



MENU SABORES DA FLORESTA RESTAURANT

PARQUE
DAS AVES

LIGHT AND HEALTHY

MIXED SALAD



This salad contains fresh and delicious vegetables: lettuce, arugula, chicory, carrots, grated beetroot, cherry tomatoes, hearts of palm and red onion.



R\$ **38**

Served with:

Homemade mint dressing

Mint leaves, lemon juice,
olive oil, garlic and onion.



Opcional:

Homemade seed mix:

Peanuts, pumpkin seeds,
sesame, sunflower oil,
cane molasses, oregano,
paprika and turmeric.



Opcional:

Homemade vegan parmesan:

Almonds, peanuts, Brazil
nuts, cashews, garlic and
mustard powder, and healthy
nutritional yeasts.



SUMMER SALAD



On hot days, nothing better than a light and nutritious meal! So, enjoy this tasty and refreshing salad of arugula leaves and iceberg lettuce, in addition to cherry tomatoes, mango, hearts of palm and pineapple.

Served with natural yogurt dressing.

R\$ **38**



Optional: **Homemade seed mix**

Peanuts, pumpkin seeds, sesame, sunflower oil, cane molasses, oregano, paprika and turmeric.



Boost your Salad:

+ R\$ 15



add a mushroom patty (120 g)
Homemade patty made with three mushrooms: paris, shimeji and shitake.

+ R\$ 15



add a black rice patty (120 g)
Homemade black rice patty.

+ R\$ 12

add chicken breast (130 g)
Grilled chicken breast.

DELICIOUS MEALS

CREATIVE SPAGHETTI AL POMODORO



vegetarian



ufp

Pasta in tomato sauce... but different! Seasoned with curd cheese and ora-pro-nobis leaves (edible Cactaceae plant), this dish accompanies a delicious Parmesan crisp. You will not regret it.

R\$ **40**



A VERY NOURISHING PLANT

Ora-pro-nobis is one of the most used Unconventional Food Plants (UFP) in Brazil because of its high nutritional value, especially minerals, vitamins and proteins.



Learn more
about UFPs:



SPAGHETTI WITH ORA-PRO-NOBIS PESTO



vegetarian



ufp

Try this delicious vegetarian pasta, served with a customized pesto sauce, made with cashew nuts and ora-pro-nobis leaves (edible Cactaceae plant)!



R\$ **35**



HEALTH FOR YOU AND THE PLANET

Fresh vegetables are low in calories and fat, and are excellent sources of fiber, vitamins and minerals, essential for our health. In addition, its production generates less environmental impact, helping to protect nature.

DELICIOUS MEALS

CHEF'S STEAK

A grilled rump steak of approximately 180 grams, served with vinaigrette (green, red and yellow peppers, onion and vinegar), white rice and rustic herb potatoes. The dish also includes a mini salad of lettuce, tomato, and grated carrot and beetroot, served with homemade mint dressing.



R\$ 50

Served with:

Homemade mint dressing

Mint leaves, lemon juice, olive oil, garlic and onion.



Opcional:

Homemade seed mix

Peanuts, pumpkin seeds, sesame, sunflower oil, cane molasses, oregano, paprika and turmeric.



R\$ 45

FIELD FILET

Grilled chicken breast of approximately 130 grams, served with a fried egg, white rice and rustic herb potatoes. The dish also includes a mini salad of lettuce, tomato, and grated carrot and beetroot, served with homemade mint dressing.

Served with:

Homemade mint dressing

Mint leaves, lemon juice, olive oil, garlic and onion.

Opcional:

Homemade seed mix

Peanuts, pumpkin seeds, sesame, sunflower oil, cane molasses, oregano, paprika and turmeric.

TILAPIA FISH WITH VEGETABLES, MUSHROOMS AND CAPERS

Indulge in a 140 grams filet of the most consumed fish in Brazil, paired with brown rice. This hearty combo is served with vegetables (green beans, broccoli, carrots and green zucchini), as well as capers and Paris mushrooms in butter.

R\$ **48**



WHOLE MORE BENEFICIAL

Whole foods are rich in fiber and nutrients, generating greater satiety and improving health.



BURGERS

PARQUE DAS AVES COMBO

A perfect combination that will really hit the spot: homemade patty (120 grams of beef), served on a butter hamburger bun, with special sauce (mayonnaise, ketchup, mustard and sweet cucumber), lettuce and cheddar cheese, served with French fries and a Coke.



R\$ **45**



R\$ **40**

TRI COOL BURGER

A homemade patty, made with 120 grams of beef. Served on a butter hamburger bun, with three types of cheese: mozzarella, gorgonzola and cream cheese. It accompanies barbecue sauce, bacon slices and arugula leaves.

CHEESE PARQUE DAS AVES

Homemade patty (120 grams of beef), served on a butter hamburger bun, with special sauce (mayonnaise, ketchup, mustard and sweet and sour cucumber), lettuce and cheddar cheese.



R\$ **32**



R\$ **36**

KIDS BURGER

Homemade patty (120 grams of beef), served on a butter hamburger bun, with special sauce (mayonnaise, ketchup, mustard and sweet and sour cucumber), lettuce and cheddar cheese.

MUSHROOMS BURGER

 vegetarian

Our homemade patty based on three mushrooms (paris, shimeji and shitake) is served on a rye hamburger bun, with arugula, lettuce, tomato, melted cheese, mayonnaise and carrot. We bet you've never tasted anything like it! Try it and prove that we have already won that bet.



R\$ 38



R\$ 32

BLACK RICE BURGER

 vegetarian

This exotic sandwich satisfies your hunger and your desire for unforgettable dishes! A burger of approximately 140 grams, made of black rice, served on a rye hamburger bun with cheddar cheese, vinaigrette (green, red and yellow peppers, onion and vinegar) and crispy onion.

VEGETARIAN COMBO

What was good and healthy just got better! Try this combo with a homemade patty based on three mushrooms (paris, shimeji and shitake), served on a rye hamburger bun, with arugula, lettuce, tomato, melted cheese, mayonnaise and carrot, served with fries and juice (orange, pineapple or passion fruit).



R\$ 55

EXCLUSIVE SANDWICHES

CIABATTA STUFFED WITH SALMON AND BRIE CHEESE

This delicious combination of salmon, arugula, brie cheese and pepper jelly, served on ciabatta bread, will win you over.



R\$ **48**



R\$ **38**

CIABATTA STUFFED WITH MEAT AND ONIONS

The traditional combination of bread and meat with onions gets a special touch of flavor when accompanied by arugula, sun-dried tomato and Dijon mustard.

CIABATTA STUFFED WITH VEGETABLES AND HUMMUS



Delicious grilled vegetables and hummus (spiced chickpea paste) served on ciabatta bread. Super nutritious and rich in plant-based proteins, this sandwich is an explosion of flavor. Did you salivate? Come try it!

R\$ **30**



GRAIN OF HAPPINESS

Chickpeas are a legume that is rich in protein, but also offers other nutrients, such as tryptophan, an essential amino acid that produces serotonin, the neurotransmitter responsible for the feeling of well-being.

TIDBITS TO SHARE

TAPIOCA CHEESE FRITTERS



vegan



ufp

You know the dish that everyone likes to share? This one has fried cubes based on tapioca and curd cheese, seasoned with ora-pro-nobis (edible Cactaceae plant). Comes with a delicious pineapple jam with fresh pepper.

R\$ **35**



A VERY NOURISHING PLANT

Ora-pro-nobis is one of the most used Unconventional Food Plants (UFP) in Brazil because of its high nutritional value, especially minerals, vitamins and proteins.



Learn more
about UFPs:





TAIOBA FRITTERS

R\$ **32**



vegan



ufp

Don't be alarmed by the different name: this portion of fritters, made from mashed potatoes seasoned with taioba (Yautia) leaves, is super nutritious and tasty! Curious? So, it's time to taste it – and repeat, and repeat, and repeat...

VERSATILITY, FLAVOR AND NUTRITION IN THE SAME PLANT

The taioba (Yautia) is an Unconventional Food Plant (UFP) typical of the Atlantic Rainforest. Very versatile and tasty, it is rich in minerals, vitamins and proteins.



Learn more
about UFPs:



TIDBITS TO SHARE

FRIES COMBO

Crispy on the outside and soft on the inside, our homemade nuggets are handmade with chicken breast and spices harvested straight from our garden. In addition, they pair with delicious fries. We know you're already salivating. Just ask!

R\$ **50**



R\$ **20**



FRENCH FRIES

(120 g)

 **vegan**

That classic individual portion of fries, crispy and delicious. Success guaranteed!



R\$ **38**

CHEESE BALLS

 vegetarian

A portion of handmade mozzarella cheese balls, super crispy and cheesy! Served with our delicious golf sauce, made with ketchup seasoned with brandy and orange juice.

REFRESHING AND HEALTHY

All juices with 500 ml



R\$ 20

HIGH SPIRITS



After a walk in the middle of the Atlantic Rainforest, how about reinvigorating your energies with the high spirits juice? Made from orange, mango and banana, it offers the right amount of health and refreshment for you.



R\$ 20

POSITIVE ENERGY



Trips are amazing and full of laughter, adventures and learning! Did your body feel tired of so many experiences? Boost your spirits with the positive energy juice, made from orange, carrot and beet.

MANGO, PINEAPPLE OR PASSION FRUIT JUICE



Fruit pulp juice, ice-cold and freshly made. Can't go wrong, right?

R\$ 16



R\$ 20

REFRESHING



On hot days, nothing better than an iced fruit juice! The refreshing juice has pineapple, orange and passion fruit, three citrus fruits full of flavor!

ORANGE JUICE



Fruit pulp juice, ice-cold and freshly made. Can't go wrong, right?

R\$ 16

ACAI BERRY SMOOTHIE



This acai berry, milk, banana and papaya smoothie helps you regain energy before continuing your visit in Parque das Aves!

R\$ 22



R\$ 20

PANC JUICE



A juice full of flavor and vitamins to replenish your energy, made of mango pulp, and mint and begonia leaves.

ACAI BERRY AND PASSION FRUIT JUICE



Energy and refreshment in the same glass? Yes, we have! Just order this special acai berry and passion fruit juice.

R\$ 22



BEAUTY FULL OF NUTRIENTS AND BENEFITS

In addition to having beautiful flowers and being an ornamental plant, begonia is an Unconventional Food Plant (UFP). With its edible flowers and leaves, it offers that surprising sour taste, packed with nutrients and benefits!



Learn more about UFPs:



CRAFT BEERS



CRAFT BEER (500 ml)

After the walk, how about an ice-cold craft beer to wrap up your visit? Each season brings new aromas and flavors for you to try. Check at the counter for the available option and enjoy!

PILSEN BEER (500 ml)

Want a traditional cold beer? This is the best option for you! This Craft Pilsner is light and smooth, you can't go wrong! The perfect craft beer for Pilsner lovers.

4,5 % alcohol

13 IBU



INTERNATIONALLY AWARDED BREWERY FROM FOZ DO IGUAÇU

277 Craft Beer is a brewery from Foz do Iguaçu specialized in producing craft beers that bring the flavors of the region in their DNA.

OTHER COLD BEVERAGES

R\$ 25

CAIPIRINHA

Lemon, sugar, cachaça, ice and that's it. Need something else?

R\$ 12

SODA

(can)

SWEET AND HEALTHY

ACAI BERRY WITH STRAWBERRY (300 g)

 **vegan**

Acai berry for those who want double color and refreshment.



R\$ **35**



R\$ **30**

ACAI BERRY IN LAYERS (300 g)

 **vegetarian**

As the name suggests, there is a layer of acai berry, another of powdered milk and another of condensed milk. Always wins a smile.

PLAIN ACAI BERRY (300 g)

 **vegan**

For purists: acai berry – and nothing else. After all, simple can also be great!



R\$ **28**

Boost your acai berry:

+ R\$ 3

banana

+ R\$ 8

strawberry

+ R\$ 8

vegan
granola

+ R\$ 8

powdered
milk

+ R\$ 8

condensed
milk

VEGAN GRANOLA MADE WITH LOVE BY OUR TEAM:

Our artisanal granola is made with oat, corn and rice flakes, in addition to walnuts, almonds, peanuts, Brazil nuts, cashews, raisins and fresh grated coconut, toasted in coconut oil, cane molasses and vanilla essence. A delight!



PARQUE DAS AVES