido com leite.

Chai Latte S/L 2,75/3,25€
Chá preto de especiarias indianas servido com leite.

Infusões Biológicas 2,25€
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

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, Jospes charcoal-grilled, chipotle marinated. *Spicy

Steak, Charcoal Grilled with Chimichurri new GF

Local pasture-raised beef, marinated with fresh herbs, Jospes 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

Jospes charcoal-grilled, nori glaze.

ADD A SPECIAL TOUCH WITH
OUR PLANT-BASED SAUCES!

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

STEP 2

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

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

*Only Available in 130gr 5,5€

Lemon-Herb Chicken Tigh
new GF

*Only Available in 130gr 3,5€

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 creme fraiche.

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

to share

- Charcoal-Roasted Aubergine with Hummus *new*** 5,50€
Josper oven roasted with classic hummus, pomegranate seeds, almond, dill and Za'atar.  
- Sweet Corn "Lollipops", Charcoal Grilled *new*** 6,50€
With plant-based creme fraiche, coriander and harissa.  
- Hummus To Share** 4,50€
Hummus of the week. Choose between:
Portion of toasted 4- seed Vegetables sticks
sourdough bread.  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 aji.  

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"** 3,50€
Chocolate cupcake and beetroot cream filled with vanilla-tofu cream.  
- Chia-Açaí Detox** 3,90€
Chia, coconut milk and almonds, berries, açai, 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

Espresso/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 Gray tea, ginger and lemon and fruit love.

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

VEGETABLES DRINK: Soy, oat and almond.