FROM NORTH TO SOUTH OF BRAZIL. LISBON. MIAMI. BARCELONA



HEALTHY FOOD TASTES GOOD

Boali
Healthy Food

BUILD **YOUR BOAL.**

(SALADS, POKES AND BOWLS)

"BOAL" IS THE BOALI WAY OF SPELLING BOWL.

1° CHOOSE UP TO **TWO BASES**

- MIXED LETTUCES
- SEASONAL GREENS
- PASTA SALAD NEW
- BROWN RICE MIX
- GOHAN (JAPANESE RICE) NEW

2° UP TO FIVE ITEMS FROM THE **SALAD BAR**

- OLIVE
- BACON NEW
- BROCCOLI
- RED ONION
- CARROT
- CREAM CHEESE
- GORGONZOLA
- HUMMUS
- MANGO NEW
- CORN
- MOZZARELLA
- BUFFALO MOZZARELLA
- TOMATO
- QUAIL EGG
- PESTO HEARTS OF PALM
- PARMESAN
- SEASONED RICOTTA
- PESTO CAPRESE SALAD
- BEAN FAROFA WITH ALMONDS
- SUNOMONO
- AVOCADO
- PASTA SALAD



3° CHOOSE A **DRESSING**

- CAESAR
- BUFFALO RANCH
- HONEY MUSTARD
- SESAME DRESSING
- TERIYAKI
- POKE SAUCE
- OLIVE OIL AND LEMON
- HERB PESTO
- BALSAMIC VINAIGRETTE NEW

4° NOW A **PROTEIN**

- DICED CHICKEN *90g*
- CRISPY CHICKEN *70g*
- SHREDDED CHICKEN *60g*
- FALAFEL *100g*
- FRESH DICED SALMON* *80g*
- EGG SALAD *60g* NEW
- DICED SIRLOIN *80g* NEW
- SHREDDED BEEF *60g*

5° PLUS TWO **TOPPINGS**

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



DE SEMPRE

HOME-STYLE FLAVOR
ANYTIME

BOAL

THE BRAZILIAN CLASSIC BOALI STYLE.

"Boal" is how Boali spells Bowl.

DA FAZENDA *365g* BEST SELLER
Crispy chicken, brown rice mix, bean farofa with almonds, broccoli, pesto hearts of palm, tomato, sweet potato chips and olive oil and lemon dressing.

SUPERPROTEIN *405g*
Diced chicken, brown rice mix, quail egg, bean farofa with almonds, hummus, seasoned ricotta and sesame dressing.

protein 44g

TEX MEX *450g*
Shredded beef, brown rice mix, mixed lettuces, avocado, cream cheese, tomato, red onion, corn, crispy onion and buffalo ranch dressing.

DE SEMPRE *355g* NEW
Diced sirloin, egg salad, brown rice mix, bean farofa with almonds, tomato, sweet potato chips and honey mustard dressing.

protein 36g

POKES WITH A GOHAN (JAPANESE RICE) BASE

SUNSET* *447g* NEW
Fresh diced salmon in poke sauce, sesame, gohan, avocado, mango, sunomono, red onion, sweet potato chips and teriyaki sauce.

ALOHA* *402g*
Fresh diced salmon in poke sauce, gohan, sunomono, red onion, tomato, cream cheese, sesame, sweet potato chips and honey mustard dressing.

MALIBU *425g* NEW
Crispy chicken, gohan, tomato, carrot, sunomono, cream cheese, sweet potato chips, sesame and teriyaki sauce.

MORE LIFE IN A BOAL

SUNSET



THE BEST OF COMBINATIONS

* These items are raw or undercooked, or may contain raw or undercooked ingredients. Eating raw or undercooked meat, poultry, fish, shellfish, seafood or eggs may increase the risk of waterborne and foodborne illness (DTHA).

SALADA

AVOCADO *385g* NEW
Diced chicken, avocado, bacon, mango, gorgonzola, red onion, mixed lettuces and balsamic vinaigrette.

CAESAR BOALI *265g* LOW CARB
Diced chicken, parmesan, almonds, mixed lettuces and Caesar dressing.

HONEY CRISPY *315g* BEST SELLER
Crispy chicken, gorgonzola, tomato, pesto hearts of palm, crispy onion, mixed lettuces and honey mustard dressing.

PASTA CAESAR *330g*
Shredded chicken, pasta salad, parmesan, tomato, whole-grain croutons, mixed lettuces and Caesar dressing.

FRANGO CROCANTE *325g* .....
Crispy chicken, tomato, corn, quail egg, parmesan, whole-grain croutons, mixed lettuces and buffalo ranch dressing.

HOJE EU COMEÇO *340g*
Shredded chicken, seasoned ricotta, red onion, carrot, quail egg, crunchy apple crisps, mixed lettuces and honey mustard dressing.

EGG-BACON *295g*
Egg salad, bacon, olive, red onion, tomato, whole-grain croutons, mixed lettuces and honey mustard dressing.

NEW LAUNCH



Boali & co

TRANSFORMING 1 BILLION
LIVES IN BRAZIL AND WORLDWIDE

DOUBLE THE PROTEIN

EGG SALAD *60g*
DICED CHICKEN *90g*
CRISPY CHICKEN *70g*
SHREDDED CHICKEN *60g*
FRESH DICED SALMON* *80g*
FALAFEL *100g*
SHREDDED BEEF *60g*
DICED SIRLOIN *80g*



BEST **SELLER**



FRANGO POMODORO GRATINADO

LIKE A PARMIGIANA,
BUT FIT

WRAP

IN A WHOLE-GRAIN TORTILLA.

FRESH

CHICKEN AVOBACON *355g* NEW
Diced chicken, bacon, avocado, tomato, parmesan, mixed lettuces and buffalo ranch dressing.

CROCANTE AO PESTO *250g* BEST SELLER
Crispy chicken, cream cheese, mixed lettuces, buffalo mozzarella, tomato and pesto sauce.

FRANGO CAESAR *245g*
Shredded chicken, mixed lettuces, parmesan, whole-grain croutons and Caesar dressing.

FRANGO PICANTE *285g*
Shredded chicken, mixed lettuces, quail egg, tomato, parmesan, whole-grain croutons and buffalo ranch dressing.

ÁRABE *355g*
Falafel, hummus, red onion, olive, tomato, mixed lettuces and sesame dressing.

HOT

FRANGO POMODORO GRATINADO *320g*
Diced chicken, tomato sauce, seasoned ricotta, mozzarella, cream cheese and parmesan.

FRANGO PICANTE QUENTE *245g*
Shredded chicken, cream cheese, quail egg, tomato, parmesan, whole-grain croutons and buffalo ranch dressing.

CARNE COM GORGONZOLA *300g*
Shredded beef, gorgonzola, seasoned ricotta, mozzarella, tomato and cream cheese.

SWEET POTATO CHIPS ALREADY INCLUDED!

SANDWICH

On natural-fermentation ciabatta bread.

HOT

PESTO FRANGO *299g* NEW
Shredded chicken in pesto sauce, double mozzarella cheese and almonds.

CHEESE STEAK *285g* BEST SELLER
Shredded beef, buffalo ranch dressing, mozzarella, red onion and crispy onion.

BUFFALO CHICKEN *285g*
Crispy chicken, cream cheese, gorgonzola, mozzarella and buffalo ranch dressing.

BURRITO

Avocado, tomato, red onion, mozzarella, brown rice mix and buffalo ranch dressing in a whole-grain tortilla.

HOT

FRANGO *370g*

CARNE DESFIADA *370g*

SNACK AT
ANY TIME



CHEESE STEAK

Vegan

Approximate measurements
Illustrative images
*Weight of proteins when refrigerated

PROTEIN SHAKE

BERRY SUPER POWER *400ml*
Protein shake, red berries, crunchy apple crisps, oat milk and whey.

AMOR DE MATCHA *400ml* BEST SELLER
Energizing protein matcha shake with strawberry, oat milk, banana and whey.

PAÇOCA ZERO *400ml*
Protein shake, sugar-free paçoquinha, oat milk, banana and whey.

SMOOTHIE

TROPICAL MATCHA *400ml* BEST SELLER.
Energizing matcha smoothie with mango, passion fruit and banana.

BRAZUCA *400ml*
Functional açaí smoothie, banana and zero-sugar paçoquinha.

ANTIOX *400ml*
Functional açaí smoothie with red berries.

protein 30g

protein 15g

protein 15g



YOUR PROTEIN **SNACK**

AÇAÍ

AÇAÍ PREMIUM *360g* NEW
Açaí, sugar-free paçoquinha and crunchy apple crisps.



PREMIUM AÇAÍ **ORGANIC**

OMELET

protein 17g

3 eggs with tomatoes and cream cheese. *235g*

TOSTILHA

Tostex on a whole-grain tortilla.

FRANGO E PARMESÃO *150g* BEST SELLER
Mozzarella, parmesan, cream cheese and shredded chicken.

BUFFALA DERRETIDA *185g*
Tomato, olive, mozzarella, buffalo mozzarella and cream cheese.

TRIO DE QUEIJOS *155g*
Gorgonzola, mozzarella, cream cheese and parmesan.

We are the largest healthy food chain in Brazil and, soon, in the world. Present in Portugal, Spain, the USA, Costa Rica, Panama and South Africa. Come be part of the network that will transform 1 billion lives through food. Be one of our franchisees.

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FUNCTIONAL **JUICE**

PITAYA FRESH *400ml* BEST SELLER
Pitaya, lemon and mint.

XÔ INCHAÇO *400ml*
Mango, pineapple and ginger.

GREEN JUICE *400ml*
Pineapple, lemon, spinach, mint and ginger.

RELAX RELAX *400ml*
Mango, passion fruit and ginger.

BUILD YOUR **JUICE**

Combine up to 2 fruits

- **PINEAPPLE**
- **PINEAPPLE W/ MINT**
- **RED BERRIES**
- **LEMON**
- **MANGO**
- **PASSION FRUIT**
- **STRAWBERRY**

330ml —
PINEAPPLE W/ MINT OR LEMON

PROTEIN **SHAKE**

BERRY SUPER POWER *400ml* NEW
Protein shake, red berries, crunchy apple crisps, oat milk and whey.
protein 30g

AMOR DE MATCHA *400ml* BEST SELLER
Energizing protein matcha shake with strawberry, oat milk, banana and whey.
protein 15g

PAÇOCA ZERO *400ml*
Protein shake, sugar-free paçoquinha, oat milk, banana and whey.
protein 15g

SMOOTHIE

TROPICAL MATCHA *400ml* BEST SELLER
Energizing matcha smoothie with mango, passion fruit and banana.

BRAZUCA *400ml*
Functional açaí smoothie, banana and zero-sugar paçoquinha.

ANTIOX *400ml*
Functional açaí smoothie with red berries.

NEW



AÇAÍ

AÇAÍ PREMIUM *360g* NEW
Açaí, sugar-free paçoquinha and crunchy apple crisps.

Choose Your **Sauce**

HONEY MUSTARD

The sweet and tangy one that wins over any palate. **+ BEST SELLER**

CAESAR New recipe

Creamy herb dressing with the intensity of cheese.

BUFFALO RANCH

The classic American ranch with a spicy kick.

SESAME

Middle Eastern sauce made with sesame paste, lemon and garlic.

OLIVE OIL & LEMON

The classic combo of olive oil and lemon with a touch of spices.

POKE

The best of Hawaiian seasoning, with sesame oil and soy sauce.

PESTO

The go-to pesto with basil and parsley.

TERIYAKI

Asian-style, sweet and sour: goes with everything.

BALSAMIC

Balsamic vinaigrette with just the right acidity.

