

GRAVIOLA

Entradas para partilhar

Croquetas de Atum 8.9
Croquetas de atum fresco com farofa de pão e 'aioli' de beterraba

Chips de mandioca com creme de queijo 6.9
Massa de mandioca crocante com creme de queijo

Tosta de ricota, queijo de cabra e tomate confitado 8.9
Pão sourdough na chapa com nosso creme de queijo de cabra, ricota e tomate confitado com azeite de ervas

Tzatziki 8.9
Pasta grega de iogurte com pepino, tomate e azeitona preta com azeite, orégano e pão sourdough

Ceviche 9.9
Peixe fresco marinado com leite de tigre e chips de batata doce

Guacamole 9.9
Guacamole de abacate com nachos de milho

Burger

*Acompanha batata rústica ou salada

Faláfel burger 13.9
Hambúrguer artesanal de faláfel, rúcula, pickles de repolho roxo e 'aioli' de tofu

Tuna barbecue 14.9
Hambúrguer artesanal de atum fresco, queijo derretido, espinafre baby, pickles de couve roxa e molho barbecue da casa

The sun 14.9
Hambúrguer artesanal de frango do campo, queijo derretido, cebola caramelizada, espinafre baby, pickles de couve roxa e 'aioli' de tofu

Salmon spring 14.9
Hambúrguer artesanal de salmão no shoyo, creme de abacate, espinafre baby, pickles de couve roxa

Smoothies e bowls

Açaí smoothie 7.9
Shake gelado de açaí com banana

Matcha smoothie 7.9
Shake gelado de matchá

Açaí bowl 9.9
Bowl de açaí, fatias de banana, raspas de coco, granola, amêndoas e chia

*Qualquer comida, bebida ou prato que não seja solicitado pelo cliente não pode ser cobrado. Iva incluído à Taxa legal. Preço em Euros (€)

Principais

Bowl de frango 13.9
A nossa salada de grãos de cevada, lentilhas, grão de bico, caju, mix de folhas frescas, frango do campo grelhado e molho de mostarda dijon e iogurte

Frango, abacate e ovo trufado 17.9
Frango do campo grelhado com alecrim e bacon, creme de abacate, ovo trufado, arroz multigrãos, tomate, ricota e mix de folhas frescas

Frango barbecue 16.9
Frango do campo grelhado, acompanhado do molho barbecue da casa, arroz negro, pasta de grão de bico e açafrão com mix de folhas frescas

Salpicão do Gravis 14.9
Salpicão de frango do campo desfiado, milho, passas, cenoura ralada com o nosso creme e palha crocante de inhame

Frango com purê de batata doce 16.9
Frango do campo grelhado com purê de batata doce, tomate, cenoura, pepino, ricota, pickles de couve roxa e rabanete

O preferido 18.9
Filete de peixe grelhado, purê de banana pão, farofa de caju, amendoim e beterraba e microgreens biológicos.

Atum, quinoa e queijo de cabra 18.9
Atum fresco, maçã verde, mix de folhas com quinoas, cebola roxa, caju, creme de queijo de cabra com ricota e 'aioli' de beterraba

Tataki de atum e abacate 19.9
Lombo de atum levemente selado, pesto de manjeriço, creme de abacate, 'aioli' de açafrão, arroz negro e mix de salada marinada

Salada de salmão gravlax 15.9
Lascas de salmão curado, caju, mel de abelha, queijo de cabra e mix de folhas frescas

Salmão com crosta de caju e risoto 19.9
Salmão levemente selado com crosta de caju e risoto de tomate seco

Espetada de faláfel 14.9
Espetada de faláfel com arroz multigrãos, hummus e salada

Salmão multigrãos 18.9
Salmão levemente selado, arroz multigrãos, 'aioli' de tofu, mix de salada marinada, farofa de sementes, pankó e beterraba

Picadinho de cogumelos 14.9
Cogumelos bem picados e temperados, arroz integral, ovo com gema mole, banana, 'aioli' de tofu, quiabo, farofa de sementes, pankó e beterraba

Lasagna ao pomodoro 15.9
Finas fatias de beringela e curgete finalizadas no forno com molho pomodoro caseiro, queijo vegan e manjeriço

Sopa do dia 4.5

Franguinho do Graviola (até aos 10 anos) 9.9
Frango do campo grelhado, arroz integral, feijão e palha de inhame crocante

Brunch

Tosta de cogumelos 8.9
Pão sourdough, cogumelo com azeite e alho, pasta hummus, pipoca de grão de bico, espinafre, semente de girassol e abóbora

Tosta de queijo de cabra e tomate confitado 8.9
Pão sourdough na chapa com nosso creme de queijo de cabra, ricota e tomate confitado no azeite de ervas

Tosta de abacate 9.9
Pão sourdough, ovos escalfados, abacate amassado, tomate sweet grape, queijo de cabra e farofa de sementes de girassol e abóbora

Tosta de salmão 10.9
Pão sourdough, salmão curado, abacate amassado, nosso 'sour cream', 'aioli' de açafrão, couve roxa e farofa de sementes

Burrito 9.9
Burrito do nosso famoso salpicão de frango do campo desfiado, milho, passas, cenoura ralada, couve roxa e couve, com creme e palha de inhame

Ovos mexidos 3.9

Pão de fermentação natural na chapa com ovos mexidos 4.9

Pão de fermentação natural na chapa com manteiga ghee 3.9

Cinnamon pancake 7.9
Panquecas de aveia com banana brulée, canela e mel

Berries pancake 9.9
Panquecas de aveia com coulis de frutos vermelhos, chantilly vegan e polvilhado de xilitol

Choco pancake 9.9
Panquecas de aveia com ganache de chocolate meio amargo, banana brulée, chantilly vegan, farofa de brownie e polvilhado de xilitol

Banana bread 3.9

Sobremesas

O melhor brownie do mundo 6.9
A receita mais antiga do Graviola, o nosso famoso brownie bem húmido com farofa da sua crosta e bola de gelado de coco e tapioca

Banoffee Vegan 6.9
Doce de leite vegan feito na casa, banana, farofa de amêndoas e caju, nosso chantilly vegan e um pouco de canela pra finalizar

Bolo mousse chocolate e flor de sal 6.9
Bolo mousse de chocolate meio amargo com um ingrediente surpresa, base de amêndoas, cacau e flor de sal

Healthy Cheesecake 6.9
Nossa cheesecake de queijo cottage, coulis de morango e óleo de coco

Crumble de maçã 6.9
Amêndoas crocantes, caju, amendoins, maçã cozida com canela, xilitol e uma bola de gelado

Bola de gelado 3.9

Água com gás 2.9

Água sem gás 2.7

Água de coco 3.9

Cerveja heineken 3.7

Cerveja artesanal IPA 4.7

Cerveja artesanal blond ale 4.7

Soda italiana 3.9

Kombucha 4.7

Copo de vinho 4.5

Café

Expresso 1.3

Expresso duplo 2.5

Cappuccino 3.9

Americano 2.7

Macchiato 2.5

Flat white 3.9

Latte 4.2

Iced latte coffee 4.5

Iced matcha latte 4.9

Iced americano 2.9

Graviscino 6.9
Expresso, leite cremoso, gelado e nosso chantilly vegano

Affogato 4.9

Matcha Latte 4.5

Chocolate Quente 3.9

*para adicionar leite vegetal em qualquer bebida +0.50

Sumos naturais

Mate da casa 3.9

Mate da casa c/ lima 4.2

Mate da casa c/ lima, abacaxi e gengibre 4.5

Suchá de erva príncipe limão e gengibre 4.2

Lima 3.9

Laranja 3.9

Lima, gengibre e manjeriço 4.5

Melancia 3.9

Limonada 3.9

Trópica 4.5
Melancia com abacaxi

Abacaxi com hortelã 4.5

Verde vida 4.9
Lima, maçã, pepino, couve, gengibre e aipo

Summer 4.9
Lima, hortelã e erva príncipe

+Leve 4.9
Lima e melancia

Graviola 4.9

Refrescante 4.9
Abacaxi, água de coco e hortelã

Astro rei 4.9
Maracujá com manga

Jarra de mate da casa 8.9

Melancia, lima, gengibre e mel 4.9

Bebidas e Drinks

Mojito 6.9
lima, hortelã fresca, tônica e água gaseificada

Hibiscus refresh 6.9
Infusão de flor de hibisco, morango fresco, lima e água gaseificada

Verão pra sempre 6.9
Infusão de frutos vermelhos, morango, mirtillo, amora, lima, farofa de hibisco, tônica e água gaseificada

Pink lemonade 6.9
Cranberry, limão e água gaseificada

Primavera 7.9
Morangos frescos, limão, mirtillo, tônica, flores e anis estrelado

Sangria 19
Sangria da casa com mix de frutas

Se beber, não dirija!
Consulte o valor da dose alcoólica!

*nossas bebidas são sem álcool, caso deseje adicionar gin/vodka (+4€) ou rum (+3€)

*Nossa cozinha contém traços de: glúten e lactose
pratos veganos

GRAVIOLA

Starters to share

Tuna croquettes 8.9
Fresh tuna croquettes in bread farofa (flour) and beet aioli

Cassava chips with cream cheese 6.9
Our crispy cassava pizza dough with cream cheese

Goat cheese and tomato confit toast 8.9

Griddle Sourdough bread with our goat cheese and ricotta cream and cherry tomatoes confit in herb olive oil


Tzatziki 8.9
Greek yogurt paste with cucumber, cherry tomatoes and black olive with olive oil, oregano and ricotta cheese and sourdough bread

Ceviche 9.9
Fresh fish marinated in tiger milk with crispy and sweet potato chips

Guacamole 9.9
Fresh avocado guacamole with corn nachos

Burger

*Served with rustic potatoes or salad

Falafel burger  13.9
Homemade falafel burger, arugula, purple cabbage pickle, and tofu aioli

Tuna barbecue 14.9
Fresh tuna burger, melted cheese, arugula, purple cabbage pickles, and barbecue sauce.

The sun 14.9
Homemade chicken burger, melted edam cheese, caramelized onions, avocado, spinach, pickled red cabbage and aioli tofu

Salmon spring 14.9
Homemade salmon burger with soy sauce, mashed avocado, spinach and pickled red cabbage

Smoothies and bowls

Açaí smoothie 7.9
Iced açaí shake with banana

Matcha smoothie 7.9
Iced matcha shake

Açaí bowl 9.9
Açaí bowl, banana slices, coconut shavings, granola, almonds and chia

*Any food or beverage or dish that wasn't asked by the client can't be charged. VAT included. Prices in euro (€)

Main Courses

Chicken bowl 13.9
Sustainable chicken, barley, lentils and chickpeas, nuts, fresh mixed leaves and dijon mustard and yogurt dressing

Chicken, avocado and truffled egg 17.9
Sustainable chicken with rosemary and bacon, avocado cream, truffled egg, grain rice, tomatoes, ricotta cheese and a mix of fresh leaves

Chicken barbecue 16.9
Sustainable chicken in our home made barbecue sauce, black rice, chickpea and saffron paste and a mix of fresh leaves

Gravis' brazilian chicken salad 14.9
Sustainable shredded chicken, corn, raisins and grated carrots in our yam cream and crunchy straw

Chicken with mashed sweet potato 16.9
Grilled sustainable chicken with mashed sweet potatoes, tomatoes, carrots, cucumbers, ricotta, pickled cabbage and radish

The favorite 18.9
Grilled fish fillet, mashed banana bread, cashew nut, peanut and beet farofa and organic microgreens.

Tuna, quinoa and goat cheese 18.9
Fresh tuna, green apple, mixed leaves with quinoa, red onion, cashews, creamy goat's cheese with ricotta and beet aioli

Tuna and avocado tataki 19.9
Lightly seared tuna loin, basil pesto, avocado cream, saffron aioli, black rice and marinara salad

Gravlax salmon salad 15.9
Cured salmon gravlax slices, cashew nuts, honey, goat cheese and mix of fresh leaves

Salmon with cashew crush and risotto 19.9
Lightly seared salmon with cashew crust and sundried tomato risotto

Falafel skewer 14.9
Skewer of falafel with multigrain rice, hummus tahine and salad

Multigrain salmon 18.9
Lightly seared salmon, multigrain rice, tofu aioli, marinated salad mix, seed flour, panko and beet farofa (flour)


Minced mushroom bites 14.9
Minced mushrooms, catetus rice, egg with soft yolk, banana, tofu aioli, okra and seeds, panko and beet farofa (flour)

Lasagna in pomodoro sauce  15.9
Eggplant and zucchini lasagna finished in the oven with homemade pomodoro sauce, vegan cheese and basil

Soup of the day 4.5

Graviola's chicken  (up to 10 years old) 9.9
Grilled sustainable chicken, brown rice, beans and crispy yam straw

Brunch

Mushroom toast  8.9
Sourdough bread, grilled Mushroom with olive oil and garlic, hummus, chickpea popcorn, spinach, sunflower and pumpkin seed crumbs

Ricotta toast, goat cheese and confit tomatoes 8.9
Sourdough bread with our ricotta and goat cheese cream, sweet grape tomato confit in herbal olive oil

Avocado toast 9.9
Sourdough bread, poached eggs, mashed avocado, sweet grape tomatoes, goat cheese, sunflower and pumpkin seed crumbs

Salmon toast 10.9
Sourdough bread, cured salmon, mashed avocado, our sour cream, saffron aioli, pickled red cabbage

Burrito 9.9
Burrito made with our shredded chicken, corn, raisins, carrots, red cabbage and kale, with yam cream and crispy straw

Scrambled eggs 3.9

Griddle sourdough bread with scrambled eggs 4.9

Griddle sourdough bread with ghee butter 3.9

Cinnamon pancake 7.9
Oat pancakes with banana brûlée, cinnamon and honey


Berries pancake 9.9
Pancakes with red fruit coulis, vegan whipped cream and xylitol sprinkles

Choco pancake 9.9
Pancakes with dark chocolate ganache, banana brûlée, vegan whipped cream, brownie flour and xylitol sprinkles

Banana bread 3.9

Desserts

The best brownie in the world 6.9
Graviola's oldest recipe. Our famous wet brownie with floury crust and tapioca ice cream.

Vegan banoffee  6.9
Homemade vegan dulce de leche, banana, almond and cashew crumble, our vegan whipped cream, and a touch of cinnamon to finish

Chocolate mousse pie 6.9
Semisweet chocolate mousse cake with a surprise ingredient, almond base, cocoa, and sea salt

Healthy Cheesecake 6.9
Our cottage cheese cheesecake, strawberry coulis and coconut oil

Apple crumble 6.9
Crunchy almonds, cashews, peanuts, baked apple with cinnamon, xylitol and a scoop of ice cream

Scoop of ice cream 3.9

Sparkling water 2.9

Regular water 2.7

Coconut water 3.9

Ipa beer 3.7

Blond Ale beer 4.7

Heineken beer 4.7

Italian soda 3.9

Kombucha 4.7

Wine glass 4.5

Mojito 6.9
Lime, fresh mint, tonic and sparkling water

Hibiscus refresh 6.9
Hibiscus flower infusion, fresh strawberries, lime juice and sparkling water

Summer forever 6.9
Red berries infusion, strawberries, blueberries, blackberries, lemon juice, hibiscus crumbs, tonic and sparkling water

Coffee

Espresso 1.3

Double espresso 2.5

Cappuccino 3.9

Americano 2.7

Macchiato 2.5

Flat white 3.9

Latte 4.2

Iced latte coffee 4.5

Iced matcha latte 4.9

Iced americano 2.9

Graviscino 6.9
Espresso, creamy milk, ice cream and our vegan whipped cream

Affogato 4.9

Matcha Latte 4.5

Hot chocolate 3.9

*To add plant-based milk to any beverage +0.50€

Fresh juices

Homemade mate 3.9

Homemade mate w/ lime 4.2

Homemade mate w/ lime, pineapple and ginger 4.5

Lemongrass and ginger suchá (juice/tea) 4.2

Lime 3.9

Orange 3.9

Lime, ginger and basil 4.5

Watermelon 3.9

Lemonade 3.9

Tropic 4.5
Watermelon with pineapple

Pineapple with mint 4.5

Green Life 4.9
Lime, apple, cucumber, cabbage, ginger and celery

Summer 4.9
Lime, mint and lemongrass

+Light 4.9
Lemon and watermelon

Graviola 4.9

Refreshing 4.9
Pineapple, coconut water and mint

Star king 4.9
Passion fruit with mango

Jar of homemade mate 8.9

Watermelon, lime, ginger and honey 4.9

Pink lemonade 6.9
Cranberry syrup, lemon juice and sparkling water

Spring 7.9
Fresh strawberries, lemon juice, blueberries, tonic water, flowers and star anise

Sangria 1.9
Red or white wine with fruit mix

If you drink, **don't drive!**
Check the alcoholic drink price per serving!