



MENU TAKE-AWAY

Origem @ You
roasted | fresh | frozen

options	prices (€)		
	1 pax	2 pax	4 pax
starters			
Guacamole		7	13,6
Chickpea hummus		5,8	11,2
Aubergine pâté (we do not recommend frozen)		5	9
Spinach soup (without potato)		5	8,5
Bean and Savoy cabbage soup (without potato)		5	8,5
Chayote and Coriander (without potato)		5	8,5
Sweet potato and ginger soup		5	8,5
Tomato gazpacho (handmade croutons on the side)		5	8,5
Your favourite soup! (just ask us and we'll make it!)		5	8,5
5 grain bread (frozen or baked: tell us your choice)		1,6	3,2
Corn & sunflower bread (frozen or baked: tell us your choice)		1,6	3,2
Rye bread (frozen or baked: tell us your choice)		1,6	3,2
Natural wheat bread without preservatives (frozen or baked: tell us your choice)		1,6	3,2
Malt bread (frozen or baked: tell us your choice)		1,6	3,2

options	prices (€)		
	Pack 6	Pack 12	Fam Pack
snacks & savouries			
Handmade pies (choice of products) *	12,5	23	
Mini cod and pepper handmade pies	8	15	
Mini meat and mushroom handmade pies	8	15	
Mini vegetables and turmeric handmade pies	8	15	
Small handmade cakes (choice of products) **	10	17	
Whole Quiche (choice) ***			18,5
Healthy Weekend Pack: 1 quiche + 6 pies + 6 cakes (all products to choose from)			39
* beef; chicken and vegetables; duck and vegetables; vegetables			
** beef; chicken and vegetables; hake; tuna; soy			
*** tuna; cod and spinachs; mushrooms and leek; chicken and turmeric; tofu and vegetables (vegan)			

opções meat dishes	prices (€)		
	1 pax	2 pax	4 pax
Turkey Meatballs w/ mint sauce (4 meatballs p/ pax)		8	16
Turkey Roll with red pepper pesto			28
Duck rice, Portuguese style		10	19
Super Duck Pie w/ whole grain pastry (about 8 pax)		price:	24
Chicken Thighs w/ teriyaki sauce		8	16
Chicken Crepes with healthy béchamel sauce		8	16
Chicken Tikka Masala		8	16
Chicken Breasts w/ basil basket		8	16
Chicken Rolled Tartlet w/ creamy curry sauce			20
Origem Chicken Roll w/ whole grain pastry			16
Poultry Quinoa			24
Beef Meatballs with tomato or pumpkin sauce (4 meatballs per person)		8	16
Low Carb Cannelloni (beef) with turmeric sauce		12	24
Beef Roll			22
Vegan Chorizo and Poultry Roll			22

options fish dishes	prices (€)		
	1 pax	2 pax	4 pax
Bacalhau à Brás à Origem (no fried fish)		10	20
Healthy Spiritual Codfish (without cream)		10	20
Codfish Pie with tomato sauce (with egg)			24
Codfish Roll with tomato sauce or healthy coriander béchamel			24
Codfish and Prawns Roll with tomato sauce			28
Cod and Shrimp rolls in filo pastry (2 p/ pax) (we don't advise frozen)		15	30
Perch and Shrimp Curry (lactose free)		10	20
Hake and Shrimp Crepes with healthy béchamel sauce (1/pax) (lactose free)		10	20
Handmade Perch Dourados (fresh, frozen or baked: tell us your option)		9	18
Tuna and Ginger Burgers (1 p/pax)		7	14
Origem Tuna Roll w/ whole grain pastry			20
Tuna Pizza (2 slices per person)		8	16
Salmon Loin with matcha sauce		10	19
Salmon in Sesame Seeds crust w/ teriyaki sauce		9,6	19
Salmon Burgers (1 per person)		9	18
Handmade Salmon Rolls (fresh, frozen or baked: tell us your choice)		9	18
Low Carb Salmon Cannelloni (aubergine) w/ healthy dill béchamel (2 p/ pax)		13	26

options	prices (€)		
	1 pax	2 pax	4 pax
vegetarian and vegan dishes			
Oat and Mushroom Veggieballs (4 meatballs p/ pax) (vegan)		8	16
Vegetable Crumble (vegan)		10	20
Tofu and Chickpea Curry (vegan)		10	20
Bean hamburgers (1 p/ pax) (vegan)		5	10
Quinoa hamburger (1 p/ pax) (vegetarian)		6	12
Pizza w/ spinachs and egg (2 slices p/ pax) (vegetarian)		8	16
Autumn Pizza with vegetables (2 slices each) (vegetarian)		8	16
Vegetables and Grain Humus Roll w/ whole grain pastry (vegan)			18
Spinach Rolled Tartlet w/ tomato sauce (vegetarian w/ egg)			18
Carrot Rolled Tartlet stuffed with pea puree and ricotta (vegetarian w/ egg)			20
Carrot Rolled Tartlet stuffed with white beans puree (vegetarian w/ egg)			20
Spinach and Mushroom Lasagne (vegetarian)			18
Sweet Potato and Tofu "Lasagna" with tahine sauce (we do not recommend frozen) (vegan)			18
Soya Bolognese (we don't supply the spaghetti) (vegan)		8	16
Vegetables bean stew with vegan chorizo (vegan)		8	16

options	prices (€)		
	1 pax	2 pax	4 pax
side dishes			
Basmati rice		4	7
Brown rice		5	9
Roasted potato (small potatoes with aromatic herbs)		5	9
Plain Quinoa		5	9
Quinoa with lime zest		5	9
Millet with aromatic herbs		5	9
Whole grain Spaghetti (not recommended frozen)		4	7
Celery and Fennel Puree (lactose free)		6	11
Cauliflower and Saffron puree (lactose free)		6	11
Pea puree (lactose free)		6	11
Carrot and pumpkin puree (lactose free)		6	11
Sautéed Vegetables Mix (vegan and gluten free)		5	9
Mixed Cabbage (vegan and gluten free)		5	9
Natural spinach (no cream and no cheese)		6,5	11

options	prices (€)		
	1 pax	2 pax	4 pax
sauces 120 ml			
Tahine Sauce (vegan and may contain traces of gluten)		2	4
Peanut Sauce (vegan and gluten free)		2	4
Healthy Mayonnaise (without oil)		2	4
Homemade Beetroot Ketchup (vegan and gluten free)		2	4
Tomato and Pumpkin Sauce (vegan and gluten free)		2	4
Healthy Bechamel Sauce (vegan and gluten free)		2	4

opções desserts & snacks	preços (€)		
	1 pax	2 pax	4 pax
Lime and Avocado Cheesecake (gluten free)	3,8	whole: 28	
Mango Cheesecake (gluten free)	3,8	whole: 28	
Red Fruits Cheesecake (gluten free)	3,8	whole: 28	
Passion Fruit Cheesecake (gluten free)	3,8	whole: 28	
Chocolate Mousse (lactose free)		7,6	15
Lime and Basil Mousse (lactose free)		7,6	15
Sweet Rice (mention if you want vegan or regular)	3	6	12
Sweet Quinoa (mention if you want vegan or regular)	3,8	7,6	15
Chocolate Brownie - by the slice (gluten free)	3,8		
Chocolate Tart - whole (vegan and gluten free)			28
Chocolate Tart - in slices (vegan and gluten free)	3,8		
Energy Bombs (vegan and gluten free)	2,2	pack 3:	6,2
Personalised Birthday Cakes (average weight: 2kgs)		price:	25
Nut'Origem 320 gr. hazelnut cream and chocolate spread (vegan and gluten free)		price:	6,5
Handmade Granola with Matcha and Lime 250 gr. (vegan, gluten free and sugar free)		price:	5
Handmade Granola with Cinnamon and Orange (vegan, gluten free, no sugar)		price:	5
Pack of 10 Oat Pancakes (vegan, may have traces of gluten)		price:	12
Pack of 10 Oatmeal & Spirulina Pancakes (vegan, may contain traces of gluten)		price:	14
Toasted Dried Fruit 68 gr. (around 2 cups of coffee)		price:	2,6

ORDERS

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SOME CONSIDERATIONS:

- Products can be cooked, fresh or frozen;
- Option of packing by dose;
Prices with VAT included;
- Free delivery in Lisbon for orders over 50€ (other locations with associated costs);
- Possibility of picking up the order at any of our restaurants;
- Prices subject to change;
- Orders must be placed at least 24 hours in advance.

