



BEVERAGES

Water

- Minalba 310 ml (can)7,00
- Minalba com gás 310 ml (lata)9,00
- Água na Caixa 330 ml | 500 ml7,00 / 9,00

Juice

- Green juice w/ matcha + spirulina 300 ml 18,00
- Organic grape juice 300 ml15,00
- Greenpeople juice (varied flavors) 250 ml 15,00
- Fresh juices 300 ml16,00

Kombuchas

- Varied flavors (non-alcoholic) 350 ml16,00
- High Kombucha (alcoholic) 350 ml16,00

Ice Tea

- Organic lemon mate tea 300 ml9,00

Infusion tea (2 sachets)

- Organic tea (varied flavors)7,00

Shots

- Energy shot 150 ml7,00
- Thermo shot 150 ml7,00
- Immunity shot 150 ml7,00

Lattes

- Chai Latte w/ caramel syrup*
Hot 150 ml16,00
- Matcha Latte w/ caramel syrup*
Cold 300 ml16,00

Hot Chocolate

- Hot Chocolate 300 ml16,00

Organics Coffees (3 options)

- Espresso(de 8,00 – 12,00)
- add vegetal milk4,00

* Our syrups are malt extract based, with pure peanut butter, gluten-free, and zero sugar.

CRAFT BEERS
(ask for the beer menu)

WINES

- Zuccardi Fuzion Organic Chardonnay 149,00
- Zuccardi Fuzion Organic Malbec 149,00
- 99 Rosas Rose Organic 119,00 / 29,75 (glass)
- 99 Rosas Cabernet Organic 119,00 / 29,75 (glass)
- 99 Rosas Chardonnay 119,00 / 29,75 (glass)
- Victoria Geisse Vintage Rose (sparkling wine) 189,00
- Victoria Geisse Vintage (sparkling wine) 189,00





16,00

Chai Latte
(hot)



OUR BEERS

We chose Bauzera, a craft beer produced in the heart of Serra da Mantiqueira, in São Bento do Sapucaí, by people who love the outdoor life. Using water from the Mantiqueira highlands, the brewery of the climber Eliseu Frechou exploits a blend of tastes, textures, and the mountains vibes. We offer 10 different labels. Enjoy!

WITBIER R\$ 38,00 (BV: 6.4% IBU: 11)

This elegant Belgian beer was born 400 years ago. The composition uses malted wheat, oat, and spices. The clear color and turbid appearance are a trademark of the style. Wit uses a yeast strain bringing citric, pungent, and peppery notes to your mouth.

RED ALE R\$ 38,00 (ABV: 4% IBU: 17)

Red Ale uses a traditional Irish recipe with a medium taste and alcohol rate. The strong taste of Pale and Carared malts. Begins sweetly, next to the typical malt taste, and ends in roasted cereals, bringing a dry and remarkable feature.

BLONDE ALE R\$ 38,00 (ABV: 6.3% IBU: 15)

Cooling and with low/medium bitterness. A careful blend of barley, oat malts, and fruity hop with spice notes. This is a remarkable Ale, a strong, white foam, and clear and clean color.

IPA SORACHI ACE R\$ 38,00 (ABV: 5% IBU: 55)

A light beer, based on Sorachi Ace Japanese hop, bringing a note of Sicilian lemon. With IBU 55, it is for lovers of bitter beers.

BLACK IPA R\$ 38,00 (ABV: 5.3% IBU: 42)

For those who love the strong taste, medium/high bitter. Multiple roasted malts, remembering chocolate and coffee, plus herbs and pungent hop, that were added at different times, bringing complex taste and smell.

DUBBEL R\$ 38,00 (ABV: 7.1% IBU: 20)

German caramelized malts, bringing the smell and taste of dry fruits and grapes with sugar, make this classic Belgian recipe complex. Strong, with a beautiful amber color and beige foam. Do not be fooled by its sweetness.

PALE ALE R\$ 38,00 (ABV: 5.6% IBU: 30)

The traditional British beer is made with two-row barley malt, and aromatic caramel dark, bringing a light caramel taste and improving strongness. The note is the new and magnificent German hop Mandarina Bavaria in dry hopping, bringing tangerine notes.

SAISON R\$ 38,00 (ABV: 5.6% IBU: 25)

A beer made by the farmers of the French-speaking zone of Belgium, a wide open recipe allowing the brewer to create surprising variations, out of the ordinary. Our Saison is made with 3 barleys and wheat, and Turkish hibiscus flowers, bringing flower notes to the taste and smell, reinforced by English hops.

STOUT R\$ 38,00 (ABV: 5.4% IBU: 28)

Beer or espresso coffee? The traditional dark English beer, made with Muntons' roasted malts, and Admiral hop from England. Slightly bitter and astringency typical of the style.

CEVADA, TRIGO E LIMÃO ROSA R\$ 38,00 (ABV: 4.4% IBU: 26)

Light barley, wheat, and the interesting taste of Spelt green grape joined with pink-lemon to make the most refreshing Ale beer you ever tried.

Our beers are vegan. We do not clarify our beers with isinglass and we do not use lactose in any recipe.





38,00

Dubbel
(ABV: 7.1% IBU: 20)



ORGANIC SALADS

Pesticide-free organic greeneries produced respecting the soil, the farmers, and our whole local fauna.

Mediterranean Salad	*42,⁰⁰ / 28,⁰⁰ (half)
Seasonal greeneries, camembert cheese, carrot, tahini sauce with masala, and protein croutons.	
Atlantic Salad	*42,⁰⁰ / 28,⁰⁰ (half)
Seasonal greenery, palm cabbage, dry tomato, black olives, balsamic sauce, and roasted seeds.	
Pacific Salad	*42,⁰⁰ / 28,⁰⁰ (half)
A mix of grains, quinoa, chickpea, azuki bean, three-color coarse rice, Brazilian nuts, pumpkin seeds, and peanut, herb sauce.	
Caeser Salad	*42,⁰⁰ / 28,⁰⁰ (half)
Iceberg lettuce, plant-based chicken strips, cheese sauce, sesame seeds, oregano, and croutons.	
Tabule	*42,⁰⁰ / 28,⁰⁰ (half)
Seasonal greens, tricolor quinoa, tomato, onion, cucumber, mint, and citrus dressing. (Recipe by @rhafaeli.nutri)	

* The whole salads come with a lemon cold organic mate tea.

QUICHES

Leek Quiche (served with seasonal greens)	49,⁰⁰
Mushroom Quiche (served with seasonal greens)	49,⁰⁰

Add your protein:

Breaded/ roasted plant-based chicken or falafel portion	9,⁰⁰
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SOUPS

Pumpkin soup with quinoa and ginger	42,⁰⁰
Aromatic lentil soup	42,⁰⁰

The soups are served with slices of artisan bread.

PROTEIC ORGANIC LASAGNA

Bolognese sauce (16 g of protein)	49,⁰⁰
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All the products on the menu are from a plant-based source, preferably organic and local.





Curatorship by @aleluglio



42,00

Atlantic Salad + Iced Organic
Mate Tea with lemon.





bio2 PROTEIN SHAKES

The bio2 protein shakes are high in nutritional density ingredients, very creamy, and tasty. Our shakes are the perfect match for all moments of the day, including a full breakfast, an afternoon snack, or a post-workout. Pick your moment!

Shake Protein Spirulina / 350 ml 19,00

Protein spirulina, plant-based milk, peanut butter, and organic demerara sugar.
• with caramel syrup and spirulina.

19 g
PROTEÍNA

6,5 g
FIBRAS

Shake Protein Cappuccino / 350 ml 19,00

Protein Cappuccino, plant-based milk, peanut butter, and organic demerara sugar.
• with coffee and cocoa syrup.

20 g
PROTEÍNA

6,5 g
FIBRAS

Vanilla Protein Shake / 350 ml 19,00

Vanilla Protein, peanut butter, chia grains, and organic demerara sugar.
• with caramel syrup and paçoca.

34 g
PROTEÍNA

6,5 g
FIBRAS

Vanilla Protein + red fruits shake / 350 ml 19,00

Vanilla Protein, red berries, energy shot, banana, and organic demerara sugar.
• with chocolate syrup and cocoa nibs.

33 g
PROTEÍNA

5,4 g
FIBRAS

Vanilla Protein + mango and passionfruit shake / 350 ml 19,00

Vanilla Protein, mango pulp, passionfruit pulp, chia grains, amaranth flakes, and organic demerara sugar • with chocolate syrup and chia.

24 g
PROTEÍNA

4,7 g
FIBRAS

Carob Protein Shake / 350 ml 19,00

Carob Protein, peanut butter, organic powdered instant coffee, chia, and organic demerara sugar. • with coffee syrup and cocoa nibs.

38 g
PROTEÍNA

8,6 g
FIBRAS

Cocoa and Maca Protein Shake / 350 ml 19,00

Cocoa and Maca Protein, peanut butter, chia grains, amaranth flakes, cinnamon, and organic demerara sugar. • with chocolate and cocoa syrup.

38 g
PROTEÍNA

9 g
FIBRAS

Açaí and Banana Protein Shake / 350 ml 19,00

Açaí and Banana Protein, chia grains, pure açaí, banana, and organic demerara sugar.
• with caramel syrup and paçoca.

23 g
PROTEÍNA

8,8 g
FIBRAS

All the products on the menu are from a plant-based source, preferably organic and local.





Curatorship by @aleluglio

19,00

Vanilla Protein
Shake

34g
PROTEÍNA

6,5g
FIBRAS

bio2
PROTEIN

bio2

Chia grãos

Chia em grãos - Peso líquido 250g





TOSTEX & TOASTS

Cheese Tostex (vegan cheese)	24,00
Turkey Tostex (vegan cheese and turkey breast)	24,00
Mushroom Tostex (vegan cheese and mushrooms)	24,00
Hummus Toast (hummus with masala and seeds)	*24,00 / 18,00
Herbs Toast (cheese with dry tomato, basil, and herb olive oil)	*24,00 / 18,00
*whole portion: R\$ 24,00 / half: R\$ 18,00	
Chicken Club sandwich	36,00
Wrap (Jackfruit)	36,00

VEGAN SNACKS

Lentil Kibbe w/ cream cheese	14,00	Snacks	
Coxinha (Jackfruit)	14,00	Mini coxinha	14,00
Empanada w/ caramelized onion	14,00	Mini pão de queijo	14,00
Potato bread stuffed w/ cream cheese	14,00	Mini stuffed kibbe	14,00
Empada (palm heart)	14,00		

Choose your sauce: ketchup | mustard | genuine or truffled mayonnaise | tahini w/ masala – extra sauce 3.00

CHEESE PLATTER
(comes w/ toasts and jam)

Camembert (vegan cheese)	48,00
Camembert (truffled)	48,00
Camembert (turmeric with kumel)	48,00

BREADS
(natural fermentation)

2 slices	14,00	4 slices	18,00
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The breads are served with hummus and butter.

DESSERTS

Homemade cake	12,00
Carrot cake with spices	18,00
Pie (lemon, strawberry, banoffee and chocolate mousse)	18,00
Chia Pudding	24,00
Chocolate Brownie (Recipe by @nutridanijodar)	18,00
Fruit salad	18,00

(w/ 2 toppings) choose yours: Linseed | Protein cereal | Chia | Peanut butter • extra topping 3,00





Curatorship by @aleluglio



14,00

Empanada de cebola
caramelizada