

NOLA

2.0

— ALL-DAY CAFÉ MENU (THE LONG VERSION)



NOLA — de No Labels — é um conceito de cozinha verdadeira em que a qualidade e origem de cada produto vem sempre em primeiro lugar. Aqui as pessoas unem-se em torno de um valor comum: uma alimentação equilibrada, saudável e saborosa, que melhora o nosso bem-estar e, por isso, nos faz mais felizes. Ser NOLA é rejeitar alimentos que ameaçam a nossa saúde. Açúcares e farinhas refinadas, ingredientes processados e conservantes não são permitidos no nosso menu. Acreditamos no poder da alimentação autêntica, rica em vegetais e proteína animal de melhor qualidade, proveniente de fontes éticas. Para nós não existe uma dieta única correta mas antes uma forma ideal de nos alimentarmos, aquilo a que chamamos: THE NOLA WAY OF LIFE.

Uma forma de estar, desfrutar e saborear.
Convidamos-te a experimentar e a partilhar.

NOLA — stands for No Labels — is a new kitchen concept where real food comes first and people are united by a common belief: that real, healthy and tasty food makes us both healthier and happier. To be NOLA is to reject food that hurts our health and that's why refined sugars and flours, processed ingredients or preservatives are not allowed in our menu. We believe in the power of real food: more vegetables and ethically sourced, better quality meat and fish. We do not believe in one right diet, but in one right way of eating, what we call: THE NOLA WAY OF LIFE.

A way of being, enjoying and tasting.
We invite you to try and share.









Alterações ao menu não são aceites
(restrições alimentares são exceção).
Alterations to the menu are respectfully
declined (dietary requirements excepted).

Por favor informe o staff sobre alguma
alergia alimentar. Let the staff know of
any food allergies.




Pagamentos em separado não são
aceites ao fim-de-semana e feriados.
No split bills on weekends and public
holidays.

—THE NOLA WAY OF LIFE

SWEET CORNER

<p>PISTACHIO ENERGY BALL NUTS PB/Veg/GF/DF</p> 	4€	<p>Tâmara, Farinha de Aveia, Pistáchio, Arandos e Pólen de Abelha Dates, Oat Flour, Pistachio, Cranberries & Bee Pollen</p>
<p>CACAO PROTEIN BALL PB/Veg/GF/DF NUTS</p> 	4€	<p>Cacau, Caju, Proteína by FOUR SIGMATIC, Sementes de Cânhamo, Farinha de Aveia e Xarope de Flor de Coco Cocoa, Cashew, Vegan Protein by FOUR SIGMATIC, Hemp Seeds, Oat Flour & Coconut Flower Syrup</p>
<p>SNICKERS BALL PB/Veg/GF/DF PEANUT</p> 	4€	<p>Manteiga de Amendoim, Cacau Nibs, Farinha de Aveia e Xarope de Flor de Coco, com topping de Chocolate Lindt 70% e Amendoim Peanut Butter, Cacao Nibs, Oat Flour & Coconut Flower Syrup, topped w/ Lindt Chocolate 70% & Peanut</p>
<p>CHOCOLATE CAKE SOY PB/Veg/GF/DF [i am nuts free]</p> 	6€	<p>Cacau, Chocolate Lindt 70%, Farinha de Grão de Bico, Azeite Extra Virgem e Flor de Sal, servido com Caramelo de Tâmara-Miso Cocoa, Lindt Chocolate 70%, Chickpea Flour, Extra Virgin Olive Oil & Sea Salt, served w/ Date-Miso Caramel</p>
<p>THE MOUSSE PB/Veg/GF/DF PEANUT</p> 	6€	<p>Cacau, Tâmara, Manteiga de Amendoim e Leite de Coco Cocoa, Dates, Peanut Butter & Coconut Milk</p>
<p>RAW CAKE PB/Veg/GF/DF NUTS</p> 	7€	<p>Coco, Caju, Aveia, Tâmara, Baunilha e Flor de Sal, servido c/ Creme de Coco e Compota de Framboesa Coconut, Cashew, Oats, Dates, Vanilla & Sea Salt, served w/ Coconut Cream & Raspberry Jam</p>
<p>CARROT CAKE PB/Veg/DF NUTS/SOY</p> 	7€	<p>Cenoura, Farinha de Espelta, Farinha de Amêndoa, Noz e Açúcar de Coco, servido com Ricota de Macadâmia e Caramelo de Tâmara-Miso Carrot, Spelt Flour, Almond Flour, Walnuts & Coconut Sugar, served w/ Macadamia Ricotta & Date-Miso Caramel</p>
<p>PANNA COTTA PB/Veg/GF/DF NUTS</p> 	7€	<p>Panna Cotta de Coco e Noz Macadâmia, Chutney de Abacaxi e Trigo-sarraceno Crocante Coconut & Macadamia Panna Cotta, Pineapple Chutney & Crispy Buckwheat</p>


SPECIAL TREATS!

<p>PEANUT & DATES PB/Veg/GF/DF PEANUT</p> 	8€	<p>Amendoim, Tâmara, Leite de Coco, Farinha de Aveia e Flor de Sal Peanut, Dates, Coconut Milk, Oat Flour & Sea Salt</p>
<p>FIG & ALMOND PUDDING Veg/GF NUTS</p> 	8€	<p>Figo, Amêndoa e Queijo Pecorino Dry Fig, Almond & Aged Pecorino Cheese</p>
<p>CHARRED PINEAPPLE PB/Veg/GF/DF NUTS/SOY</p> 	8€	<p>Abacaxi no Carvão, Gelado de Noz Macadâmia Tostada e Caramelo de Sumac Charred Pineapple, Roasted Macadamia Ice Cream & Sumac Caramel</p>

ALL-DAY BREAKFAST

BANANA BREAD 10€ Fatia de Banana Bread, Manteiga de Caju e Coco, Banana e Chocolate Lindt 70%


PB/Veg/DF
NUTS



Banana Bread Slice, Cashew & Coconut Butter, Banana & Lindt Chocolate 70% Chunks

OVERNIGHT OATS 12€ Aveia hidratada em Leite de Amêndoa, Manteiga de Caju e Coco, Chutney de Abacaxi, Gra-NOLA e Amora


PB/Veg/GF/DF
NUTS



Rolled Oats hydrated in Almond Milk, Cashew & Coconut Butter, Pineapple Chutney, Gra-NOLA & Blackberry

SIGNATURE AÇAÍ 12€ Frutos Vermelhos, Banana e Açaí, servido com Gra-NOLA, Manteiga de Caju e Coco, Banana e Cacau Nibs

PB/Veg/GF/DF
NUTS




[BOOST DE PROTEÍNA? ADICIONA PROTEÍNA VEGAN BY FOUR SIGMATIC +3€]

Red Berries, Banana & Organic Açaí, topped w/ Gra-NOLA, Cashew & Coconut Butter, Banana & Cacao Nibs

[PROTEIN BOOST? ADD VEGAN PROTEIN BY FOUR SIGMATIC +3€]

BLUE MAGIC 12€ Abacaxi, Banana, Spirulina Azul e Caju, servido c/ Trigo-Sarraceno Crocante, iogurte de Coco, Manteiga de Caju e Coco, Abacaxi Desidratado e Amora


PB/Veg/GF/DF
NUTS



Pineapple, Banana, Blue Spirulina & Cashew, topped w/ Crispy Buckwheat, Coconut Yogurt, Cashew & Coconut Butter, Pineapple & Blackberry

FRENCH TOAST 13€ Brioche Vegan Hidratado em Leite de Amêndoa e Especiarias, Creme de Coco, Banana Brûlée e Caramelo de Sumac


PB/Veg/DF
SOY/NUTS



Sourdough Vegan Brioche Bun Hydrated in Almond Milk & Spices, Coconut Cream, Brûlée Banana & Sumac Caramel

SOURDOUGH WAFFLE 13€ Waffle de Fermentação Lenta, iogurte de Coco, Compota de Kumquat, Trigo-Sarraceno Crocante, Manteiga de Caju e Coco e Amora

PB/Veg/DF
NUTS/SOY



Sourdough Waffle, Coconut Yogurt, Kumquat Jam, Crispy Buckwheat, Cashew & Coconut Butter & Blackberry

EGGS & BREAD STATION

GREEN EGGS 14€ Ovos Biológicos, Ervilha, Abacate, Molho de Ervas, Queijo Feta e Chips de Kale


Veg



Organic Eggs, Peas, Avocado, Herb Sauce, Feta Cheese & Kale Chips

FRITATA 14€ Vegetais Assados, Ovos Biológicos, Cebola Caramelizada, Molho de Ervas e Queijo Feta


Veg



Roasted Veggies, Organic Eggs, Caramelized Onion, Herb Sauce & Feta Cheese

VEGGIE MELT 14€ Mistura de Queijos, Cebola Caramelizada, Jus de Stout e Tomilho


Veg



Mix of Cheeses, Caramelized Onion, Stout Jus & Thyme

CORN PANCAKE 14€ Milho, Farinha de Arroz, Abacate, Paprika Fumada, Ovo Biológico Estrelado e "Bacon"

Veg/GF/DF
NUTS



Corn, Rice Flour, Avocado, Smoked Paprika, Sunny-side-up Egg & "Bacon"

SHAKSHUKA 15€ Ovo Escalfado em estufado de Tomate, Beringela e Especiarias, servido com Hummus, Avelã Tostada, Ricota de Macadâmia, Hortelã, Tâmaras e Flatbread de Fermentação Natural

Veg/DF
NUTS/SOY



Poached Egg in Spiced Tomato & Eggplant Stew, served w/ Hummus, Toasted Hazelnut, Macadamia Ricotta, Mint, Dates & Sourdough Flatbread

COMIDA

FOOD

SMALL BITES

BABY POTATOES



8€

Batata Assada, Pepino Pickelado, Pistáchio e Ervas
Roasted Baby Potatoes, Pickled Cucumber, Pistachio & Herbs

PB/Veg/GF/DF
NUTS

STRACCIA
'N' GRAPES



12€

Uvas ao Carvão, Stracciatella, Avelã Tostada, Molho de Ervas,
Tomilho & Mel, servido c/ Flatbread de Fermentação Natural
Charcoal Grapes, Stracciatella, Toasted Hazelnut, Herb
Sauce, Thyme & Honey, served w/ Sourdough Flatbread

Veg
NUTS

NOT FRIED
FRITTERS



12€

Feta, Ervilha, Endro e Cebolinho c/ Molho de Queijo Vegan
Feta, Peas, Dill & Chives w/ Vegan Cheese Sauce

Veg/GF
NUTS

KIND OF CEVICHE



12€

Cogumelos Shimeji, Abacate, Pepino, Batata-doce, Milho, Caju
Tostado e Coentros
Shimeji Mushrooms, Avocado, Cucumber, Sweet Potato, Corn,
Toasted Cashew & Coriander

PB/Veg/GF/DF
NUTS

SALAD BAR

THE CAESARS



15€

Alface Romana, Spread de Ervas, Kale, Croutons, Caju
Tostado, Milho, Kumquat, Amora Pickelada e Molho
de Queijo Vegan

[VERSÃO CLÁSSICA? ADICIONA FRANGO +3€]

Baby Romaine Lettuce, Herb Spread, Kale, Bread Crumbs,
Toasted Cashew, Sweet Corn, Kumquat, Pickled Blackberry
& Vegan Cheese Sause

[CLASSIC VERSION? ADD ROASTED CHICKEN +3€]

PB/Veg/DF
NUTS

THE GREEK



15€

Mistura de Tomate, Pepino Holandês, Queijo Feta,
Couscous, Molho de Ervas, Caju Tostado, Compota
de Framboesa, Amora Pickelada, Manjericão e Hortelã

Tomato Mix, Sweet Cucumber, Feta Cheese, Couscous,
Herb Sauce, Toasted Cashew, Raspberry Jam, Pickled
Blackberry, Basil & Mint

Veg/GF
NUTS

SIDES

3€ Abacate / Smashed Avocado

3€ Wedges de Batata-doce / Roasted Sweet Potato Wedges

3€ Salada de Funcho, Pesto e Amêndoa / Fennel Salad
w/ Pesto & Almond

4€ Hummus / Hummus

3€ Queijo Halloumi / Halloumi Cheese

3€ Ovo Biológico Estrelado / Sunny Side Up Free-range Egg

5€ Crispy Tofu [i am not deep fried]

5€ Frango Biológico / Organic Chicken

MAINS

ORIENTAL
BURGER



15€

Hambúrguer de Quinoa e Legumes, Brioche Vegan,
Abacate, Pepino Pickelado e Molho de Queijo Vegan,
servido c/ Wedges de Batata-doce

Roasted Veggies & Quinoa Burger, Vegan Sourdough
Brioche Bun, Avocado, Pickled Cucumber & Housemade
Vegan Cheese Sauce, served w/ Sweet Potato Wedges

PB/Veg/DF
NUTS

BUTTER
CHICKEN



16€

Frango Biológico em Molho de Tomate, Coco e
Especiarias, Basmati de Coco e Lima, Flatbread
Fermentação Natural e Bimis

Organic Chicken in a Spiced Tomato & Coconut Sauce,
Coconut-Lime Basmati, Sourdough Flatbread
& Broccolinis

DF

PEA SEABASS



16€

Filete de Robalo Grelhado, Puré de Ervilhas e Salada
de Funcho

Grilled Seabass Fillet, Pea Purée & Fennel Salad

GF/DF
NUTS/SOY

NUTS Contém Frutos Secos ou Sementes Contain Nuts or Seeds

PEANUT Contém Amendoim Contain Peanuts

SOY Contém Soja Contain Soy

LITTLE ITALY

PIZZA

WILD' SHROOMS

PB/Veg/DF
NUTS

14€

Cogumelos Selvagens, Kale, Ricotta de Macadâmia, Alho Assado e Oregãos Frescos

Wild Mushrooms, Kale, Macadamia Ricotta, Roasted Garlic & Fresh Oregano

CLASSIC
MARGHERITA

Veg



14€

Molho de Tomate Assado, Fior di Latte e Manjericão
Roasted Tomato Sauce, Fior di Latte & Basil

LAMBOGREENI

Veg
NUTS

15€

Molho de Pistáchio e Ervas, Queijo Mozzarella, Pecorino e Parmesão, Stracciatella, Oregãos Frescos e Manjericão

Pistachio & Herbs Sauce Mozzarella Cheese, Pecorino & Parmesan, Stracciatella, Fresh Oreganos & Basil

PASTA

GNUDIS

Veg



14€

Alho Francês, Courgette, Queijo Ricotta, Manjericão e Limão
Leek, Zucchini, Ricotta Cheese, Basil & Lemon"CASHEW"
& PEPEPB/Veg/DF
NUTS

15€

Tagliatelle Fresco, Molho de Queijo Vegan (Caju, Levedura Nutricional e Especiarias), Pimenta Preta e Tomilho

Fresh Tagliatelle, Housemade Vegan Cheese Sauce (Cashew, Nutritional Yeast & Spices), Black Pepper & Thyme

SPAGHETTI
& MEATBALLS

PB/Veg/DF



15€

Spaghetti Fresco, Molho de Tomate Assado, Almôndegas Veggie e Oregãos Frescos

Fresh Spaghetti, Roasted Tomato Sauce, Housemade Plant-Based Meatballs & Fresh Oregano

BEBIDAS

DRINKS

THE SUPERHERO SHOT [60ml] [i'm really a shot]

IMMUNITY BOOSTER	4€	Abacaxi, Gengibre, Limão, Mistura de Pimentas, Mel, Curcuma e Pólen de Abelha Pineapple, Ginger, Lemon, Pepper Mix, Honey, Turmeric & Bee Pollen
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COLD PRESSED JUICES [250ml] [all juices freshly squeezed to order]

BUGGS BUNNY	5€	100% Cenoura 100% Carrot
LIFE'S A BEACH	5€	Ananás, Laranja, Hortelã e Gengibre Pineapple, Orange, Mint & Ginger
MY HEART BEETS FOR YOU	5€	Beterraba, Cenoura, Maçã Verde e Gengibre Beetroot, Carrot, Green Apple & Ginger
GRANNY'S	5€	100% Maçã Verde 100% Granny Smith Apple
INCREASE MY CELERY	6€	Aipo e Limão Celery & Lemon
PURPLE RAIN	6€	Pera, Maçã Verde, Amora e Manjeriço Pear, Granny Smith Apple, Blackberry & Basil
DRINK YOUR SALAD	6€	Maçã Verde, Aipo, Pepino, Kale e Limão Granny Smith Apple, Celery, Cucumber, Kale & Lemon

[ADD-ON: + GINGER 0.5€]


SUPERFOOD SMOOTHIES [500ml] [we are vegan]

CRUNCHY MONKEY PEANUT	7€	Manteiga de Amendoim, Banana, Leite de Amêndoa, Baunilha e Canela Peanut Butter, Banana, Almond Milk, Vanilla & Cinnamon
SUNRISE, SUNRISE SOY	8€	Laranja, Cenoura, Banana, Iogurte de Coco, Aveia, Gengibre e Curcuma Orange, Carrot, Banana, Coconut Yogurt, Oats, Ginger & Turmeric
PEANUT & BERRIES PEANUT	8€	Frutos Vermelhos, Banana, Manteiga de Amendoim e Pólen de Abelha Red Berries, Banana, Peanut Butter & Bee Pollen
STRESS LESS	8€	Banana, Espinafre, Matcha, Lima e Gengibre Banana, Spinach, Matcha, Lime & Ginger
STRACCIA-STELLAR NUTS	10€	Banana, Abacate, Manteiga de Amêndoa, Tâmara, Cacau Nibs & Spirulina Azul Banana, Avocado, Almond Butter, Dates, Cacao Nibs & Blue Spirulina
SIX PACK NUTS	10€	Cacau, Proteína Vegan by FOUR SIGMATIC, Manteiga de Avelã, Tâmara e Leite de Coco Cocoa, Vegan Protein by FOUR SIGMATIC, Hazelnut Butter, Dates & Coconut Milk

[AVAILABLE ADD-ONS]

VEGAN PROTEIN BY FOUR SIGMATIC + 3€ 

[18G PLANT PROTEIN + BOOST OF OF FUNCTIONAL MUSHROOMS & ADAPTOGENS BY FOUR SIGMATIC]

CBD + 2€ 

PROBIOTICS + 2.5€ 

VEGETABLE COLLAGEN BOOSTER + 2.5€ 

ADAPTOGEN BLEND +2€ 

NUTS Contém Frutos Secos ou Sementes Contain Nuts or Seeds

PEANUT Contém Amendoim Contain Peanuts

SOY Contém Soja Contain Soy

BEBIDAS

DRINKS

COFFEE STATION

ESPRESSO	1.5€	
ESPRESSO MACCHIATO	1.5€	
AMERICANO	3€	
ICED AMERICANO	3€	
COFFEE LATTE	3€	1 Espresso Shot
FLAT WHITE	3€	1 Espresso Shot
CAPPUCCINO	3.5€	2 Espresso Shots
ICED COFFEE LATTE	5€	2 Shots Espresso, Açúcar de Coco, Cardamomo e Leite de Aveia 2 Espresso Shots, Coconut Sugar, Cardamom & Oat Milk

[EXTRA ESPRESSO SHOT +0.5€]

[EXTRA VEGETABLE DRINK +0.5€ LEITE DE AVEIA BY OATLY BARISTA EDITION OAT MILK BY OATLY BARISTA EDITION]

HYDRATION BAR

SUPERFOOD LEMON-AID	3€
[SEM AÇÚCAR / SUGAR-FREE]	
KOMBUCHA BIOLÓGICA	3.5€
ORGANIC GINGER KOMBUCHA	
ÁGUA MINERAL	2.5€
STILL WATER	375 ML
ÁGUA COM GÁS	2.5€
SPARKLING WATER	250 ML

LATTES & TEA

CHÁ BIOLÓGICO	3€	Menta / Limão e Gengibre / Camomila / Preto
ORGANIC TEA		Mint / Lemon & Ginger / Chamomile / English Breakfast
ADAPTOGENIC HOT CHOCOLATE	6€	Cacau, Caju, Avelã, Tâmarã, Reishi, Chaga, Moringa, Tulsi, Ashwagandha e Flor de Sal Cocoa, Cashew, Hazelnut, Dates, Reishi, Chaga, Moringa, Tulsi, Ashwagandha and Sea Salt
MATCHA LATTE	5€	Matcha, Maple Syrup, Baunilha e Leite de Aveia
[ICED VERSION AVAILABLE +0.5€]		Matcha, Maple Syrup, Vanilla & Oat Milk
GOLDEN LATTE	5€	Curcuma, Mistura de Especiarias e Leite de Aveia Turmeric, Mix of Spices & Oat Milk
CHAI LATTE	5€	Mistura de Especiarias by PRANA CHAI, Canela e Leite de Aveia
[GET IT DIRTY: ADD AN ESPRESSO SHOT +1€]		Mix of Spices by PRANA CHAI, Cinnamon & Oat Milk

[KEEP CALM & ADD CBD +2€]



ALCOHOL BAR

SIDRA BIOLÓGICA 3.5€
ORGANIC CIDER

CERVEJA ARTESANAL		TAP BEER
CRAFT BEER	3€	250ml
IPA	5€	500ml
STOUT		
PILSNER		

VINHO NATURAL	5€	TAP WINE
NATURAL WINE		
UIVO SKIN CONTACT		
UIVO LIGHT RED		



Pede ao Staff a carta de Vinhos com mais opções.
Ask the Staff for the Wine Menu with more options.

SANGRIA	6€	25€	Mirtilo, Hortelã, Vodka, Lima e Espumante
			Blueberry, Mint, Vodka, Lime & Sparkling Wine



- Nenhum prato, produto alimentar ou bebida, pode ser cobrado se não for solicitado pelo cliente ou por este for inutilizado, de acordo com o Ponto 3, do Artigo número 135, do Decreto de Lei 10/2015.
- Caso seja alérgico a algum alimento, por favor informe o nosso Staff, de acordo com o Regulamento UE número 1169/2011 e Decreto de Lei nº 26/2016.
- Este estabelecimento possui livro de reclamações.
- Preços com IVA à taxa em vigor.

- Any dish, food or beverage, can be charged if it was not required by the customer or else consumed by the customer (Ponto 3, do Artigo nr 135, do Decreto-Lei 10/2015).
- In case you are allergic to any ingredient, please talk to our Staff (according to EU Regulation nr 1169/2011 & Decreto-Lei nr 26/2016).
- This establishment has a complaint book.
- Prices with VAT at the current rate.



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