

wraps

CHOOSE ONE DRESSING.
*Extra dressing charged separately.

CHICKEN



CHICKEN EGG

Grilled chicken, mozzarella, tomato, carrot, sautéed corn, boiled egg and lettuce.

Sml. **37.90** Lrg. **43.90**



CHICKEN PRIME

Grilled chicken, mozzarella, cream cheese, sautéed onion, sautéed corn, tomato, oregano and lettuce.

Sml. **38.90** Lrg. **44.90**



CAESAR WRAP

Grilled chicken, buffalo mozzarella, tomato, parmesan cheese, homemade croutons and lettuce.

Sml. **39.90** Lrg. **45.90**



CHICKEN PESTO

Grilled chicken, buffalo mozzarella, sautéed mushrooms, tomato and mixed greens.

Suggested dressing: Walnut pesto.

Sml. **39.90** Lrg. **45.90**



GUACA CHICKEN

Grilled chicken, mozzarella, bacon, guacamole, tomato and lettuce.

Sml. **41.90** Lrg. **47.90**



CRISPY CHICKEN ROLL

Crispy chicken, sautéed corn, bacon, pickles, mozzarella, tomato and lettuce.

Sml. **39.90** Lrg. **45.90**

BEEF



SWEET BEEF

Shredded beef stew, cream cheese, buffalo mozzarella, tomato, red onion, sweet potato chips and lettuce.

Sml. **46.90** Lrg. **52.90**



GUACA BEEF

Shredded beef stew, mozzarella, bacon, sautéed corn, guacamole, tomato, red onion and lettuce.

Sml. **48.90** Lrg. **54.90**



MIGNON PRIME WRAP

Filet mignon, mozzarella, sautéed corn, bacon, vinaigrette, pickles and lettuce.

Sml. **48.90** Lrg. **54.90**

VEGGIE



FALAFEL ROLL Ⓥ

Falafel, humus, pickles, red onion, tomato, mixed greens and lemon. Suggested dressing: Lime Tahine.

Sml. **39.90** Lrg. **45.90**



MUSH'N ROLL

Mushroom mix, mozzarella, cream cheese, tomatoes, red onion, roasted broccoli, heart of palm and lettuce.

Sml. **39.90** Lrg. **45.90**

hot panini

CHOOSE ONE DRESSING.
*Extra dressing charged separately.



BLUE BEEF

Shredded beef stew, mozzarella, blue cheese, sautéed onion, bacon, soft boiled egg and tomato.

45.90



MIGNON PRIME PANINI

Filet mignon, mozzarella, sautéed corn, vinaigrette and tomato.

45.90



CHICKEN BROCCOLI

Grilled chicken, buffalo mozzarella, cream cheese, bacon, roasted broccoli and tomato.

41.90



CHICKEN CORN PANINI

Grilled chicken, buffalo mozzarella, cream cheese, sautéed corn, egg and tomato.

41.90

SIDE SALAD

Mixed greens, heart of palm, carrot, tomato, homemade croutons and parmesan cheese.

+17.90

HOMEMADE DRESSINGS

Ⓥ Vegan Ⓛ Contains lactose

CAESAR Ⓛ

BARBECUE Ⓥ

HONEY MUSTARD

RANCH Ⓛ

MAYO SRIRACHA Ⓛ

CHIMICHURRI* Ⓥ

TERIYAKI* Ⓥ

*only available for wraps and proteins from hot bowls.

YOGURT WITH HERBS Ⓛ

WALNUT PESTO Ⓛ

LIME TAHINE Ⓥ

CHIPOTLE FRENCH Ⓛ

TASTY Ⓛ

OLIVE OIL

BALSAMIC VINEGAR

LEMON

salad bowls

CHOOSE ONE DRESSING.

*Extra dressing charged separately.

CHICKEN



CHICKEN FIT

Grilled chicken, sweet potato, boiled egg, carrot, cherry tomato, black olives, salty granola and mixed greens.

Med. **41.90** Lrg. **46.90**



CAESAR CLASSIC

Grilled chicken, parmesan cheese, croutons, cherry tomato and lettuce.

Med. **41.90** Lrg. **46.90**



PESTO BOWL

Grilled chicken, buffalo mozzarella, roasted broccoli, cherry tomato, whole wheat pasta, sliced almonds and mixed greens.

Suggested dressing: Walnut pesto.

Med. **49.90** Lrg. **55.90**



CHICKEN GLORY

Grilled chicken, steamed quinoa, crispy parmesan cheese, cherry tomato, sautéed corn, roasted broccoli, mixed greens and guacamole.

Med. **49.90** Lrg. **55.90**



CRISPY CHICKEN SALAD

Crispy chicken, mixed greens, cherry tomato, carrot, scallion, boiled egg, avocado and salty granola.

Med. **41.90** Lrg. **46.90**

BEEF



BLUE BEEF

Shredded beef stew, blue cheese, heart of palm, cherry tomato, sautéed corn, bacon, eggs and mixed greens.

Med. **53.90** Lrg. **58.90**



MIGNON PRIME SALAD

Filet mignon, mix of vegetables, sweet potato chips, parmesan, cherry tomatoes, carrots and mixed greens.

Med. **52.90** Lrg. **57.90**

FISH



SALMON TERIYAKI SALAD

Grilled Teriyaki Salmon, broccoli, cucumber, cherry tomato, sesame mix, sliced almonds and mixed greens.

Med. **58.90** Lrg. **64.90**

VEGGIE



MEDITERRANEAN ⓧ

Falafel, steamed quinoa, mixed greens, red onion, carrot, cucumber, cherry tomato, black olives, salty granola and humus.

Suggested dressing: Lime Tahine + Lemon.

Med. **49.90** Lrg. **55.90**

hot bowls

CHOOSE ONE DRESSING.

*Extra dressing charged separately.

CHICKEN



POWER CHICKEN

Grilled chicken, rice, black beans, sweet potato, mixed greens, carrot, cherry tomato, parmesan cheese, homemade croutons and guacamole.

49.90



CHICKEN HOMUS

Grilled chicken, steamed quinoa, cooked chickpeas, sautéed onion, broiled squash, roasted broccoli, mixed greens, beet, cucumber, tomato, black olives and humus.

52.90



CRISPY CHICKEN BOWL

Crispy chicken, japanese rice with sesame, roasted broccoli, carrot, beet, cucumber, edamame and scallion.

47.90

VEGGIE



DELICIOUS FALAFEL ⓧ

Steamed quinoa, cooked chickpeas, falafel, roasted broccoli and roasted squash, mixed greens, carrot, cucumber, cherry tomato, black olives, salty granola and homus.

46.90

BEEF



BEEF BOWL

Shredded beef stew, rice, black beans, sautéed onion, broiled squash, mixed greens, beet, red onion, cherry tomato, crispy parmesan cheese and soft boiled egg.

54.90



MIGNON PRIME BOWL

Filet Mignon, rice, beans, bacon, mixed vegetables, croutons, blue cheese, cherry tomato, carrot and mixed greens.

58.90

FISH



SALMON TERIYAKI BOWL

Grilled Teriyaki Salmon, japanese rice with sesame, mix of vegetables, mixed greens, cherry tomato, edamame, cucumber and avocado.

64.90

HOMEMADE DRESSINGS

ⓧ Vegan

Ⓛ Contains lactose

CAESAR Ⓛ

MAYO SRIRACHA Ⓛ

YOGURT WITH HERBS Ⓛ

TASTY Ⓛ

BARBECUE ⓧ

CHIMICHURRI* ⓧ

WALNUT PESTO Ⓛ

OLIVE OIL

HONEY MUSTARD

TERIYAKI* ⓧ

LIME TAHINE ⓧ

BALSAMIC VINEGAR

RANCH Ⓛ

*only available for wraps and proteins from hot bowls.

CHIPOTLE FRENCH Ⓛ

LEMON

whole wheat pies



CREAMY CHICKEN

Without salad **29.90**
With side salad **47.80**



CHICKEN & MUSHROOMS

Without salad **29.90**
With side salad **47.80**



HEART OF PALM & HERBS

Without salad **29.90**
With side salad **47.80**



TURKEY & LEEK

Without salad **29.90**
With side salad **47.80**



BEEF & CHEESE

Without salad **32.90**
With side salad **49.80**

SIDE SALAD

Mixed greens, heart of palm, carrot, tomato, homemade croutons and parmesan cheese.

extra sides



POTATO CHIPS

Side of sweet potato chips.
Sml. **6.90** Lrg. **10.90**



GUACA & CHIPS

Side of sweet potato chips with guacamole.
18.90

açaí & creams



AÇAÍ BOWL

Traditional açaí:
with guarana extract
(sweetened with sugar).
Med. **27.90** Lrg. **31.90**

Blend Greenjoy:
pure açaí pulp (no sugar) mixed with
banana and apple juice. Optional honey.
Med. **29.90** Lrg. **33.90**



BERRY CREAM

Strawberry, banana, yogurt,
honey and whey protein.
Med. **29.90** Lrg. **33.90**

TOPPINGS

CHOPPED BANANA	2.90	SLICED ALMONDS	2.90	HONEY	3.90
CHOPPED STRAWBERRY	5.90	SUGAR FREE PEANUT FUDGE	3.90	BLENDED WITH PEANUT BUTTER	3.90
CHOPPED MANGA	4.90	SHREDDED COCONUT	2.90	BLENDED WITH WHEY PROTEIN	5.90
HOMEMADE GRANOLA	3.90				

healthy smoothies

CLASSIC



LOVE

Strawberry, blackberry, apple juice and frozen yogurt.
400ml **23.90** 500ml **26.90**



BANANA BLUE

Banana, blueberry, apple juice and frozen yogurt.
400ml **25.90** 500ml **28.90**



GO MANGO

Mango, passion fruit, apple juice and frozen yogurt.
400ml **26.90** 500ml **29.90**



BERRIES FULL

Strawberry, blueberry, blackberry, apple juice, yogurt and honey.
400ml **26.90** 500ml **29.90**

Add Whey Protein

+5.90

PROTEIN



BERRY PUNCH

Apple juice, strawberry, banana, yogurt and whey protein.
400ml **25.90**
500ml **28.90**



PROTEIN BERRY

Strawberry, blueberry, frozen yogurt, honey, whey protein and Nude oat milk.
400ml **26.90**
500ml **29.90**



POWER NUT

Açaí, peanut butter, banana, whey protein and Nude oat milk.
*the açaí can be 100% pure or the traditional sweetened.

	tradiTional	pure
400ml	24.90	400ml 26.90
500ml	27.90	500ml 29.90

homemade juices



MANGO FRESH

Mango, passion fruit and orange.
16.90



SAINT JUICE

Lemongrass, pineapple, lemon and honey.
16.90



GREEN JOY

Orange, pineapple, mint, kale and ginger.
16.90



RED JUICE

Strawberry, orange, lemon and honey.
16.90



LIFE JUICE

Orange, beet, carrot, ginger, mint and honey.
16.90



PINEAPPLE WITH MINT

16.90



AÇAÍ JUICES

*optional: with fruits.
19.90



ORANGE

13.90



COCONUT WATER

13.90



MATE WITH LEMON AND APPLE

13.90

drinks



COCA-COLA

Original. 350ml
9.90



COCA-COLA ZERO

No sugar. 350ml
9.90



GUARANÁ

WEWI
9.90



GUARANÁ ZERO

WEWI
9.90



WATER

310ml
6.90



SPARKLING WATER

310ml
7.90

dessert



BANANA CAKE

Whole wheat banana cake, chestnuts, crispy oats and chocolate. Without wheat.
Sml. **11.90** Lrg. **15.90**



BANANA CAKE WITH ICE CREAM

Whole wheat banana cake, chestnuts, crispy oats and chocolate with yogurt ice cream. Without wheat.
Sml. **15.90** Lrg. **19.90**



BROWNIE

13.90



BROWNIE WITH ICE CREAM

With yogurt ice cream.
19.90



SORVETE DE IOGURTE

Yogurt ice cream with strawberry sauce, chopped strawberry and sliced almonds.
9.90