

## SUMOS & SMOOTHIES

DAILY BOOST	4
ANANÁS	4
MAÇÃ BIO	4
MAÇÃ, BETERRABA	5
MANGO DREAM Manga, Morango	6
MORNING GLORY Ananás, Banana, Manga, Espinafres	6
MIGHTY GREEN Abacate, Maçã, Kiwi, Hortelã, Pêra	6

## LIMONADAS & KOMBUCHA

<b>LIMONADAS</b>	
FRUTOS VERMELHOS, MANJERICÃO	3
MENTA FRESCA	3
ABACAXI, CANELA	3
<b>KOMBUCHA</b>	
GENGIBRE, LIMÃO	4
FRAMBOESA	4

## CERVEJA & REFRIGERANTES

SUPER BOCK 33CL   50CL	3   5
SUPER BOCK, STOUT, ZERO	3
SUPER BOCK, CRAFT EDITION, IPA	3
COCA-COLA, COCA COLA ZERO, ÁGUA TÓNICA, GINGER BEER	3

## COCKTAILS & SANGRIA

GINGER MOJITO Rum, hortelã, agave, ginger beer	12
APEROL SPRITZ Aperol, Pet Nat sparkling wine, soda	12
BEIRÃO SOUR Licor Beirão, limão, agave, clara de ovo	12
LUNES Sangria de Frutos Vermelhos	7   28

## VINHOS

<b>BRANCO</b>	
MONÓLOGO SANTA TERESA, AVESSO <i>Biológico   Vinho Verde</i>	6   26
PANCAS <i>Vegan   Lisboa</i>	6   26
ANTÃO VAZ DA MALHADINHA <i>Biológico   Alentejo</i>	8   34
<b>TINTO</b>	
CRASTO <i>Vegan   Douro</i>	7   30
QUINTA DE PANCAS <i>Vegan   Lisboa</i>	8   32
MONTE DA PECEGUINA, MALHADINHA <i>Biológico   Alentejo</i>	8   32
<b>ROSÉ E ESPUMANTE</b>	
CARM, ROSÉ <i>Vegan   Douro</i>	6   26
SOALHEIRO ALVARINHO, ESPUMANTE BRUTO <i>Pet Nat   Minho</i>	8   32

## CAFÉ, CHÁ & ÁGUAS

EXPRESSO	2
DESCAFEINADO	2
CAPUCCINO	4
LATTE MACCHIATTO	4
CHAI LATTE (FRIO)	5
ICE COFFEE MOCHA (FRIO)	6
Bebida vegetal + 1 €	
CHÁS   INFUSÕES	2
VITALIS 37,5CL   75CL	2   3,5
PEDRAS 33CL   75CL	2   3,5



olive

## TO SHARE

**PATÊ DE LEGUMES ASSADOS** € 3,5  
Azeitonas marinadas e tostas

**HÚMUS DE ABÓBORA** € 6  
Alperce seco e ras el hanout, cenouras baby, papadum e azeitonas

**BATATA-DOCE ASSADA** € 7  
Queijo azul, framboesa, mel de flores, ceboleto e dukkah

**TÁRTARO DE SALMÃO** € 8,5  
Em taco de alface, ponzú, amendoim, paprika picante, manga e coentros

**PÃO ARTESANAL** € 2



Tártaro de Salmão

## TOASTED SANDWICHES

Acompanhadas com chips de batata-doce

**ATUM BRASEADO** € 15  
Guacamole, alface, tomate, couve roxa, sésamo e manjeriço

**HAMBURGUER DE NOVILHO** € 13  
Alface, tomate, cogumelos, cebola, feta, pickle caseiro e agrião

**TOFU** € 11  
Zacusca, pepino, aioli vegan, coentros e crumble de frutos secos



Greenland

## SALADS

**GREENLAND** € 9,5  
Feijão verde, ervilhas, feijão manteiga, pickle de rabanete, amêndoa, sementes de chia e girassol, molho de iogurte, menta e limão

**WILD, WILD RICE** € 10,5  
Arroz integral, abóbora assada, ameixa seca, ervas de cheiro, couve roxa, requeijão e frutos secos, vinagrete de maçã, mostarda e maple syrup

**THE GREATEST QUINOA** € 11  
Quinoa, crumble de tofu, beterraba, rúcula, sunomono, manjeriço, azeitona, cogumelo, amendoim piri-piri e pesto de ervas

**TOPPERS** +3,5  
adicione uma proteína (65 grms.)  
Tempura de Tofu | Salmão braseado  
Tataki de atum | Frango de forno | Rosbife



Wild Wild Rice

## MAINS

Com salada de alfaces crocantes, agrião, coentros, piquillo, espinafre baby, caju, sunomono e vinagrete de sésamo

**SALMÃO BRASEADO** € 16  
Gengibre, molho ponzu, caril vermelho e rúcula

**TATAKI DE ATUM** € 15  
Pico de gallo, manga, manjeriço e azeitona

**ROSBIFE** € 14  
Mostarda, pimenta sichuan, grão de coentro, pesto de tomate seco

**FRANGO DE FORNO** € 12  
Parmesão, limão, amendoim piri-piri e cebolo

**TEMPURA DE TOFU** € 11  
Pepino, teriyaki de abacaxi e kombu



Rosbife

## DESSERTS

**PANNACOTTA** € 4,5  
De chocolate negro, café e praliné

**CRÈME BRÛLÉE** € 5  
Gaspacho de fruta e matcha

**BANOFFEE** € 5  
Doce de leite, queijo creme e banana

**ABACAXI** € 6  
Lemon posset, manjeriço e coco



Salmão Braseado

## SIDES

**ARROZ AROMÁTICO** € 3  
Ameixa seca e amêndoa

**COGUMELOS ASSADOS** € 3  
Romesco, dukkah e ovo BT

**BATATA-DOCE** € 3  
Teriyaki de algas

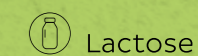
Banoffee



olive

Alergias ou intolerâncias – por favor solicitar informação adicional

Preços em euros, IVA à taxa em vigor  
Sugestão de gratificação incluída na conta



## JUICES & SMOOTHIES

DAILY BOOST	4
PINEAPPLE	4
APPLE BIO	4
APPLE BEETROOT	5
MANGO DREAM Mango, Strawberry	6
MORNING GLORY Pineapple, Banana, Mango, Spinach	6
MIGHTY GREEN Avocado, Apple, Kiwi, Fresh Mint, Pear	6

## LEMONADES & KOMBUCHA

<b>LEMONADES</b>	
RED BERRIES, BASIL	3
FRESH MINT	3
PINEAPPLE, CINNAMON	3
<b>KOMBUCHA</b>	
GINGER, LEMON	4
RASPBERRY	4

## BEER & SOFT DRINKS

SUPER BOCK 33CL   50CL	3   5
SUPER BOCK STOUT, ZERO	3
SUPER BOCK CRAFT EDITION, IPA	3
COCA-COLA, COCA COLA ZERO, TONIC WATER, GINGER BEER	3

## COCKTAILS

GINGER MOJITO <i>Rhum, mint, agave, ginger beer</i>	12
APEROL SPRITZ <i>Aperol, Pet Nat sparkling wine, soda</i>	12
BEIRÃO SOUR <i>Licor Beirão, lemon, agave, egg white</i>	12
LUNES <i>Red fruits Sangria</i>	7   28

## WINES

### WHITE

MONÓLOGO SANTA TERESA, AVESSO <i>Biológico   Vinho Verde</i>	6   26
PANCAS <i>Vegan   Lisboa</i>	6   26
ANTÃO VAZ DA MALHADINHA <i>Biológico   Alentejo</i>	8   34

### RED

CRASTO <i>Vegan   Douro</i>	7   30
QUINTA DE PANCAS <i>Vegan   Lisboa</i>	8   32
MONTE DA PECEGUINA, MALHADINHA <i>Biológico   Alentejo</i>	8   32
<b>ROSÉ E SPARKLING</b>	
CARM, ROSÉ <i>Vegan   Douro</i>	6   26
SOALHEIRO ALVARINHO, ESPUMANTE BRUTO <i>Pet Nat   Minho</i>	8   32

## COFFEE, TEA & WATERS

ESPRESSO	2
DECAFFEINATED COFFEE	2
CAPUCCINO	4
LATTE MACCHIATTO	4
CHAI LATTE (COLD)	5
ICE COFFEE MOCHA (COLD)	6
Plant-based Drink + 1 €	
TEAS   INFUSIONS	2
VITALIS 37,5CL   75CL	2   3,5
PEDRAS 33CL   75CL	2   3,5



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## TO SHARE

**ROASTED VEGETABLES PÂTÉ** (€) (V) 3,5  
Marinated olives and toasts

**PUMPKIN HUMMUS** (€) (V) 6  
Dried apricot, ras el hanout, baby carrots, papadum and olives

**ROASTED SWEET POTATO** (€) (V) 7  
Blue cheese, raspberry, honey, spring onion and dukkah

**SALMON TARTAR** (€) 8,5  
Lettuce tacos, ponzu, peanut, spicy paprika, mango and coriander

**ARTISAN BREAD** 2



Salmon Tartar

## TOASTED SANDWICHES

Served with sweet potato chips

**SEARED TUNA** (€) 15  
Guacamole, lettuce, tomato, red cabbage, sesame and basil

**BEEF BURGER** (€) (V) 13  
Lettuce, tomato, mushrooms, onion, feta cheese, pickle and watercress

**TOFU** (€) (V) 11  
Zacusca, cucumber, vegan aioli, coriander and dry fruits crumble



Greenland

## SALADS

**GREENLAND** (€) (V) 9,5  
Green beans, peas, butter beans, radish pickle, almond, chia and sunflower seeds, yoghurt sauce, mint and lemon

**WILD, WILD RICE** (€) (V) 10,5  
Brown rice, roasted pumpkin, dried plum, fine herbs, red onion, cottage cheese, dry fruits, apple, mustard and maple syrup vinaigrette

**THE GREATEST QUINOA** (€) (V) 11  
Quinoa, tofu crumble, beetroot, arugula, sunomono, basil, olives, mushrooms, spicy peanut and pesto

**TOPPERS** +3,5  
Add a protein (65 grms.)  
Tofu tempura | Seared Salmon | Tuna Takati  
Oven Roasted Chicken | Roastbeef



Wild Wild Rice

## MAINS

With crispy lettuce salad, watercress, coriander, piquillo, spinach, cashew, sunomono and sesame vinaigrette

**SEARED SALMON** (€) 16  
Ginger, ponzu sauce, red curry and arugula

**TUNA TATAKI** 15  
Pico de gallo, mango, basil and olives

**ROASTBEEF** (€) 14  
Mustard, sichuan pepper, coriander seed and dried tomato pesto

**OVEN ROASTED CHICKEN** (€) 12  
Parmesan, lemon, peanut piri-piri and spring onion

**TOFU TEMPURA** (€) (V) 11  
Cucumber, pineapple and kombu teriyaki



Roastbeef



Seared Salmon

## SIDES

**AROMATIC RICE** (€) (V) 3  
Dried plum and almond

**ROASTED MUSHROOMS** (€) 3  
Romesco sauce, dukkah and poached egg

**SWEET POTATO** (€) (V) 3  
Algae teriyaki

## DESSERTS

**PANNACOTTA** (€) (V) 4,5  
Chocolate, coffee and praliné

**CRÈME BRÛLÉE** (€) 5  
Fruit gaspacho and matcha

**BANOFFEE** (€) (V) 5  
Dulce de leche, cream cheese and banana

**PINEAPPLE** (V) 6  
Lemon posset, basil and coconut

Banoffee



olive

Allergies or intolerances – please request additional information

Prices in euros, VAT included

Suggested service charge included in the bill



Gluten



Vegan



Lactose