

Português	English	Alergenicos	Allergens
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SUSHI BOXES 2021

Amateur mix	Amateur mix	Ovos Peixes Soja Leite Aipo Mostarda Sésamo Sulfitos	Eggs Fish Soya Milk Celery Mustard Sesame Sulphites
Salmon original	Salmon original	Ovos Peixes Soja Aipo Mostarda Sésamo Sulfitos	Eggs Fish Soya Celery Mustard Sesame Sulphites
Special blend	Special blend	Glúten (trigo) Ovos Peixes Soja Leite Aipo Mostarda Sésamo Sulfitos	Gluten (wheat) Eggs Fish Soya Milk Celery Mustard Sesame Sulphites
Master mix	Master mix	Ovos Peixes Soja Aipo Mostarda Sésamo Sulfitos	Eggs Fish Soya Celery Mustard Sesame Sulphites
Sunrise	Sunrise	Ovos Peixes Soja Leite Aipo Mostarda Sésamo Sulfitos	Eggs Fish Soya Milk Celery Mustard Sesame Sulphites
Salmon Lovers	Salmon Lovers	Ovos Peixes Soja Aipo Mostarda Sésamo Sulfitos	Eggs Fish Soya Celery Mustard Sesame Sulphites
Classic mix	Classic mix	Ovos Peixes Soja Aipo Mostarda Sésamo Sulfitos	Eggs Fish Soya Celery Mustard Sesame Sulphites
Super Salmon	Super Salmon	Ovos Peixes Soja Leite Aipo Mostarda Sésamo Sulfitos	Eggs Fish Soya Milk Celery Mustard Sesame Sulphites
California Dream	California Dream	Glúten (trigo) Crustáceos Ovos Peixes Soja Leite Aipo Mostarda Sésamo Sulfitos	Gluten (wheat) Crustaceans Eggs Fish Soya Milk Celery Mustard Sesame Sulphites
Gourmet Mix *	Gourmet Mix *	Glúten (trigo) Ovos Peixes Soja Frutos de casca rija (avelã) Aipo Mostarda Sésamo Sulfitos	Gluten (wheat) Eggs Fish Soybeans Nuts (hazelnut) Celery Mustard Sesame Sulphites
Fresh Mix *	Fresh Mix *	Glúten (trigo) Ovos Peixes Soja Leite Aipo Mostarda Sésamo Sulfitos	Gluten (wheat) Eggs Fish Soya Milk Celery Mustard Sesame Sulphites

GREGORY MARCHAND

Signature frenchie roll	Signature frenchie roll	Glúten (trigo) Ovos Soja Leite Aipo Mostarda Sésamo	Gluten (wheat) Eggs Soya Milk Celery Mustard Sesame
Indian spring	Indian spring	Ovos Leite Aipo Mostarda Sulfitos	Eggs Milk Celery Mustard Sulphites
California scandinavian roll	California scandinavian roll	Peixes Leite	Fish Milk
California purple roll	California purple roll	Peixes Leite Sésamo	Fish Milk Sesame
Satay nigiri	Satay sushi	Crustáceos Amendoins Sulfitos	Crustaceans Peanuts Sulphites
Nordic tártar	Nordic tartare	Peixes Leite Sulfitos	Fish Milk Sulphites
Mediterranean bowl	Mediterranean bowl	Soja Leite Mostarda Sésamo Moluscos	Soya Milk Mustard Sesame Mollusc
Box Gregory Marchand	Box Gregory Marchand	Glúten (trigo) Crustáceos Ovos Peixes Amendoins Soja Leite Aipo Mostarda Sésamo Sulfitos	Gluten (wheat) Crustaceans Eggs Fish Peanuts Soya Milk Celery Mustard Sesame Sulphites

BOX TO SHARE

Box for two	Box for two	Ovos Peixes Soja Leite Aipo Mostarda Sésamo Sulfitos	Gluten (wheat) Eggs Fish Soya Milk Celery Mustard Sesame Sulphites
Box for two gourmet *	Box for two gourmet *	Glúten (trigo) Crustáceos Ovos Peixes Soja Leite Frutos de casca rija (avelã) Aipo Mostarda Sésamo Sulfitos	Gluten (wheat) Crustaceans Eggs Fish Soybeans Milk Nuts (hazelnut) Celery Mustard Sesame Sulphites
Black box classic	Black box classic	Glúten (trigo) Crustáceos Ovos Peixes Soja Leite Aipo Mostarda Sésamo Sulfitos	Gluten (wheat) Crustaceans Eggs Fish Soya Milk Celery Mustard Sesame Sulphites
Black box gourmet *	Black box gourmet *	Glúten (trigo) Crustáceos Ovos Peixes Amendoins Soja Leite Frutos de casca rija (avelã) Aipo Mostarda Sésamo Sulfitos	Gluten (wheat) Crustaceans Eggs Fish Peanuts Soybeans Milk Nuts (hazelnut) Celery Mustard Sesame Sulphites

SUSHI / NIGIRI

ALERGENICOS / ALLERGENS - 2021

Português	English	Alergenicos	Allergens
Nigiri salmão	Sushi salmon	Peixes	Fish
Nigiri salmão teriyaki	Sushi teriyaki salmon	Glúten (trigo) Peixes Soja Sésamo	Gluten (wheat) Fish Soya Sesame
Nigiri salmão tsukudani	Sushi tsukudani salmon	Peixes Soja Sésamo	Fish Soya Sesame
Nigiri atum	Sushi tuna	Peixes	Fish
Nigiri atum teriyaki	Sushi teriyaki tuna	Glúten (trigo) Peixes Soja Sésamo	Gluten (wheat) Fish Soya Sesame
Sushi espargo miso	Sushi miso Asparagus	Peixes Soja Sésamo	Fish Soya Sesame
Nigiri camarão	Sushi prawn	Crustáceos Soja	Crustaceans Soya
Satay nigiri	Satay sushi	Crustáceos Amendoins Sulfitos	Crustaceans Peanuts Sulphites
Nigiri dourada	Sushi bream	Glúten (trigo) Peixes Soja	Gluten (wheat) Fish Soya
Nigiri yellowtail miso yuzu	Sushi miso yuzu yellowtail	Peixes Soja	Fish Soya
Nigiri bife	Sushi seared beef	Glúten (trigo) Peixes Soja Sésamo	Gluten (wheat) Fish Soya Sesame
Sushi yellowtail	Sushi yellowtail	Glúten (trigo) Peixes Soja	Gluten (wheat) Fish Soya
Nigiri gunkan ovos de salmão	Sushi salmon roe	Peixes	Fish

MAKI / TEMAKI

Maki abacate	Maki avocado	Sésamo	Sesame
Maki pepino e queijo	Maki cucumber cheese	Leite	Milk
Maki abacate e queijo	Maki avocado cheese	Leite	Milk
Maki cenoura	Maki carrot	Ovos Aipo Mostarda Sulfitos	Eggs Celery Mustard Sulphites
Maki salmão	Maki salmon	Peixes	Fish
Maki atum	Maki tuna	Peixes	Fish
Maki atum spicy	Maki spicy tuna	Glúten (trigo) Ovos Peixes Aipo Mostarda	Gluten (wheat) Eggs Fish Celery Mustard
Maki arenque fumado	Maki smoked herring	Peixes Leite	Fish Milk
Maki yellowtail kumquat	Maki kumquat yellowtail	Ovos Peixes Soja Aipo Mostarda Sulfitos	Eggs Fish Soya Celery Mustard Sulphites
Maki salmon roll	Maki cheese salmon	Peixes Leite	Fish Milk
Temaki salmão abacate	Temaki salmon avocado	Peixes Sésamo	Fish Sesame
Temaki atum picante	Temaki tuna spicy	Glúten (trigo) Ovos Peixes Aipo Mostarda	Gluten (wheat) Eggs Fish Celery Mustard
Temaki marinado	Temaki marinated	Peixes Leite Mostarda Sésamo	Fish Milk Mustard Sesame

CALIFORNIA / ROLLS

California yellow veggie	California yellow veggie	Peixes Sésamo	Fish Sesame
California veggie roll	California veggie roll	Glúten (trigo) Soja Sésamo	Gluten (wheat) Soya Sesame
California salmão abacate	California salmon avocado	Peixes Sésamo	Fish Sesame
California atum abacate	California tuna avocado	Peixes Sésamo	Fish Sesame

ALERGENICOS / ALLERGENS - 2021

Português	English	Alergenicos	Allergens
California atum cozido e abacate	California cooked tuna avocado	Ovos Peixes Soja Mostarda Sésamo Sulfitos	Eggs Fish Soya Mustard Sesame Sulphites
California pacific	California pacific	Glúten (trigo) Ovos Peixes Leite Aipo Mostarda Sésamo	Gluten (wheat) Eggs Fish Milk Celery Mustard Sesame
California fresh salmon	California fresh salmon	Ovos Peixes Aipo Mostarda Sésamo Sulfitos	Eggs Fish Celery Mustard Sesame Sulphites
California camarão tempura	California prawn tempura	Glúten (trigo) Crustáceos Ovos Soja Aipo Mostarda Sésamo Sulfitos	Gluten (wheat) Crustaceans Eggs Soya Celery Mustard Sesame Sulphites
California chicken katsu	California chicken katsu	Glúten (trigo) Ovos Soja Leite Aipo Mostarda Sésamo Sulfitos	Gluten (wheat) Eggs Soya Milk Celery Mustard Sesame Sulphites
California scandinavian roll	California scandinavian roll	Peixes Leite	Fish Milk
California salmon aburi roll	California salmon aburi roll	Peixes Leite Mostarda Sésamo	Fish Milk Mustard Sesame
California purple roll	California purple roll	Peixes Leite Sésamo	Fish Milk Sesame
California yellowtail ponzu	California yellowtail ponzu	Glúten (trigo) Ovos Peixes Soja Aipo Mostarda Sésamo Sulfitos	Gluten (wheat) Eggs Fish Soya Celery Mustard Sesame Sulphites
California french touch	California french touch	Glúten (trigo) Frutos de casca rija (avelã)	Gluten (wheat) Nuts (hazelnut)
California polvo	California octopus	Soja Sésamo Moluscos	Soya Sesame Mollusc
California tuna & truffle	California tuna & truffle	Ovos Peixes Aipo Mostarda Sulfitos	Eggs Fish Celery Mustard Sulphites

SPRING ROLLS

Spring pepino e queijo	Spring cucumber cheese	Leite	Milk
Spring abacate e queijo	Spring avocado cheese	Leite	Milk
Indian spring	Indian spring	Ovos Leite Aipo Mostarda Sulfitos	Eggs Milk Celery Mustard Sulphites
Spring atum cozido e abacate	Spring cooked tuna avocado	Ovos Peixes Soja Mostarda Sésamo Sulfitos	Eggs Fish Soya Mustard Sesame Sulphites
Spring salmão abacate	Spring salmon avocado	Peixes	Fish
Spring fried chicken abacate	Spring fried chicken avocado	Glúten (trigo) Ovos Soja Leite Aipo Mostarda Sulfitos	Gluten (wheat) Eggs Soya Milk Celery Mustard Sulphites
Spring atum e abacate	Spring tuna avocado	Peixes	Fish
Spring tataki de salmão	Spring salmon tataki	Glúten (trigo) Ovos Peixes Soja Aipo Mostarda Sésamo Sulfitos	Gluten (wheat) Eggs Fish Soya Celery Mustard Sesame Sulphites
Spring tataki de atum	Spring tuna tataki	Glúten (trigo) Ovos Peixes Amendoins Soja Aipo Mostarda Sésamo Sulfitos	Gluten (wheat) Eggs Fish Peanuts Soya Celery Mustard Sesame Sulphites
Spring camarão	Spring prawn	Crustáceos	Crustaceans
Spring chicken curry	Spring chicken curry	Glúten (trigo) Ovos Soja Leite Aipo Mostarda Sulfitos	Gluten (wheat) Eggs Soya Milk Celery Mustard Sulphites

SIGNATURE ROLLS

Signature green fresh	Signature fresh green	Ovos Soja Leite Aipo Mostarda Sésamo Sulfitos	Eggs Soya Milk Celery Mustard Sesame Sulphites
Signature rock n roll *	Signature rock n roll *	Glúten (trigo) Ovos Peixes Soja Aipo Mostarda Sésamo	Gluten (wheat) Eggs Fish Soya Celery Mustard Sesame
Signature fire roll	Signature fire roll	Glúten (trigo) Crustáceos Ovos Peixes Soja Aipo Mostarda Sésamo Sulfitos	Gluten (wheat) Crustaceans Eggs Fish Soya Celery Mustard Sesame Sulphites
Signature frenchie roll	Signature frenchie roll	Glúten (trigo) Ovos Soja Leite Aipo Mostarda Sésamo	Gluten (wheat) Eggs Soya Milk Celery Mustard Sesame

ALERGENICOS / ALLERGENS - 2021

Português	English	Alergenicos	Allergens
Signature gyū roll	Signature gyū roll	Glúten (trigo) Ovos Soja Aipo Mostarda Sésamo Sulfitos	Gluten (wheat) Eggs Soya Celery Mustard Sesame Sulphites
Signature dragon roll	Signature dragon roll	Glúten (trigo) Crustáceos Ovos Peixes Soja Aipo Mostarda Sésamo Sulfitos	Gluten (wheat) Crustaceans Eggs Fish Soya Celery Mustard Sesame Sulphites

SASHIMI & TATAKI

Sashimi salmão 15 unidades	Salmon sashimi 15 pieces	Peixes	Fish
Sashimi salmão 5 unidades	Salmon sashimi 5 pieces	Peixes	Fish
Sashimi atum 15 unidades	Tuna sashimi 15 pieces	Peixes	Fish
Sashimi atum 5 unidades	Tuna sashimi 5 pieces	Peixes	Fish
Sashimi misto atum e salmão 15 unidades	Tuna salmon combo sashimi 15 pieces	Peixes	Fish
Sashimi misto 15 unidades	Assortment sashimi 15 pieces	Crustáceos Peixes	Crustaceans Fish
Sashimi yellowtail 5/12 unidades	Yellowtail sashimi 5/12 pieces	Glúten (trigo) Peixes Soja	Gluten (wheat) Fish Soya
Tataki de salmão 15 unidades	Salmon tataki 15 pieces	Glúten (trigo) Peixes Soja	Gluten (wheat) Fish Soya
Tataki de atum 15 unidades	Tuna tataki 15 pieces	Glúten (trigo) Peixes Soja	Gluten (wheat) Fish Soya
Tataki de lombo 10 unidades	Beef tataki 10 pieces	Glúten (trigo) Peixes Soja Sésamo	Gluten (wheat) Fish Soya Sesame

TARTARE / TARTAR & CEVICHE

Tártar de salmão	Salmone tartare	Ovos Peixes Aipo Mostarda Sulfitos	Eggs Fish Celery Mustard Sulphites
Nordic tártar	Nordic tartare	Peixes Leite Sulfitos	Fish Milk Sulphites
Ceviche de dourada e leite de tigre de manga	Bream ceviche and mango "leche de tigre" marinade	Peixes Sésamo	Fish Sesame

CHIRASHI

Chirashi salmão e abacate	Salmon avocado chirashi	Peixes Sésamo	Fish Sesame
Chirashi marinado	Marinated chirashi	Peixes Leite Mostarda Sésamo	Fish Milk Mustard Sesame
Mediterranean bowl	Mediterranean bowl	Soja Leite Mostarda Sésamo Moluscos	Soya Milk Mustard Sesame Mollusc

YAKISOBA

Yakisoba veggie	Yakisoba veggie	Gluten (trigo) Soja Sésamo Sulfitos	Gluten (wheat) Soya Sesame Sulphites
Yakisoba salmão	Yakisoba salmon	Gluten (trigo) Pescado Soja Sésamo Sulfitos	Gluten (wheat) Fish Soya Sesame Sulphites
Yakisoba frango	Yakisoba chicken	Gluten (trigo) Soja Sésamo Sulfitos	Gluten (wheat) Soya Sesame Sulphites
Yakisoba carne	Yakisoba beef	Gluten (trigo) Soja Sésamo Sulfitos	Gluten (wheat) Soya Sesame Sulphites

POKE BOWL QUINOA

Poke bowl quinoa veggie	Veggie quinoa poke bowl	Glúten (trigo) Soja Sésamo	Gluten (wheat) Soya Sesame
Poke bowl quinoa salmão teriyaki	Teriyaki salmon quinoa poke bowl	Glúten (trigo) Peixes Soja Sésamo	Gluten (wheat) Fish Soya Sesame

ALERGENICOS / ALLERGENS - 2021

Português	English	Alergenicos	Allergens
Poke bowl quinoa salmão detox	Detox salmon quinoa poke bowl	Glúten (trigo) Peixes Soja Mostarda Sésamo	Gluten (wheat) Fish Soya Mustard Sesame
Poke bowl quinoa salmão aburi	Salmon aburi quinoa poke bowl	Glúten (trigo) Ovos Peixes Soja Aipo Mostarda Sésamo Sulfitos	Gluten (wheat) Eggs Fish Soya Celery Mustard Sesame Sulphites
Poke bowl quinoa frango teriyaki	Teriyaki chicken quinoa poke bowl	Glúten (trigo) Amendoins Soja Mostarda Sésamo	Gluten (wheat) Peanuts Soya Mustard Sesame
Poke bowl quinoa passion salmon	Poke bowl quinoa passion salmon	Glúten (trigo) Peixes Soja Mostarda Sésamo	Gluten (wheat) Fish Soya Mustard Sesame
Poke bowl quinoa camarão	Prawn quinoa poke bowl	Glúten (trigo) Crustáceos Ovos Soja Aipo Mostarda Sésamo Sulfitos	Gluten (wheat) Crustaceans Eggs Soya Celery Mustard Sesame Sulphites
Poke bowl quinoa dourada	Bream quinoa poke bowl	Glúten (trigo) Peixes Soja Sésamo	Gluten (wheat) Fish Soya Sesame
Poke bowl quinoa atum spicy *	Spicy tuna quinoa poke bowl *	Glúten (trigo) Ovos Peixes Soja Aipo Mostarda Sésamo	Gluten (wheat) Eggs Fish Soya Celery Mustard Sesame
Poke bowl quinoa bife	Beef quinoa poke bowl	Glúten (trigo) Soja Sésamo	Gluten (wheat) Soya Sesame

POKE BOWL ARROZ

Poke bowl arroz veggie	Veggie rice poke bowl	Soja Sésamo	Soya Sesame
Poke bowl arroz salmão teriyaki	Teriyaki salmon rice poke bowl	Glúten (trigo) Peixes Soja Sésamo	Gluten (wheat) Fish Soya Sesame
Poke bowl arroz salmão detox	Detox salmon rice poke bowl	Peixes Soja Mostarda Sésamo	Fish Soya Mustard Sesame
Poke bowl arroz salmão aburi	Salmon aburi rice poke bowl	Glúten (trigo) Ovos Peixes Soja Aipo Mostarda Sésamo Sulfitos	Gluten (wheat) Eggs Fish Soya Celery Mustard Sesame Sulphites
Poke bowl arroz frango teriyaki	Teriyaki chicken rice poke bowl	Glúten (trigo) Amendoins Soja Mostarda Sésamo	Gluten (wheat) Peanuts Soya Mustard Sesame
Poke bowl arroz passion salmon	Poke bowl rice passion salmon	Peixes Soja Mostarda Sésamo	Fish Soya Mustard Sesame
Poke bowl arroz camarão	Prawn rice poke bowl	Crustáceos Ovos Soja Aipo Mostarda Sésamo Sulfitos	Crustaceans Eggs Soya Celery Mustard Sesame Sulphites
Poke bowl arroz dourada	Bream rice poke bowl	Peixes Soja Sésamo	Fish Soya Sesame
Poke bowl arroz atum spicy *	Spicy tuna rice poke bowl *	Glúten (trigo) Ovos Peixes Soja Aipo Mostarda Sésamo	Gluten (wheat) Eggs Fish Soya Celery Mustard Sesame
Poke bowl arroz bife	Beef rice poke bowl	Glúten (trigo) Soja Sésamo	Gluten (wheat) Soya Sesame

EXTRA

Arroz branco	Plain rice		
Arroz avinagrado	Sushi rice	Sésamo	Sesame
Sopa miso	Miso soup	Peixes Soja	Fish Soya
Salada couve japonesa	Cabbage salad	Sésamo	Sesame
Salada de cenoura com molho de citrinos	Carrot salad with citrus dressing	Mostarda	Mustard
Coleslaw wasabi	Coleslaw wasabi	Ovos Aipo Mostarda Sésamo Sulfitos	Eggs Celery Mustard Sesame Sulphites
Edamame	Edamame	Soja	Soya
Salada de algas **	Seaweed salad **	Soja Sésamo	Soya Sesame
Salada de calamares	Calamari salad	Sésamo Moluscos	Sesame Mollusc
Gyoza de frango	Chicken gyoza	Glúten (trigo) Soja Sésamo	Gluten (wheat) Soya Sesame
Gyoza legumes	Vegetarian gyoza	Glúten (trigo) Soja	Gluten (wheat) Soya

ALERGENICOS / ALLERGENS - 2021

Português	English	Alergenicos	Allergens
Yakitori bife e Queijo	Yakitori beef cheese	Glúten (trigo) Soja Leite	Gluten (wheat) Soya Milk
Yakitori frango tsukune	Yakitori chicken tsukune	Glúten (trigo) Ovos Soja	Gluten (wheat) Eggs Soya
Yakitori frango	Yakitori chicken	Glúten (trigo) Soja	Gluten (wheat) Soya
Molho gyoza	Gyoza sauce	Glúten (trigo) Soja Sésamo	Gluten (wheat) Soya Sesame
Molho soja salgado	Salty soy sauce	Glúten (trigo) Soja	Gluten (wheat) Soya
Molho soja doce	Sweet soy sauce	Glúten (trigo) Soja	Gluten (wheat) Soya
Jengibre	Ginger		
Wasabi	Wasabi	Soja Mostarda	Soya Mustard

SANDO

Sando veggie	Sando veggie	Glúten (trigo) Ovos Peixes Soja Leite Aipo Mostarda Sésamo Sulfitos	Gluten (wheat) Eggs Fish Soya Milk Celery Mustard Sesame Sulphites
Sando salmão	Sando salmon	Glúten (trigo) Ovos Peixes Soja Leite Aipo Mostarda Sésamo Sulfitos	Gluten (wheat) Eggs Fish Soya Milk Celery Mustard Sesame Sulphites
Sando chicken katsu	Sando chicken katsu	Glúten (trigo) Ovos Soja Leite Aipo Mostarda Sésamo Sulfitos	Gluten (wheat) Eggs Soya Milk Celery Mustard Sesame Sulphites
Sando camarão tempura	Sando prawn tempura	Glúten (trigo) Crustáceos Ovos Soja Leite Aipo Mostarda Sésamo Sulfitos	Gluten (wheat) Crustaceans Eggs Soya Milk Celery Mustard Sesame Sulphites

SOBREMESAS / DESSERT

Frozen coco mochi	Frozen coconut mochi	Leite	Milk
Frozen manga maracujá mochi	Frozen mango and passion mochi		
Frozen sésamo preto mochi	Frozen black sesame mochi	Leite Sésamo	Milk Sesame
Mousse de chocolate	Chocolate mousse	Ovos Soja Leite	Eggs Soya Milk
Cheesecake	Cheesecake	Glúten (trigo) Ovos Soja Leite Frutos de casca rija (amêndoas)	Gluten (wheat) Eggs Soya Milk Nuts (almond)
Coulant chocolat	Chocolate fondant	Glúten (trigo) Ovos Soja Leite	Gluten (wheat) Eggs Soya Milk
Abacaxi fresco	Fresh pineapple		
Manga fresca	Fresh mango		
Salada de frutas do dia	Fruit salad of the moment		

BOX EVENEMENTIELLE / EVENT BOX

Happy Sushi Box	Happy Sushi Box	Glúten (trigo) Ovos Peixes Soja Leite Aipo Mostarda Sésamo Sulfitos	Gluten (wheat) Eggs Fish Soya Milk Celery Mustard Sesame Sulphites
Amazing Sunday Box	Amazing Sunday Box	Glúten (trigo) Crustáceos Ovos Peixes Soja Leite Aipo Mostarda Sésamo Sulfitos	Gluten (wheat) Crustaceans Eggs Fish Soya Milk Celery Mustard Sesame Sulphites
Poke bowl arroz sweet salmon	Sweet salmon rice poke bowl	Glúten (trigo) Peixes Soja Sésamo	Gluten (wheat) Fish Soya Sesame
Mango gunkan	Mango gunkan	Peixes Mostarda Sésamo	Fish Mustard Sesame

ALERGENICOS / ALLERGENS - 2021

Português	English	Alergenicos	Allergens
Box Dr Paper PT	Box Dr Paper PT	Glúten (trigo) Ovos Peixes Leite Aipo Mostarda Sésamo Sulfitos Moluscos	Gluten (wheat) Eggs Fish Milk Celery Mustard Sesame Sulphites Mollucs
Parisian gunkan	Parisian gunkan	Ovos Aipo Mostarda Sulfitos	Eggs Celery Mustard Sulphites
London sushi	London sushi	Ovos Peixes Aipo Mostarda Sulfitos	Eggs Fish Celery Mustard Sulphites
Spanish roll	Spanish roll	Glúten (trigo) Ovos Aipo Mostarda Moluscos	Gluten (wheat) Eggs Celery Mustard Mollucs

E110 ** / E102 * : pode causar efeitos negativos na actividade e na atenção das crianças / may have an adverse effect on activity and attention in children

PT : A informação alérgica foi estabelecida a partir de dados comunicados pelos nossos fornecedores de referência, não podemos excluir a presença de outros alérgenos (vestígios) que possam ter surgido durante o fabrico ou manuseamento dos produtos.

EN : Allergen information has been established from data communicated by our referenced suppliers, we cannot exclude the presence of other allergens (traces) which may have appeared during the manufacture or handling of the products.

ALERGENICOS / ALLERGENS - 2021

Português	English	Alergenicos	Allergens
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POKE ADD-ON PROTEÍNA / PROTEIN

Salmão teriyaki	Salmon teriyaki	Glúten (trigo) Peixes Soja Sésamo	Gluten (wheat) Fish Soybeans Sesame
Salmão marinado	Marinated salmon	Peixes Mostarda Sésamo	Fish Mustard Sesame
Frango teriyaki	Chicken teriyaki	Glúten (trigo) Amendoins Soja Sésamo	Gluten (wheat) Peanuts Soybeans Sesame
Atum picante	Spicy tuna	Glúten (trigo) Ovos Peixes Soja Aipo Mostarda	Gluten (wheat) Eggs Fish Soya Celery Mustard
Atum e salmão	Tuna and salmon	Peixes Leite Mostarda Sésamo	Fish Milk Mustard Sesame

POKE ADD-ON ACOMPANHAMENTO / EXTRA

Abacate	Avocado		
Edamame	Edamame	Soja	Soya
Salada couve japonesa	Cabbage salad	Sésamo	Sesame
Leguminosas crocantes	Crunchy vegetables		
Abacaxi	Pineapple		

POKE ADD-ON TOPPING

Cebolas fritas	Fried onions	Glúten (trigo)	Gluten (wheat)
Amendoim	Peanut	Amendoins	Peanuts
Coentro	Coriander		
Grenade	Pomegranate		
Sésamo	Sesame	Sésamo	Sesame
Cebolas vermelhas	Red onions		

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