



SANNO[®]

HEALTHY FOOD



www.sanno.pt



♥ Portugal ♥

Produtos Típicos *Typical Products*



RISSOL DE CARNE

Meat Patties

1,50€
/UN



RISSOL DE CAMARÃO

Shrimp Patties

1,60€
/UN



PASTEL DE BACALHAU

Cod Patties

1,50€
/UN

PASTEL DE NATA

Custard Tart

1,20€
/UN



BOLA DE BERLIM

Berlin Cake

2,00€
/UN





— BOWLS —

BOWLS



QUENTE
HOT



TEMP. AMBIENTE
COLD



SANNO



Fusilli, Legumes Assados, Tomate, Peru, Ovo, Azeitona Preta, Sementes Chia. **Molho:** Pesto Pasta, Roasted Vegetables, Tomato, Turkey, Egg, Black Olive, Chia Seeds. **Sauce:** Pesto

7,95€

TRICOLOR



Fusilli, Quinoa, Frango, Legumes Assados, Ovo, Tomate. **Molho:** Mostarda e Mel Pasta, Quinoa, Chicken, Roasted Vegetables, Egg, Tomato. **Sauce:** Honey Mustard

7,95€

PORTUGUESA



NEW

Alface, Feijão Frade, Cebola Roxa, Ovo, Pastéis de Bacalhau. **Molho:** Vinagrete Lettuce, Friar Bean, Purple Onion, Egg, Codfish Patties. **Sauce:** Vinaigrette

8,95€

MILANO



Fusilli, Frango, Legumes Assados, Cebola Roxa, Azeitona Verde. **Molho:** Iogurte Pasta, Chicken, Roasted Vegetables, Purple Onion, Green Olive. **Sauce:** Yóгурt

7,50€

ATENAS



Fusilli, Atum, Azeitona Preta, Tomate, Queijo Mozzarella. **Molho:** Vinagrete Pasta, Tuna, Black Olive, Tomato, Mozzarella. **Sauce:** Vinaigrette

7,50€

HEALTHY FOOD

BOWL

AO TEU GOSTO
TO YOUR TASTE

6x Ingredientes | 6x Ingredients

1x Molho | 1x Sauce

8,95€



MENUS | COMBO

Chá do dia
ou Água Aromatizada +0,50€
Tea of the day or Flavored Water

Sumo 100% Natural
100% Fruit Juice +2,00€

SOPA +1,95€
SOUP

CAFÉ +0,50€
ESPRESSO

SOPA | SOUP

Sopa do Dia
Soup of the day

2,95€

BOWLS



QUENTE
HOT



TEMP. AMBIENTE
COLD



TROPICAL



Alface, Quinoa, Tomate, Pepino, Mozzarella, Camarão. **Molho:** Iogurte. Lettuce, Quinoa, Tomato, Cucumber, Mozzarella, Shrimp. **Sauce:** Yogurt.

8,95€

FRANGO



Alface, Fusilli, Ananás, Milho, Tomate, Frango. **Molho:** Mostarda & Mel. Lettuce, Pasta, Pineapple, Corn, Tomato, Chicken. **Sauce:** Honey and Mustard

7,50€

SALMÃO



Alface, Quinoa, Abacate, Pepino, Queijo Mozzarella, Salmão Fumado, Sementes Chia. **Molho:** Iogurte. Lettuce, Quinoa, Avocado, Cucumber, Mozzarella, Smoked Salmon, Chia Seeds. **Sauce:** Yogurt.

8,95€

ATUM



Alface, Feijão Frade, Cebola Roxa, Atum, Ovo, Azeitona Preta. **Molho:** Vinagrete. Lettuce, Friar Bean, Purple Onion, Tuna, Egg, Black Olive. **Sauce:** Vinaigrette

7,95€

MEDITERRÂNEA



Alface, Fusilli, Grão de Bico, Frango, Azeitona Verde, Legumes Assados. **Molho:** Mostarda & Mel. Lettuce, Pasta, Chickpea, Chicken, Green Olive, Roasted Vegetables. **Sauce:** Honey and Mustard

7,50€

PESTO



Alface, Quinoa, Peru, Grão de Bico, Azeitona Verde, Mozzarella, Legumes Assados. **Molho:** Pesto. Lettuce, Quinoa, Turkey, Chickpeas, Green Olive, Mozzarella, Roasted Vegetables. **Sauce:** Pesto

7,50€

HEALTHY & REAL FOOD

BOWL

AO TEU GOSTO
TO YOUR TASTE

6x Ingredientes | 6x Ingredients

1x Molho | 1x Sauce

8,95€



MENUS | COMBO

Chá do dia
ou Água Aromatizada
Tea of the day or Flavored Water

+0,50€

SOPA
SOUP +1,95€

Sumo 100% Natural
100% Fruit Juice

+2,00€

CAFÉ
ESPRESSO +0,50€

SOPA | SOUP

Sopa do Dia
Soup of the day

2,95€



WRAPS

WRAPS



COSTA RICA



Tortilha, Peru, Legumes Assados, Azeitona Verde, Tomate. Molho: Pesto
Tortilla, Turkey, Roasted Vegetables, Green Olive, Tomato. Sauce: Pesto

6,95€

CANCÚN



Tortilha, Alface, Atum, Ovo, Cebola Roxa. Molho: Vinagrete
Tortilla, Lettuce, Tuna, Egg, Purple Onion. Sauce: Vinaigrette

7,50€

MONTERREI



Tortilha, Alface, Frango, Ananás, Cebola Roxa. Molho: Mostarda & Mel
Tortilla, Lettuce, Chicken, Pineapple, Purple Onion. Sauce: Honey and Mustard

6,95€

ACAPULCO



Tortilha, Salmão Fumado, Pepino, Rúcula, Abacate, Queijo Creme. Molho: Iogurte
Tortilla, Smoked Salmon, Cucumber, Arugula, Avocado, Cream Cheese. Sauce: Yogurt

7,95€

HEALTHY FOOD

MENUS | COMBO

Chá do dia
ou Água Aromatizada +0,50€
Tea of the day or Flavored Water

Sumo 100% Natural +2,00€
100% Fruit Juice

SOPA +1,95€
SOUP

CAFÉ +0,50€
ESPRESSO

SOPA | SOUP

Sopa do Dia 2,95€
Soup of the day

SANNO[®]
HEALTHY FOOD



— SANDES —

SANDES | SANDWICH



ATUM



Pão Rústico: Alface, Cebola Roxa, Ovo, Atum. Molho: Vinagrete
Rustic Bread: Lettuce, Purple Onion, Tomato, Egg, Tuna. Sauce: Vinaigrette

7,50€

FRANGO



Pão Rústico: Alface, Tomate, Milho, Frango. Molho: Mostarda & Mel
Rustic Bread: Lettuce, Tomato, Corn, Chicken. Sauce: Honey and Mustard

7,50€

SANNO



Pão Rústico: Frango, Queijo Creme, Legumes Assados, Tomate. Molho: Mostarda & Mel
Rustic Bread: Chicken, Cream Cheese, Roasted Vegetables, Tomato. Sauce: Honey and Mustard

7,50€

SALMÃO



Pão Rústico: Alface, Abacate, Queijo Creme, Salmão Fumado. Molho: Iogurte
Rustic Bread: Lettuce, Avocado, Cream Cheese, Smoked Salmon. Sauce: Yogurt

7,95€

MENUS | COMBO

Chá do dia
ou Água Aromatizada +0,50€
Tea of the day or Flavored Water

Sumo 100% Natural +2,00€
100% Fruit Juice

SOPA +1,95€
SOUP

CAFÉ +0,50€
ESPRESSO

SOPA | SOUP

Sopa do Dia 2,95€
Soup of the day

SANNO[®]
HEALTHY FOOD



— TOSTAS —

TOSTAS | TOAST



SANNO



Pão Alentejano: Frango, Legumes Assados, Queijo, Rúcula. Molho: Mostarda & Mel.

Alentejo Bread: Chicken, Roasted Vegetables, Cheese, Rocket. Sauce: Honey and Mustard

7,50€

SALMÃO



Pão Alentejano: Salmão Fumado, Queijo Creme, Tomate, Rúcula. Molho: Iogurte.

Alentejo Bread: Smoked Salmon, Cream Cheese, Tomato, Rocket. Sauce: Yogurt

7,95€

AMERICANA



Pão Alentejano: Fiambre, Queijo, Alface, Ovo. Molho: Maionese.

Alentejo Bread: Ham, Cheese, Lettuce, Egg. Sauce: Mayonnaise

6,50€

MEDITERRÂNEA



Bolo do Caco: Fiambre, Paio, Queijo, Tomate, Alface. Molho: Especial.

Funchal Bread: Ham, Pork Sausage, Cheese, Tomato, Lettuce. Sauce: Special

7,50€

ATUM



Pão Alentejano: Atum, Azeitona Verde, Alface, Cebola Roxa. Molho: Maionese.

Alentejo Bread: Tuna, Green Olive, Lettuce, Purple Onion. Sauce: Mayonnaise

6,95€

MENUS | COMBO

Chá do dia
ou Água Aromatizada

+0,50€

Tea of the day or Flavored Water

SOPA

SOUP

+1,95€

Sumo 100% Natural

100% Fruit Juice

+2,00€

CAFÉ

ESPRESSO

+0,50€

SOPA | SOUP

Sopa do Dia
Soup of the day

2,95€

BEBIDAS | DRINKS

- **ÁGUA AROMATIZADA** | FLAVOURED WATER - 1,00€
- **ÁGUA SEM GÁS** | WATER - 1,20€
- **ÁGUA C/ GÁS** | SPARKLING WATER - 1,50€
- **ÁGUA C/ GÁS SABORES** | SPARKLING WATER FLAVORS - 1,60€
- **COCA-COLA ZERO** - 1,95€

- **CHÁ 1 PESSOA** | TEA 1 PERSON - 1,30€
- **CAFÉ ESPRESSO** | COFFEE - 0,95€
- **DESCAFEINADO** | DECAFFEINATED - 1,00€
- **PINGO DIRETO** | SMALL COFFEE WITH MILK - 1,10€
- **MEIA DE LEITE** | MILK WITH COFFEE - 1,50€
- **CAFÉ AMERICANO** | AMERICAN COFFEE - 1,30€
- **CARIOCA** - 0,95€
- **CAPPUCCINO** - 1,50€
- **CHOCOLATE QUENTE** | HOT CHOCOLATE - 2,50€
- **CHOCOLATE QUENTE C/ CHANTILLY** | HOT CHOCOLATE & CHANTILLY - 3,00€

- **VINHO TINTO (RED WINE)** | COPO - 3,00€ | GARRAFA 75 cl - 11,95€
- **VINHO BRANCO (WHITE WINE)** | COPO - 3,00€ | GARRAFA 75 cl - 11,95€
- **VINHO LAMBRUSCO ROSÉ** | GARRAFA 75 cl - 10,95€
- **SANGRIA** | CANECA PEQUENA - 5,95€ | GRANDE - 9,95€
- **CERVEJA "BOHEMIA"** | "BOHEMIA" PORTUGUESE BEER - 2,30€
- **CERVEJA** | BEER - 1,70€

- **APEROL SPRITZ** - 5,95€
- **GIN TÓNICO** | TONIC GIN - 5,95€
- **PORTO TÓNICO** | TONIC PORT WINE - 5,50€
- **VINHO DO PORTO** | PORT WINE - 3,50€
- **MARTINI** - BIANCO / ROSSO - 3,50€

SUMOS | JUICES

- **LARANJA** | ORANGE - 2,95€
- **LIMÃO & HORTELÃ** | LEMON & MINT - 2,95€
- **SUMO DO DIA** | JUICE OF THE DAY - 2,95€

(CONSULTAR SABORES DISPONÍVEIS) | (CHECK A AVAILABLE FLAVORS)





SOBREMESAS | DESSERTS

- MUFFIN CHOCOLATE E AMENDOIM - 1,90€**    [®]
 CHOCOLATE & PEANUTS MUFFIN
- MUFFIN CENOURA E LARANJA - 1,90€**  
 CARROT & ORANGE MUFFIN
- TARTE DE CHOCOLATE E NOZ - 3,50€**  
 COM TOPPING DE CHOCOLATE E CHANTILLY
 CHOCOLATE PIE AND NUT WITH CHOCOLATE TOPPING AND CHANTILLY
- COPO DE FRUTA VARIADA - 3,00€**  
 FRESH FRUIT CUP
- COPO SANNO (IOGURTE, GRANOLA e FRUTA) - 3,50€**    
 SANNO CUP (YOGURT, GRANOLA and FRUIT)

HEALTHY FOOD

BRUNCH



11,50€


- 1 Chá do Dia ou Meia de Leite
1x Tea of the day or Milk with Coffee
- 1 Sumo 100% Natural  
1x 100% Fruit Juice
- 1x Copo SANNO
1x SANNO Cup
- 1x Tarte de Chocolate e Noz
1x Chocolate Pie and Nut
- 1x Café ou Descafeinado
1x Coffee or Decaffeinated

INGREDIENTES | *INGREDIENTS*

- **FRANGO NO FORNO (PEITO)** | CHICKEN
- **PERU NO FORNO (PEITO)** | TURKEY
- **OVO COZIDO** | BOILED EGG
- **SALMÃO FUMADO** | SMOKED SALMON
- **ATUM AO NATURAL** | NATURAL TUNA
- **CAMARÕES** | SHRIMP

- **LEGUMES ASSADOS** | ROASTED VEGETABLES
- **TOMATE** | TOMATO
- **PEPINO** | CUCUMBER
- **CEBOLA ROXA** | PURPLE ONION
- **CENOURA** | CARROT
- **MILHO** | CORN
- **ABACATE** | AVOCADO
- **QUEIJO MOZZARELLA** | MOZZARELLA CHEESE
- **AZEITONAS VERDES** | GREEN OLIVES
- **AZEITONAS PRETAS** | BLACK OLIVES
- **ALFACE** | LETTUCE
- **MASSA FUSILLI** | FUSILLI PASTA
- **QUINOA** | QUINOA
- **FEIJÃO FRADE** | FRIAR BEAN
- **GRÃO DE BICO** | CHICKPEA
- **AMENDOIM** | PEANUT
- **NOZ** | NUT
- **SEMENTES DE CHIA** | CHIA SEEDS
- **ANANÁS** | PINEAPPLE
- **MAÇÃ** | APPLE





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Best Food! Best Life!

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