

# MONDAY

- Middle Eastern Special

Babaganoush with hummus, on Syrian bread, potato kibe and kafta

- Veggie Strogonoff and Sautéed Potato

Strogonoff with vegetable meat with fresh tomato sauce and champignon, served with brown rice and sautéed potato

- Grilled Veggies

vegetable mix with vegetable mix with shimeji grilled, served with marinated tofu steak, brown rice and missoshiro mushrooms (shimeji) , served with marinated tofu steak, brown rice and missoshiro

- Bifun pasta with curried vegetables

Rice noodles with vegetables and mushroom shimeji, seasoned with curry. Served with missoshiro

- Brazilian Style of the day

Rice and beans, served with potato escondidinho vegetable meat

- Soup of the day

Soup of the day with whole grain homemade bread

Included: Soup or salad with sauce, flavored water with lemon and a dessert (pineapple or banana sorbet).

## **Detox Monday**

Omelet and Salad

Chickpeas and tomato omelet served with salada

Extra Sides

- Brown Rice

- Entrance

# TUESDAY

- Taste Eastern and Sushi

Combined of vegan yakisoba and vegan sushi. Served with missoshiro

- Chinese Vegetable and Tofu Steak

Chinese plate of grilled tofu, seasoned sautéed vegetables and mushroom sauce. Served with rice and missoshiro.

- Yakisoba

Spicy Chinese pasta with shoyu sauce, vegetables and grilled mushrooms. Served with missoshiro

- Korean Taste

Bibimbap sautéed vegetables with brown rice to sweet and sour pepper sauce with sesame oil. Served with Korean barbecue and Kimchi vegan (Chard Conserved)

\* very spicy

- Brazilian Style of the day

Beans and rice, served with milanese beef steak and mashed pumpkin and ginger.

- Soup of the day

Soup of the day with whole grain homemade bread

Included: Soup or salad with sauce, flavored water with lemon and a dessert (pineapple or banana sorbet).

### **Detox Tuesday**

Quinoa Hamburger with Caprese Salad

Light quinoa burger with chickpeas and vegetables. Served with fresh tomato sauce and almonds, green leaves, tofu with basil and tomato and sauce. Starters: soup or salad, flavored water with lemon and a dessert (pineapple or banana sorbet).

Extra Sides

Brown rice - R\$ 3,50

Starters - R\$ 3,00

Extra Dessert - R\$ 3,50

Sautéed Potatoes - R\$ 5,50

Quiche - R\$ 14,50

Chickpeas Omelet - R\$ 14,50

Side of Sushi - R\$ 14,50

## **WEDNESDAY**

- Feijoada - Special and Tradicional Brazilian Plate!

Vegan feijoada with vegetable meat and vegetables. Served with farofa, cabbage in lemon, vinagrete and brown rice.

- Risotto

Vegan risotto in cream of cashew nuts with garlic, potatoes and almond slices.

- Stuffed Crepes

Two whole homemade pancakes, one stuffed with cream of palm heart and the other with cream of garlic. Fresh tomato sauce, brown rice and optional vegan cheese.

- Homemade Corn Cream

Cream of corn in the sauce of fresh tomatoes with vegetable meat, garlic and tofu. Served with brown rice.

- Penne with vegetables meatballs

Penne integral with vegetables meatballs with quinoa. Fresh tomato sauce. Optional vegan cheese.

- Brazilian Style of the day

Beans and rice served with chopped vegetables to Madeira sauce with mashed potato.

- Soup of the day

Soup of the day with whole grain homemade bread

Included: Soup or salad with sauce, flavored water with lemon and a dessert (pineapple or banana sorbet).

### **Detox Wednesday**

Tapioca with Palm heart and Salad House

Stuffed beiju with cream of palm heart. Served with a salad of green leaves, tomato, palm heart and almond slices. Starters: soup or salad, flavored water with lemon and a dessert (pineapple or banana sorbet).

Extra Sides

Brown rice - R\$ 3,50

Starters - R\$ 3,00

Extra Dessert - R\$ 3,50

Sautéed Potatoes - R\$ 5,50

Quiche - R\$ 14,50

Chickpeas Omelet - R\$ 14,50

## **THURSDAY**

- Taste Mineiro

Cream of beans, corn cream with veggie sausage, vegetable steak, banana farofa, cabbage and brown rice.

- Taste Indonesia

Vegetable mix served with Tofu, cassava snacks with peanut and tamarind sauce

- Moqueca Baiana

Traditional Brazilian plate with shimeji and vegetables, cooked with coconut milk and palm oil. Served with boiled cassava flour and brown rice.

- Lasagne

Veggie Lasagne with heart of palm, stuffed with dried tomatoes and endive. Fresh tomato sauce and béchamel cream of vegetable milk and almond flakes.

- Brazilian Style of the day  
Beans and rice with vegetable meat and couscous.

### **Detox Thursday**

"PotPie" Pie with Caprese Salad

Potpie-style pie with brown rice flour, stuffed with mix of vegetables. Served with a green salad, tomato, tofu with basil and almond slices. Starters: soup or salad, flavored water with lemon and a dessert (pineapple or banana sorbet).

## **FRIDAY**

- Special Friday  
A special mix of vegan finger foods: Palm heart pie, roasted vegetable pastry, rice balls cooked with sweet and sour sauce, cooked potato with olive oil and rosemary.
- Shimeji Bobó - Tradicional Brazilian Plate  
Shimeji cooked with vegetables in cassava cream with coconut milk. Served with skewer of roasted vegetable meat, vinaigrette and brown rice.
- Spaghetti with meatballs  
Whole-grain spaghetti with meatballs in the fresh tomatoes sauce. Vegan cheese or almond slices optional.
- Mexican nachos  
Roasted tortillas, guacamole, lettuce, beans in the "Mexican way", meat Mexican vegetable and vegan cheese.
- Brazilian Style of the day  
Beans and rice served with parmigiana eggplant. Fresh tomatoes sauce and white vegan sauce.
- Soup of the day  
Soup of the day with whole grain homemade bread  
  
Included: Soup or salad with sauce, flavored water with lemon and a dessert (pineapple or banana sorbet).

### **Detox Friday**

Lebanese plate: Roasted falafel with sesame sauce. Served with a salad of green leaves, tomato, tofu with basil and slices of almonds. Starters: soup or salad, flavored water with lemon and a dessert (pineapple or banana sorbet).

Salads

House Salad

Salad with green leaves, heart of palm, fresh tomatoes and slices of almond. You can choose your sauce: special, vegan pesto and vinaigrette

### Caprese

Green leafy salad, fresh tomatoes, tofu and basil. You can choose your sauce: special, vegan pesto and vinaigrette

### Quiche with salad

Vegan garlic quiche and carrot with tofu. Served with house salad as sauce of your choice

### Omelet with salad

Vegan tofu omelet stuffed with vegetables and mushrooms. Served with Salad house as sauce to your choice

- Salad Sauces

Pesto sauce: Basil, olive oil, salt and lemon

Special sauce: Shoyu, mustard, lemon, brown sugar and olive oil

Vinaigrette: onion, tomato, parsley, olive oil and lemon

## **BURGERS**

- Veggie Burger

Homemade Burger bread stuffed with vegetable and quinoa meat burger with tomato, Japanese cucumber and lettuce. Served with vegan mayonnaise and homemade ketchup and a side of sautéed potato.

- Cheese veggie burger

Homemade Burger bread stuffed with vegetable and quinoa meat burger with tomato, Japanese cucumber, lettuce and vegan cheese. Served with vegan mayonnaise and homemade ketchup and a side of sautéed potato.

- Sandwich

Wholemeal bread stuffed with vegetable meat burger, tomato, vegan mayonnaise with basil and homemade ketchup.

- Wrap

Wraps with bread leaf stuffed with lettuce, hummus, tomato, grated carrot. Served with vegan mayonnaise and homemade ketchup.

- All the plates are included: Soup or salad, flavored water with lemon and a dessert (pineapple or banana sorbet).

## **DRINKS**

- Water

- Sparkling Water
- Fresh Juice: Orange, pineapple, pink lemonade, passion fruit, acerola
- Detox Juice: Flavors: Carrot with apple; Beetroots with apple and carrot, green juice with cabbage, celery and Japanese cucumber mixed with orange juice or lemon juice
- Slim Juice: Ginger, cane sugar, lemon and passion fruit
- Chia: Recovery Juice with lemon, chia and ice
- Smoothies: Creamy smoothie whipped with vegetable milk and banana  
Flavors: Strawberry or Pineapple

## DESSERTS

- Fruit Ice Cream  
100% natural fruit sorbet (without sugar or additives). Flavors: banana or pineapple or strawberry with banana
- Cocoa Mouse  
Cacao mousse with avocado
- Homemade Apple Cake  
Slice of apple cake, walnuts, cinnamon and raisins
- Taste and See Special  
Homemade apple cake served with 02 sorbet fruit balls
- Brownie with fruit Ice Cream  
Cocoa brownie served with 02 fruit sorbet balls
- Mini Carrot Cakes  
03 mini carrot cakes with cinnamon, ginger, coconut, raisins, walnuts and oats
- Carrot Cupcake  
Carrot cupcakes topped with cocoa mousse