

HEALTHY FOOD TASTES GOOD



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

## 3° CHOOSE A **DRESSING**

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

## 4° NOW A **PROTEIN**

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

## 5° TWO FINAL **TOPPINGS**

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





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

MORE LIFE IN A BOAL

For allergens and other information,  
consult nutritional tables.

Take-away packaging: R\$ 3.90

Approximate measurements.



# 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 açai and honey mustard dressing.

**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

ALMOND CAESAR

**NEW**

**ADD ANY  
TOPPINGS**

HONEY CRISPY

**TOP SELLER**





WRAP PARMIGIANA

# WRAP

YOUR NEW FAVORITE 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.

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** 285g **+ TOP SELLER**  
Crispy chicken, cream cheese, gorgonzola, mozzarella and buffalo ranch dressing.

ADD  
POTATO CHIPS



LOTS OF  
MELTED CHEESE

CHEESE STEAK

# 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

# PROTEIN SHAKE

of protein  
15g  
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 açai, banana and sugar-free peanut candy

**ANTIOX BERRYS** **NEW** 400ml  
Functional açai smoothie with red berries.

**TROPICAL MATCHA** 400ml  
Energetic matcha smoothie with mango, passion fruit and banana.

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.



BE A  
FRANCHISEE

franquiasaudavelboali.com.br

Catering for your **events:** [boali.com.br/catering](https://boali.com.br/catering)

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THE BEST **PITAYA JUICE**  
IN THE WORLD

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** 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.



MATCHA LOVE