

açaís & shakes

Build
your own

small R\$ 26,90

Shake 300ml n açaí 250ml

big R\$ 39,90

Shake n açaí 500ml

1. Choose the açaí:

TRADICIONAL AÇAÍ

Organic açaí sweetened with guaraná syrup.

NATURAL AÇAÍ

Organic açaí blended only with natural banana.

No sugar.

2. Choose your shake flavor:

AÇAÍ

Shake blended with water.

AÇAÍ WITH ORANGE

Shake blended with orange juice.

AÇAÍ WITH LEMON

Shake blended with lemon juice.

3. Choose the toppings and dressing

BANANA R\$ 3

CASHEW NUTS R\$ 6

CHIA R\$ 3

CRUNCHY COCONUT R\$ 4

GRANOLA R\$ 4

LEITE CONDENSADO R\$ 5

PEANUT BUTTER R\$ 5

POWDERED MILK R\$ 4

MANGO R\$ 3

CACAO NIBS R\$ 6

PAÇOCA R\$ 3

HONEY R\$ 5

PARA QUEM É SAUDÁVEL
E AMA COMER BEM

how about boost your açaí?

DOSE FOR 250ML / 300ML R\$ 5

DOSE FOR 500ML R\$ 10

1 SCOOP R\$ 20

1 SCOOP CREATINA R\$ 10



wraps & tapiocas

Build
your own

WRAP R\$ 39,90

250g

TAPIOCA R\$ 34,90

300g

1. choose the protein

Chicken
Beef
Bacon
Fresh mushrooms

2. choose three ingredients

Mozzarella Cheese	Watercress	Beets
Iceberg lettuce	Kale	Carrot
Red lettuce	Olives	Red onions
Arugula	Plantain	Tomato
Spinach	Eggplant	Oregano
		Calabrese pepper



3. choose the dressing

Pesto	Honey mustard
Ranch (mayo with turmeric and fine herbs)	Verde Salsa (mayo with parsley)
Verde chilli (mayo with calabrese pepper)	Verde manjeriçao (mayo with basil)

wraps

R\$ 39,90

BEEF HUMP WRAP

Flatbread rolled with beef hump, cheese, tomato, red onions, american lettuce and mayo with parsley n chimichurri sauces. *Contains gluten*

WRAP DE BANANA REAL

Flatbread rolled with banana, cheese n cinnamon.

CHICKEN WRAP

Flatbread rolled with chicken, cheese, carrot, american lettuce and mayo with parsley sauce. *Contains gluten*

BEEF WRAP

Flatbread rolled with beef, banana, cheese, carrot, rocket and mayo with basil sauce. *Contains gluten*

MUSHROOM WRAP

Flatbread rolled with mushrooms, hummus, carrot and iceberg lettuce. *Contains gluten*

salad bowls

300g R\$ 35

500g R\$ 55

750g R\$ 75

1. choose the protein

Chicken Beef Bacon Fresh Mushrooms

2. choose the perfect combination

SALADA INTENSA

Iceberg lettuce, arugula, watercress, quinoa, red onions, kiss pepper, lemon pepper,, croutons, mayo with calabrese pepper and ginger n lemon sauces.

DETOX SALAD

Iceberg lettuce, spinach, kale, cucumber, carrot, red onions, quinoa mix, sunflower seed, croutons, mayo with parsley and honey mustard sauces.

BRONZE NATURAL SALAD

Iceberg lettuce, arugula, carrot, beet, tomato, sweet potato chips, mango, pasta, flaxseed, crunchy corn, ranch and honey mustard sauces.

VIVA SALAD

Purple lettuce, arugula, tomato, carrot, sprouted lentils, chickpeas, quinoa, chia, toasted sesame seeds, pesto and ginger n lemon sauces.

descriptions of the dressings

PESTO

Extra virgin olive oil and basil. No cheese n nuts.

GINGER & LEMON

Extra virgin olive oil, lemon, vinegar, ginger, garlic, and soy sauce

RANCH

Mayo seasoned with turmeric and fine herbs



BRONZE NATURAL

drinks

MAIS VERDE
MAIS LEVE

natural juices

SOLAR Orange, carrot, and beet.	R\$ 15
DETOX Pineapple, kale, mint, and ginger.	R\$ 15
ORANGE	R\$ 12
KOMBUCHÁ BAHIA	R\$ 20
KOMBUCHÁ GULA FIT	R\$ 22
KOMBUCHÁ GOKAI	R\$ 20
HYDRO PROTEIN	R\$ 18
JUICE PROTEIN	R\$ 15
SODA AND MATE LEÃO	R\$ 8
GATORADE	R\$ 12
WATER	R\$ 5
SPARKLING WATER	R\$ 6
HEINEKEN LONG NECK	R\$ 14
LAGUNITA	R\$ 15

iced tea

HIBISCUS WITH CINNAMON R\$ 12

LEMONGRASS, LEMON, GINGER N HONEY R\$ 15

Fresh lemongrass infusion prepared with natural lemon juice, ginger and gently sweetened with honey.

specialty coffees

POUR-OVER COFFEE

small. R\$ 8 double R\$ 14

CAFÉ EXPRESSO

small. R\$ 8 double R\$ 14



SHARE YOUR MOMENT WITH US
@LUAVERDE_TRANCOSO

