



Into the Wild

Couvert

African carrot and ricotta cream
with raw carrots and bread

3 €

Starters

Soup of the day ♡ 🌱 🌾 🌾

4 €

Wild sweet potatoes with kimchi emulsion 🌙 🌱 🌾

6 €

Cheese and tapioca balls with herb sauce 🌾

6,5 €

Vietnamese spring rolls with Asian sauce ♡ 🌾 🌱

7 €

Tacos with avocado cream and sautéed shrimp
spicy and yuzu sauce 🌙 🌱

10,5 €

Baba ganoush with preserved lemon
and crispy pumpkin seeds 🌾 🌾 🌱

7 €

★ **Portobello mushrooms** with chimichurri 🌾 🌱

5,2 €

★ **Beetroot tartar**, horseradish and smoked cashew cream ♡ 🌱 🌾

5,2 €

★ **Marinated tuna tacos** with noori seaweed, ponzu sauce,
sesame and ginger mayonnaise (3 un.) 🌱

8 €



Main Dishes

Nasi Goreng from sellva with shrimp , snow peas, fried egg, basmati rice, chilli, shallots, pak choi, cashew, shiitake, chives ② ② ③	16,5 €
Grilled chicken burrito , with romaine lettuce, mozzarella, kimchi mayo, corn and sweet potato ③	12 €
Bowl Brazil with sautéed shrimp , spinach, moqueca sauce, farofa, brown rice ② ③ ③ ③ ③	14,5 €
Vegetable pad Thai with rice noodles , lime, tamarind [+chicken or shrimp 4,5 €] ② ② ③ ③	16 €
Tuna tataki with vegetable wok and teriyaki sauce ② ③	18,8 €
Roasted chicken with kimchi , sweet potato and avocado cream ② ③ ③	14,6 €
★ Tuna crudo salad with millet , avocado, mango, red onion ② ③	14,1 €
★ Bowl Africa , with chicken with peanut sauce, coriander and coconut rice ② ③ ③ ③	15 €
Bowl veggie with baby lettuce , cherry tomato, red onion, avocado, quinoa, pine nuts, mixed fruits, balsamic vinaigrette and yuzo mayo ② ③ ③	13,6 €
Beetroot and mushroom risotto with watercress, Parmesan and tofu ③	15,1 €
Grilled vegetable salad with oats , sweet potato, Portobello mushrooms, cherry tomato, watercress, avocado cream, pesto ② ③	13,6 €
Beyond Meat burger with gouda cheese, kimchi emulsion, pickled onions, lettuce, avocado cream and sweet potato	15,1 €

Kids Menu

Under 12 years old

Roasted chicken with basmati rice and sweet potato chips

or

Mini cheeseburger with homemade ketchup and sweet potato chips

+ **Fresh juice** ③ 9 €



BRAAI - Grill

From the Grill + 2 Sides + 1 Sauce

GRILL OPTIONS

Uruguayan picanha	19,5 €
Argentinian skirt steak	17,25 €
Boneless chicken thigh	15 €
Roast beef	16,5 €
Tiger prawns (2 un.)	28,5 €

SIDES

- Vegetable nasi goreng
- Sautéed vegetables
- Stewed black beans
- Sweet potato
- Green salad
- Grilled veg & oat Salad
- Basmati rice
- Brown rice

SAUCES

- Avocado
- Chimichurri
- Kimchi



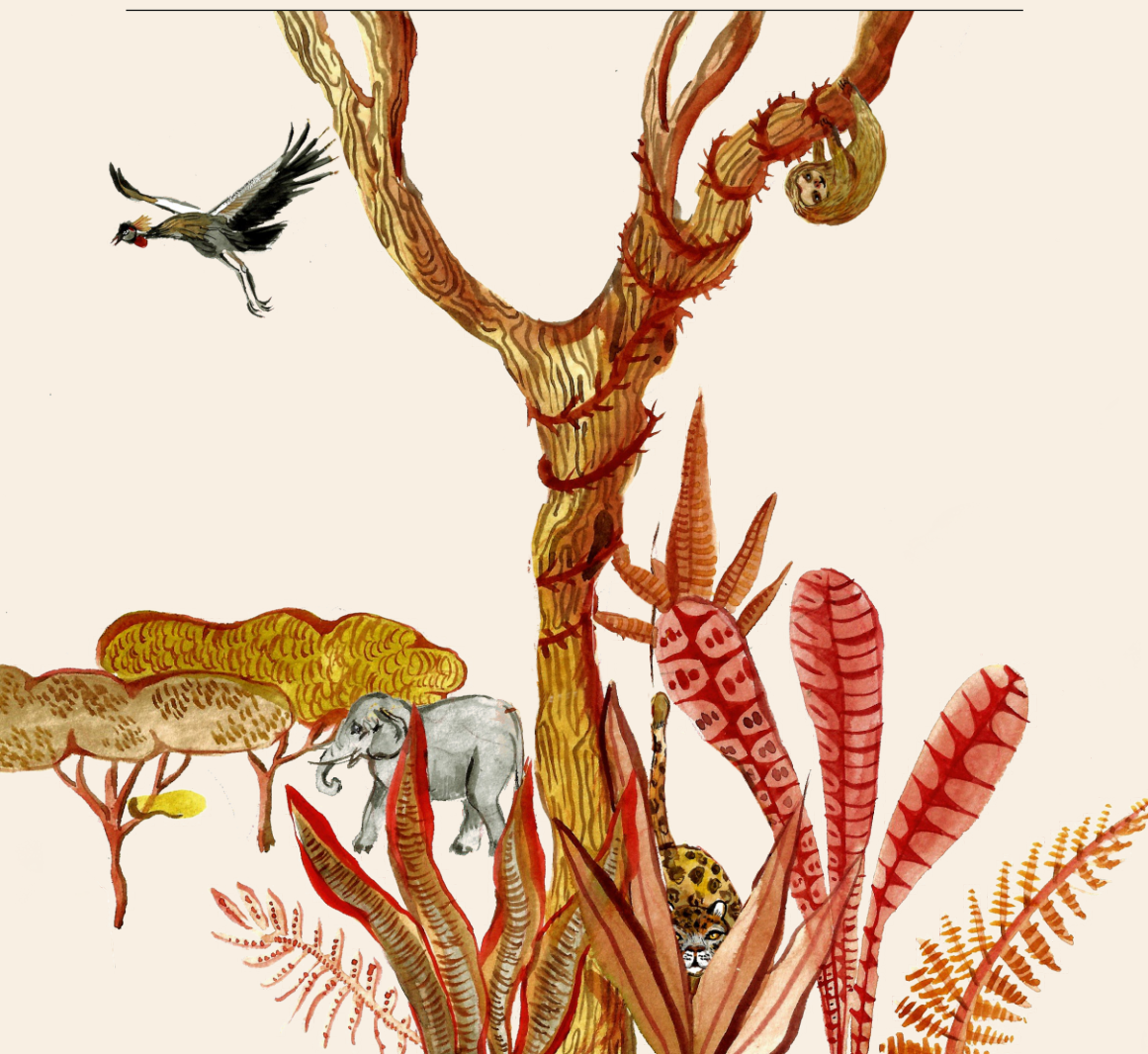
Desserts

Pistacio fondant ① ②	6,3 €
Seasonal fruit mix with yogurt ice cream, flaxseed and granola ① ③	6,9 €
Yogurt cheesecake with berries ② ①	5,8 €
Sellva hazelnut , buckwheat cake, chocolate, hazelnut, hazelnut ice cream, homemade nutella ① ②	5,8 €
Sliced fruit ④ ② ③	4 €
Ice cream scoop Hazelnut ① Strawberry ② Yogurt with blueberry and açai	4,2 €
Power rocher , our ferrero rocher ①	2,6 €

★ Exclusive Sellva Campo de Ourique

We cannot guarantee the absence of gluten due to cross-contamination in our dishes.

④ Vegan ① Nuts and Peanuts ② Lactose Free ③ Spicy ② Gluten Free ④ Fish



Hydration Waterfall

Fresh Juices

King of the Jungle – Juice of the day	3,5 €
Mogli – Pineapple, mango, lime, basil	4,75 €
Bagheera – Orange, raspberry, lime	4,75 €
Simba – Orange	4,5 €
Kaa – Pineapple, mint	4,5 €
Nala – Basil or berry lemonade	3 €
Kamari – Açai, banana, strawberry, lemon juice	6,3 €

Detox Juices

Timon – Banana, orange, spinach, lettuce, sunflower seeds	5 €
Pumba – Beetroot, cucumber, orange, ginger	5 €
Banzai – Coconut water, matcha, mint, lime, stevia	6 €

Smoothies

Zazu – Berries, oat flour, cashew, orange juice, ginger, mint, plant-based milk	6,8 €
Baloo – Pineapple, plant-based milk, orange juice, cashew, mango pulp, sunflower seeds, basil, lemon juice	6,3 €

Coffee & Tea

Water still or sparkling (50cl)	2 €
Espresso	2 €
Espresso without meal	2,5 €
Double Espresso	2,6 €
Americano	3,2 €
Macchiato	2,5 €
Flat White	3,5 €
Latte*	3,5 €
Matcha latte* Matcha and milk	2,5 €
Cappucino* Milk and coffee	3,5 €
Mochachino* Cocoa, milk and coffee	3,5 €
Iced latte* Ice, milk and coffee	3,5 €
Hot chocolate	3,5 €
Fresh Mint, Ginger or Turmeric Infusion	3 €
Black or Green Gorreana tea	3 €

*With almond or oat milk: +€1

From the Bar

Beers

Super Bock 20cl	2,3 €
Super Bock 40cl	3,9 €

Jungle Cocktails

Rei Juliano – Sparkling sangria, vodka 42 Below, mango, passion fruit (1L)	25 €
Jungle sunset – Gin Bombay Sapphire, peach juice, lemon juice, hibiscus foam	9,4 €
Tsurai Mule – Vodka 42 Bellow, lime, wasabi foam, and ginger beer	9 €
Jungle Pilot – Rum Bacardi Carta Blanca, pineapple, lime, passion fruit	9 €
Beet It – Tequila Cazadores, beetroot, apple, lime	9 €



From the Bar

Urban Cocktails

Basil Smash – Gin Bombay Dry, basil, lime	9,4 €
Caipirinha – Cachaça 51 with lime, passion fruit, mango, strawberry or pineapple	9 €
Caipiroska – Vodka 42 Bellow with lime, passion fruit, mango, strawberry or pineapple	9 €
Mojito – Rum Bacardi Carta Blanca with lime, passion fruit, mango, strawberry or pineapple	9 €
Margarita – Tequila Cazadores with lime, passion fruit, mango, strawberry or pineapple	9 €
Spritz – Fiero with sparkling wine and soda	9 €
Moscow Mule – Vodka 42 Bellow, ginger beer, lime juice, passion fruit foam	9 €
Mimosa – Sparkling wine and orange juice	6 €
Negroni – Gin Bombay Sapphire, Martini Bitter and Rosso	9,4 €
Whisky Sour – Whisky Dewar's , lemon juice, egg white	9 €
Daiquiri – Rum Bacardi Carta Blanca, lime juice	9 €
Expresso Martini – Vodka 42 Below and coffee	8,4 €



From the Vine

Sparkling & Champagne



Rosa Duck Pet Nat , Bairrada	28 €
Filipa Pato , Bairrada	34 €
Perrier Jouet Grand Brut , França	112 €

White Wine

Aveleda Alvarinho , Vinho Verde, Minho	5 €	20 €
Assobio , Douro	5 €	20 €
Quinta de la Rosa , Douro		27,5 €
Passagem , Douro		29,5 €
MOB3 , Dão		27 €
Quinta das Marias Encruzado , Dão		29,5 €
Taboadella Villae , Dão		29,5 €
Arco D'Aguieira , Bairrada		42 €
Dinamica Filipa Pato , Bairrada		27,5 €
Chocapalha Sauvignon Blanc , Lisboa		27,5 €
Dona Ermelinda Freitas Reserva , Península de Setúbal		23,5 €
Esporão Colheita Bio , Alentejo [Bio]	6,5 €	25 €

Rosé Wine

Assobio , Douro	5 €	20 €
Daphros Evoé , Vinhos Verdes		23 €
Niepoort Nat Cool (1L) , Bairrada	8,5 €	43 €

Red Wine

Assobio , Douro	5 €	20 €
Quinta do Côtto , Douro		24 €
Grainha , Douro		37,5 €
Taboadella Villae , Dão		29,5 €
Niepoort Nat Cool “Baga” , Bairrada	6,5 €	32 €
Quinta Monte d’Oiro , Lisboa		29 €
Adega Mae Pinot Noir , Lisboa		37,5 €
Dona Ermelinda Reserva , Península de Setúbal		23,5 €
Dona Ermelinda “Pinot Noir” , Península de Setúbal		27 €
Esporão Colheita Bio , Alentejo [Bio]	6,5 €	28 €
Esporão Reserva , Alentejo		42 €

GRUPO

Capricciosa

DOCA
DE
SANTO

Capricciosa
Pizzas Artesanais



SOPHIA
Natural Italian

Lat.A
cozinha latino americana

sellva

sophia
NATURAL PIZZOTECIA & BAR

Gelati
di Capricciosa

jângal
cafetaria saudável



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All prices are in euros and include VAT at the current legal rate. No food or beverage products may be charged if it is not requested by the customer or unused by him (DL No. 10/2015, of 16 January - art. 135). No ingredient swapping allowed (only allowed remove ingredients). The Sellva restaurant presents, in a discriminated way in the customers' accounts, a suggested gratuity value. The payment of this amount is optional, and fully delivered to the team. We are not responsible for any failures of the ATM network. We have a complaints book.