



dr.bernard.caparica

**Veggie Bowls & Balls 14€**

palms.drbernard

**BASE:** QUINOA, WILD RICE, MIXED VEGGIES, CHIPOTLE LENTILS, ROASTED VEGGIES, HUMMUS, CHINESE CABBAGE, CABBAGE PICKLE, CUCUMBER, SEEDS, SPROUTS

**CHOOSE YOUR BALLS**

- Red** 3 Homemade Meat Balls by Dr. Bernard w/ Tahine Chipotle Sauce
- Green** 3 Mushroom and Spinach Balls from Asoka Veggie Market w / Tahini Sauce
- Pink** 3 Beetroot and Seitan Balls from Asoka Veggie Market w / Beetroot Sauce
- Yellow** 3 Homemade Fish and Habanero Balls by Dr. Bernard with Tahini and Lime Sauce

**Individual Balls x3**

- Red** Dr Bernard's Homemade Meat **4€**
- Green** Mushrooms and Spinach by Asoka Veggie Market **3.5€**
- Pink** Beetroot and Seitan by Asoka Veggie Market **4€**
- Yellow** Homemade Fish and Habanero by Dr. Bernard **3.5€**

*\* Pick your sauce: Chipotle Sauce, Tahini Salsa, Beet Sauce, Tahini and Lime*

**x2 Protein Balls 2€**

- Açaí Bowl** w/ Granola and Seasonal Fruit **8€**
- logurte** w/ Granola and Seasonal Fruit **7€**
- Chia Cup** w/ Granola and Seasonal Fruit **4€**
- Chia Bowl** w/ Granola and Seasonal Fruit **8€**
- Yellow Sol N'ice Cream Bowl** Pineapple, Banana, Chia, Granola, Coconut, Almond Milk **8€**

**Juices 4€**

- Red Reset Juice** Beet, Red Apple, Carrot, Lemon, Ginger
- Blue Boost Juice** Blueberries, Pineapple, Apple, Mint
- Green Cleanse Juice** Spinach, Apple, Cucumber, Celery, Parsley, Lemon, Ginger
- Yellow Illuminate Juice** Pineapple, Green Apple, Lemon
- Orange Glow Juice** Orange, Carrot, Turmeric
- Lemonade / Orange Juice / Watermelon Juice 3.5€**

**Smoothies 4€**

- Red Strength Smoothie** Strawberries, Raspberries, Banana, Yogurt
- Blue Sky Smoothie** Blueberry, Banana, Spinach, Flaxseed, Coconut Milk
- Green Glam Smoothie** Avocado, Spinach, Green Maca, Banana, Almond Milk
- Yellow Sunshine Smoothie** Mango, Banana, Almond Butter, Chia, Coconut Milk
- Pink Aloha Bowl** Raspberry, Banana, Almond Milk

**Outras Bebidas Saudáveis**

- Why Not** please ask for flavours **3.5€**
- Kombucha** please ask for flavours **3.5€**

**Tea**

(Hot or Cold)

- Dr Bernard Tea** Lemon, Ginger, Mint **3€**
- Green Tea with Flowers 3€**
- Arabic Tea** Mint, Black Tea with or without Honey **3€**

**Healing Teas 4€**

- Comforta'belly numb** (digestive properties) **Skinny love** (detoxifying properties)
- Forever young** (antioxidant properties) **Pump it up** (stimulating properties)
- Sweet dreams are made of tea** (relaxing properties)

**Coffee**

- Espresso 1.5€ / Double 2€**
- Latte / Cappuccino 2€**
- \* Extra Vegetable Milk 0.5€**

**Water**

- Water 35CL Monchique 1.5€ / Water 75CL Monchique 3€**
- Frize 25CL 1.5€ / Frize 75CL 3€**



IVA Incluído à taxa legal em vigor

