

HEALTHY FOOD TASTES GOOD

B Boali
 Healthy Food



CREATE YOUR OWN SALAD OR BOAL

"BOAL" IS
THE BOALI WAY
OF WRITING BOWL

1° CHOOSE A **BASE**

- LETTUCE MIX
- SEASONAL LEAVES
- PASTA SALAD AND LETTUCE MIX
- BROWN RICE MIX BOWL

2° UP TO **FIVE SALAD BAR** ITEMS

- | | |
|----------------------|-----------------------------|
| • OLIVE | • QUAIL EGG |
| • BROCCOLI | • PESTO HEARTS OF PALM |
| • RED ONION | • PARMESAN |
| • CARROT | • SEASONED RICOTTA |
| • SWEET POTATO CHIPS | • CAPRESE PESTO SALAD |
| • CREAM CHEESE | • BEANS WITH ALMOND CRUMBLE |
| • GORGONZOLA | • SUNOMONO |
| • HUMMUS | • TOMATO |
| • CORN | • AVOCADO |
| • MOZZARELLA | • PASTA SALAD |
| • BUFFALO MOZZARELLA | EXTRA INGREDIENT |



3° CHOOSE A **DRESSING**

- | | |
|-------------------|---------------------|
| • CAESAR | • OLIVE OIL & LEMON |
| • BUFFALO RANCH | • POKE SAUCE |
| • HONEY MUSTARD | • TERIYAKI |
| • SESAME DRESSING | • HERB PESTO |

4° NOW A **PROTEIN**

- | | |
|----------------------|--------------------------|
| • DICED CHICKEN 90g | • FALAFEL 100g |
| • CRISPY CHICKEN 70g | • SHREDDED CHICKEN 60g |
| • SHREDDED BEEF 60g | • FRESH DICED SALMON 80g |

5° TWO FINAL **TOPPINGS**

- | | |
|----------------|------------------------|
| • ALMONDS | • WHOLE GRAIN CROUTONS |
| • CRISPY ONION | • CRISPY APPLE |
| • SESAME | • SWEET POTATO CHIPS |

 Vegan



FROM THE BOALI FARM

HOMESTYLE FLAVOR
AT ANY MOMENT

BOAL

THE BRAZILIAN CLASSIC
IN THE BOALI VERSION

"Boal" is the Boali way of writing Bowl.

FROM THE BOALI FARM 395g

+ TOP SELLER

Crispy chicken, brown rice mix, beans with almond crumble, broccoli, pesto hearts of palm, tomato, sweet potato chips and olive oil & lemon dressing.

SUPERPROTEIN 405g

44G OF PROTEIN

Diced chicken, brown rice mix, quail egg, beans with almond crumble, hummus, seasoned ricotta and sesame dressing.

TEX MEX 450g

NEW

Shredded beef, brown rice mix and lettuce mix, avocado, cream cheese, tomato, red onion, corn, crispy onion and buffalo ranch dressing.

NEW

ALOHA POKE BOAL 402g

Fresh diced salmon with poke sauce, brown rice mix, sunomono, red onion, tomato, cream cheese, sesame, sweet potato chips, and honey mustard dressing.

CALIFORNIA POKE BOAL 417g

Crispy chicken with poke sauce, brown rice mix, avocado, carrot, tomato, sunomono, sesame, sweet potato chips and teriyaki dressing.

HOT HAWAII POKE BOAL 422g

Fresh diced salmon with poke sauce, brown rice mix, avocado, cream cheese, red onion, broccoli, sesame, sweet potato chips, and buffalo ranch dressing.

ALOHA POKE BOAL

YES! NOW THERE
IS POKE AT BOALI

For allergens and other information,
consult nutritional tables.

Take-away packaging: R\$ 3.90

Approximate measurements.

MORE LIFE IN A BOAL

SALAD

HONEY CRISPY 315g +TOP SELLER

Crispy chicken, lettuce mix, gorgonzola, tomato, pesto hearts of palm, crispy onion and honey mustard dressing.

ALMOND CAESAR NEW 265g

Diced chicken, lettuce mix, parmesan, almonds and caesar dressing.

CAPRESE NEW 200g

Lettuce mix, buffalo mozzarella, tomato, whole grain croutons, olives and pesto dressing.

CAESAR PASTA 330g

Shredded chicken, pasta salad with onion and pesto dressing, lettuce mix, parmesan, tomato, whole grain croutons and caesar dressing.

CRISPY CHICKEN 325g

Crispy chicken, lettuce mix, tomato, corn, quail egg, parmesan, whole grain croutons and buffalo ranch dressing.

I'LL START TODAY 340g

Iceberg lettuce, shredded chicken breast, seasoned ricotta, red onions, carrots, quail eggs, crispy apple with açaí and honey mustard dressing.

NEW

ALMOND CAESAR

Over 10 years

making the best salads
in the country.

From Brazil to the world.

BOOST
ANY DISH
WITH

 PROTEIN

CRISPY CHICKEN 70g

DICED CHICKEN 90g

FRESH DICED SALMON 80g

QUAIL EGG 60g

 FALAFEL 100g

SHREDDED BEEF 60g

SHREDDED CHICKEN 60g

ADD ANY
TOPPINGS

HONEY CRISPY

TOP SELLER





WRAP

FRESH —

CRUNCHY PESTO 250g + TOP SELLER

Crispy chicken, cream cheese, lettuce mix, buffalo mozzarella, tomato and pesto dressing.

CAESAR CHICKEN 245g

Shredded chicken, lettuce mix, parmesan, whole grain croutons and caesar sauce.

BUFFALO CHICKEN 285g

Shredded chicken, lettuce mix, quail egg, tomato, parmesan, whole grain croutons and buffalo ranch sauce.

ARABIC 355g

Falafel, hummus, lettuce mix, red onion, tomato, olive and sesame sauce.

SURF SALMON 320g

Salmon cubes, poke sauce, lettuce mix, cream cheese, red onion, carrot, sunomono and honey mustard sauce.

YOUR NEW FAVORITE WRAP

HOT —

WRAP PARMIGIANA NEW 320g

Diced chicken, tomato sauce, seasoned ricotta, mozzarella, cream cheese and parmesan.

CRISPY CHICKEN 4 CHEESES 310g

Crispy chicken, seasoned ricotta, cream cheese, mozzarella and gorgonzola.

BEEF AND BLUE CHEESE NEW 300g

Shredded beef, gorgonzola, seasoned ricotta, mozzarella, tomato and cream cheese.

SWEET POTATO CHIPS INCLUDED!

For an extra R\$3.90, replace the chips with a side salad (seasonal leaf mix, caesar sauce, tomato, buffalo mozzarella with pesto, and whole grain croutons).

BURRITO

Includes: Avocado, tomato, red onion, mozzarella, brown rice mix, and buffalo ranch sauce.

CHICKEN 370g

BEEF 370g

CHICKEN BURRITO

FOR BIG APPETITES



SANDWICH

All sandwiches are served on naturally fermented ciabatta bread.

PARMEGIANA SANDWICH NEW 285g

Diced chicken, tomato sauce, mozzarella and cream cheese.

CHEESE STEAK 285g

Shredded beef, buffalo ranch, mozzarella, red onion and crispy onion

BUFFALO CHICKEN NEW Recipe 285g + TOP SELLER

Crispy chicken, cream cheese, gorgonzola, mozzarella and buffalo ranch dressing.

ADD
POTATO CHIPS

TOSTILLA

Toasted wraps on whole wheat tortilla

THREE CHEESE TRIO 155g

Parmesan, gorgonzola, mozzarella and cream cheese.

CHICKEN & PARMESAN 150g + TOP SELLER

Shredded chicken, parmesan, mozzarella and cream cheese.

MELTED BUFFALO MOZZARELLA 185g

Buffalo mozzarella, mozzarella, tomato, olives and cream cheese

THE SNACK
FOR ANY TIME

CHICKEN & PARMESAN TOSTILLA



CHEESE STEAK

PROTEIN SHAKE

15g
of protein
of protein

MATCHA LOVE 400ml + TOP SELLER

Matcha protein shake with strawberry, oat milk, banana and whey.

BANANA BROWNIE NEW 400ml

Protein shake with brownie, oat milk, banana and whey.

ZERO PAÇOCA NEW 400ml

Sugar-free peanut candy (paçoquinha) protein shake with oat milk, banana and whey.

SMOOTHIE

BRAZUCA NEW 400ml

Functional smoothie with açaí, banana and sugar-free peanut candy

ANTIOX BERRYS NEW 400ml

Functional açaí smoothie with red berries.

TROPICAL MATCHA 400ml

Energetic matcha smoothie with mango, passion fruit and banana.



BE A
FRANCHISEE

franquiasaudavelboali.com.br

We are the largest healthy food chain in Brazil and, soon, in the world. We are also present in Europe and the United States. **The moment is now: invest in the market that the future has chosen.**
Point your camera at the QR Code and find out how to become a Boali franchisee.

Catering for your events: boali.com.br/catering

@boali_br - boali.com.br - sac@boali.com.br



Pitaya Fresh

PROTEIN SHAKE 15g of protein

MATCHA LOVE 400ml + TOP SELLER

Matcha protein shake with strawberry, oat milk, banana and whey.

PAÇOCA ZERO NEW

Sugar-free peanut candy (paçoquinha) protein shake with oat milk, banana, and whey.

BANANA BROWNIE NEW

Protein shake with brownie, oat milk, banana and whey

ADD ADD TO ANY DRINK

GINGER

MINT

PROTEIN

MATCHA
SPINACH
OAT MILK

FUNCTIONAL JUICE

PITAYA FRESH 400ml + TOP SELLER

Pitaya, lemon and mint

ANTI-BLOAT JUICE 400ml

Mango, pineapple and ginger.

GREEN JUICE NEW RECIPE 400ml

Pineapple, lemon, spinach, mint and ginger

RELAX RELAX 400ml

Mango, passion fruit and ginger.

NATURAL JUICE

Combine up to 2 fruits

- AÇAÍ
- PINEAPPLE
- PINEAPPLE WITH MINT
- RED BERRIES +R\$ 2
- LEMON
- MANGO
- PASSION FRUIT
- STRAWBERRY

330ml — PINEAPPLE WITH MINT OR LEMON

SMOOTHIE

TROPICAL MATCHA 400ml

Energetic matcha smoothie with mango, passion fruit and banana.

BRAZUCA NEW 400ml

Functional smoothie with acai, banana and sugar-free peanut candy.

ANTIOX NEW 400ml

Functional acai smoothie with red berries.

