



econutri

Handmade and healthy foods.

BRAZILIAN FOOD

At EcoNutri, we believe that healthy eating should be delicious, sustainable, and crafted with care.

We offer a variety of handmade, healthy foods made from fresh, organic ingredients.

Gut-Friendly Meals

IBS-friendly options with organic eggs, chicken, turkey or seafood, as well as plant-based and veggie alternatives, all packaged sustainably.

DISCOVER OUR FRESH, HANDMADE FOODS TODAY!



The prices shown are starting prices and may vary depending on size. The actual products may vary. Please contact us to check available sizes and options as our products are handmade and made to order for now.

CHECK PRICES CALL US:

(757) 770-5775

Healthy and inclusive meals, gluten-free, lactose free, low FODMAP, low-carb and plant-based options, Organic & Non-GMO.



APPETIZERS

Rice Balls (Hearts of Palm or Konjac Rice)..... **10\$**

Made with rice, chia, gluten-free flour and vegetable milk.

5 units

Sweet Fritters..... **10\$**

Gluten-free flour-based dough, sprinkled with natural sweetener and cinnamon.

5 units

Cheese Bread..... **10\$**

Baked rolls made with cheese, golden on the outside and soft on the inside.

5 units

Mini Pot Pies..... **5\$**

Small individual snacks made with gluten-free flour and a creamy, flavorful filling.

Natural Sandwich..... **8\$**

Chicken pâté with hearts of palm, carrots, tomatoes, and lettuce.

Raw Quibe..... **20\$**

Meat, tomato cream, and mint. Served with 5 flatbreads, onions, and cream cheese.

Savory Quiche..... **5\$**

Made with gluten-free flour, butter, chia, water, and your choice of filling.

Cheese and spinach

Cheese and leek

Caramelized onion



Mini Pizza..... 5\$

Turkey Breast with cheese.

Pepperoni and onion.

Cheese and bacon.

Pizza

- SLICE..... 5\$
- 6 SLICES (MEDIUM)..... 18\$
- 8 SLICES (LARGE)..... 25\$

Margherita:
Mozzarella, tomato, basil, and parmesan.

House Special:
Onion, bell peppers, tomatoes, black olives, mozzarella, chicken, bacon, turkey breast, pepperoni, oregano, and mushrooms.

Vegetables:
Mozzarella, green pepper, onion, green olives, herbs, tomatoes, hearts of palm, and oregano.

Arugula with sun-dried tomato:
Mozzarella, arugula, sun-dried tomatoes, and oregano.

4 Cheeses:
Mozzarella, cheddar, parmesan, and American cheese.

Romanesca:
Mozzarella, turkey breast, bacon, mushrooms, peppers, cream cheese, and oregano.

French Fries (Made with Jicama)..... 10\$

With ketchup and parmesan.

With cheddar, bacon and parmesan.

Traditional fries.

28oz

Cold Pie

Made with a filling of chicken, olives, creamed jicama, and straw jicama.

- SLICE..... 8\$
- SMALL..... 40\$
- MEDIUM..... 70\$

Toast with Pâté..... 10\$

Toast made from bread baked with butter and oregano, served with chicken pâté with hearts of palm, mayonnaise, vegetable cream, carrots, olives.

Empadão..... 10\$

Made with gluten-free flour and a creamy, flavorful filling of your choice.



Fried Pastry..... 5\$

Fried pastry with meat filling.

Fried pastry with cheese and turkey breast filling.

Fried pastry with cheese filling.

Baked Pastry..... 5\$

Baked pastry with chicken and tomato sauce.

Baked Pie..... 10\$

Made with gluten-free flour, vegetable milk, chia, oil and filling of vegetables or meat.

Stuffed Pancake..... 8\$

Thin dough stuffed with meat filling, pepper, onion, olives, cream cheese, and cheese with tomato sauce.

Thin dough stuffed with creamy heart of palm, turkey breast, olives and white sauce.

Snacks

Traditional Brazilian fried and baked snacks.

FRIED (50units).....	70\$
FROZEN (50UNITS).....	60\$
BACKED (50UNITS).....	80\$

Fried
Chicken drumstick with cream cheese.
Risole.
Leek risole.
Meat croquette.
Cheese and turkey breast roll-up.
Sausage roll.
Meat kibbeh.
Baked
Turkey breast and mozzarella esfiha.
Meat esfiha.
Onion bread with chicken.
Sausage roll.
Chicken pie with cream cheese.

MEALS



Swiss Crepe..... 5\$

Crepe made with light and thin dough, cheese filling.

Crepe made with light and thin dough, filling with cheese and turkey breast.

Muffin Savory..... 5\$

Filling with cauliflower, onion and grated carrot.

Sweet..... 5\$

Banana with cinnamon.

Vanilla with chocolate chips.

Mini Muffin (50 units)..... 70\$

Available in sweet and savory flavors.

Mayonnaise Salad..... 20\$

Salad made with boiled and diced jicama, mayonnaise, carrots, olives and vegetable cream.

Fricassee..... 20\$

Creamy dish made with creamed jicama, chicken, cheese and straw jicama.

Salpicão (Brazilian Chicken Salad)..... 20\$

Made from chicken, turkey breast, apple, carrots, olives, straw jicama, mayonnaise and coconut milk cream.

Tropeiro..... 20\$

Coconut/almond flour, kale, egg, bacon, sausage, fried plantain and crackling.

Greek-style Rice..... 20\$

(Hearts of Palm or Konjac Rice)

Brazilian dish of cooked rice mixed with carrots, hearts of palm and peppers.



Lasagna..... 20\$

Made with protein, white sauce, lasagna noodles and cheese.

Traditional Escondidinho..... 20\$

Jicama or hearts of palm purée, cheese, tomato sauce with protein. Served with straw jicama.

Creamy Escondidinho..... 20\$

White cream, cheese, cream sauce tomato with chicken and cream cheese.

Stroganoff..... 20\$

Made with protein, olives, hearts of palm, mushrooms, coconut milk cream and tomato sauce.
Served with straw jicama.

Risotto..... 20\$

Made with hearts of palm or konjac rice slowly cooked in broth, Sicilian lemon, mushrooms and leek.

Carbonara Pasta..... 20\$

Spaghetti with egg sauce, bacon, parmesan and white wine.

Madeira Sauce Pasta..... 20\$

Pasta served with protein, Madeira wine sauce and mushrooms.

White Sauce Pasta..... 20\$

Pasta with white sauce made with plant-based milk, black pepper, salt and gluten-free flour.

Creamy Pasta..... 20\$

Tomato sauce, cream cheese, cream, mozzarella, turkey breast, olives, parmesan and chicken.

Macaroni Salad..... 20\$

Pasta salad prepared with mayonnaise sauce, cream, turkey breast, olives, carrots, tomatoes and chicken.

Two-Sauce Pasta..... 20\$

Pasta with white vegetable milk sauce and red tomato sauce.



SOUPS

Vinaigrette..... 20\$

Brazilian vinaigrette - made with chopped tomatoes, onion, green pepper, vinegar and olive oil.

Farofa..... 20\$

Almond/coconut flour, carrot, egg, onion, sausage and pepper.

Skewers..... 15\$

Meat skewer.

Skewer with vegetables, peppers, zucchini, cherry tomatoes and jicama.

Chicken skewer.

Comes with 4 slices of bread.

Vinaigrette..... 10\$

Farofa..... 15\$

Almond/coconut flour farofa with bacon and onion.

Garlic Bread (4 units)..... 5\$

Garlic cream and baked bread.

Skewer Combo + 4 garlic breads served with vinaigrette and farofa..... 15\$

Soups..... 12\$

Hearty and flavorful soup typically enjoyed as a comforting meal or appetizer.

M: 12oz

Jicama Broth

made with jicama, bacon and sausage.

Served with green onions and cracklings.

Bahian-Style Jicama Dish

made with jicama, protein, and cheese.

Chicken Broth

made with cooked jicama and chicken.

Served with bread and chives

Vegetable Pasta Soup.....

pasta with protein, jicama, green peppers, carrots, chayote, tomato and onion.

Served with bread.

White Sauce

creamy sauce made with plant-based milk.

Served with hearts of palm or konjac rice, 8oz



DESSERTS

Gourmet Sweets

Traditional Brazilian sweets.

1 unit.....	3\$
50 units (2 flavors).....	60\$
100 units (4 flavors).....	115\$

Cashew with nuts
Coconut kiss "candy"
Chocolate brigadeiro
Vegetable powdered milk
Churros with dulce de leche and cinnamon
Strawberry
Strawberry with coconut and white brigadeiro

Rosquinha

Traditional Brazilian biscuit, made with cream.

5 units.....	10\$
--------------	------

Butter Cookies

Buttery biscuit with dulce de leche filling or without filling.

10 units.....	15\$
---------------	------

Brownie	5\$
---------------	-----

Powdered milk, chocolate and other options.

Truffles

Chocolate candies with filling of your choice.

1 unit.....	4\$
50 units (2 flavors).....	150\$
100 units (4 flavors).....	290\$

White brigadeiro with strawberry
Passion fruit mousse
Traditional brigadeiro
White brigadeiro with grape

Churros

Fried dough covered with natural sweetener and cinnamon, filling of your choice.

5 units.....	8\$
--------------	-----

Dulce de leche and chocolate. (P - Small)

Cookies	5\$
---------------	-----

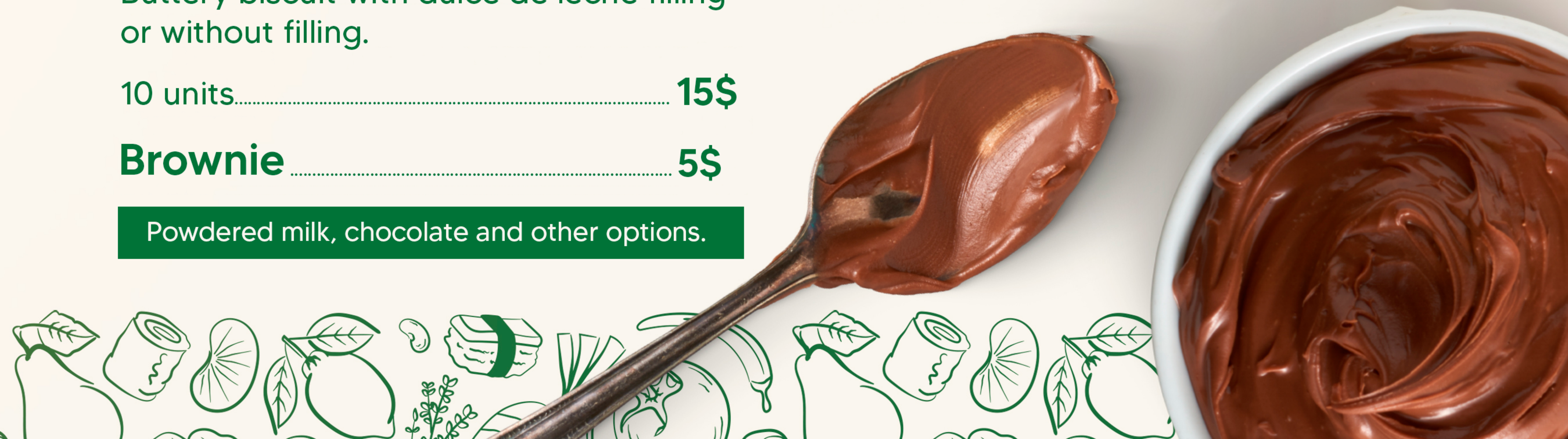
Cookie filled with hazelnut cream or without filling.

Cupcake	5\$
---------------	-----

Filling with dulce de leche, orange dough, vanilla whipped cream or other options.

Italian Straw (Palha Italiana).....	5\$
-------------------------------------	-----

White or traditional brigadeiro, vegetable powdered milk and biscuit.



Honey Bread..... 5\$
Honey bread stuffed with dulce de leche and traditional honey.

Alfajor..... 5\$
Made with two layers of biscuit filled with dulce de leche and covered with chocolate.

Chilled Cake..... 6\$
Iced cake with orange dough, vegan condensed milk, and grated coconut. Moist and delicious.

Gourmet Popsicle
Handcrafted gourmet popsicle.

Without coating..... **5\$**
With chocolate coating..... **7\$**

- Strawberry
- Passion Fruit
- Lemon
- Chocolate
- Avocado

Decorated Cake
Cake decorated with toppings and filling of your choice.

Small..... **50\$**
Medium..... **110\$**
Large..... **230\$**

S - serves 8-10 people
M - serves 18-20 people
L - serves 38-40 people

Carrot Cake with Chocolate
Carrot cake with chocolate sauce.

Small..... **30\$**
Medium..... **65\$**

S - serves 4-6 people
M - serves 8-12 people

Dessert in a Cup
Layered dessert in a glass with filling of your choice.

Small..... **50\$**
Medium..... **130\$**

S - serves 12-15 people
M - serves 25-28 people

Sweet Rice..... M 12\$

White - hearts of palm or konjac rice cooked in vegetable milk, coconut, and cinnamon.

Brown - hearts of palm or konjac rice cooked in vegetable milk, cinnamon, and caramel.

Creamy Gelatin..... M 8\$

Prepared with strawberry mousse, vegan condensed milk cream and strawberry gelatin.

Traditional Pudding..... M 50\$

Creamy dessert made with vegan milk, sweetened naturally with caramel, cooked in a bain-marie.

Open Bonbon..... M 12\$

Vegan condensed milk cream, strawberry, and chocolate ganache topping.

M: 12oz

Chocolate Bis Stroganoff M 20\$

Pieces of chocolate Bis, dulce de leche, and cream.

Jar Cake..... M 20\$

Layered cake with filling of your choice.

churros, brigadeiro, and others.

Pavê..... M 20\$

Layered dessert made with cookies, white cream, and brigadeiro cream.

chocolate, choconinho, and others.

Jar Desserts..... M 10\$

Sweet assembled in layers with filling of your choice.

brigadeiro, churros, powdered milk, "casadinho" (white + chocolate), and strawberry.

Mousse..... M 20\$

Light and airy dessert with filling of your choice.

passion fruit, chocolate, and strawberry.

Fruit Salad..... M 20\$

Strawberry, papaya, banana, apple, vegan condensed milk, cream, and orange juice.



JAPANESE FOOD

APPETIZERS

Sunomono..... 12\$

Pickled cucumber with carrot and noodles.

Ceviche..... 20\$

Cubes of fish marinated in lime juice with tomato, onion, mango, and carrot.

Spring Roll

Thin and crispy dough filled with fresh vegetables.

4 units..... 5\$

Gyoza

Steamed and lightly pan-fried dough filled with vegetables.

4 units..... 8\$

Ebi Supreme

Grilled shrimp served with sour cream and teriyaki sauces.

2 units..... 12\$

Ebi Virginia

Breaded shrimp stuffed with cream cheese, served with Sicilian lemon sauce.

2 units..... 12\$

Breaded Tilapia

Breaded tilapia bites, fried to a golden crisp.

2 units..... 12\$

HOT ROLL

Hot Philadelphia..... 12\$

Fried salmon, rice, and cream cheese.

Hot Shrimp..... 12\$

Fried shrimp, rice, and cream cheese.

Hot Skin..... 12\$

Fried rice, salmon skin, and cream cheese.

Leek..... 12\$

Fried rice, salmon skin, leek, and cream cheese.

Hot Green..... 12\$

Fried rice, salmon, cream cheese, and cabbage.

Ruramaki..... 12\$

Pastry dough filled with salmon, shrimp, cream cheese, and scallions or leek, fried.

6 units

made with hearts of
palm or konjac rice



SUSHI

Philadelphia..... 12\$

Salmon, rice, and cream cheese.

Grilled..... 12\$

Grilled salmon, rice, and cream cheese.

Shrimp..... 12\$

Shrimp, rice, and cream cheese.

White Fish..... 12\$

White fish sushi with rice and cream cheese.

California Vintage..... 12\$

Avocado, rice, cucumber, and cream cheese.

California..... 12\$

Rice, mango, cucumber, and cream cheese.

Mexican..... 12\$

Shrimp, rice, cream cheese, "Doritos," and biquinho pepper.

Skin..... 12\$

Rice, cream cheese, and crispy salmon skin.

Lemon..... 12\$

Rice, grilled salmon and lemon.

Tropical..... 12\$

Rice, salmon, avocado, and cream cheese.

Leek..... 12\$

Rice, salmon skin, cream cheese, and leek.

Baroa Chips..... 12\$

Rice, salmon, cream cheese, and baroa jicama chips.

Hokori..... 12\$

Rice, cream cheese, "Doritos," and lemon.



6 UNITS



SPECIALS

Leozinho..... 6\$
Salmon, rice, and cream cheese, with
scallions, leek, and strawberry jam.

Tsunami..... 6\$
Rice sushi with salmon, shrimp, cream
cheese, and chips.

Monte Massaki..... 6\$
Rice, grilled salmon, cream cheese,
teriyaki, and chips.

Bubbalo..... 6\$
Rice, grilled salmon, cream cheese,
teriyaki, and chips.

6 units

TEMAKI

Hot Temaki.....
Seaweed cone filled with salmon, cream
cheese, and rice, breaded and fried until
crispy.

MEDIUM..... 12\$

MAGNIFICENT LOW CARB

Vulcão
Grilled salmon, biquinho pepper, and
cream cheese.

4 units..... 12\$

SASHIMI

Salmon..... 12\$
Thin slices of fresh salmon.

White Fish..... 12\$
Delicate slices of fresh white fish.

6 units

made with hearts of
palm or konjac rice





BEVERAGES

Shakes..... 8\$

Made with fresh fruits, vegan milk, or yogurt.

Avocado
Strawberry
Banana with biscuit
Papaya

Drink without alcohol..... 12\$

An elaborate drink that imitates a cocktail, but without the use of alcohol.

Kefir..... 15\$

A light and refreshing probiotic drink, made with kefir grains and sweetened with date sugar or monk fruit. Rich in beneficial microorganisms, it supports gut health and overall well-being.

Kombucha..... 10\$

A probiotic fermented drink made with caffeine-free tea and sweetened with date sugar or monk fruit. Naturally fizzy, rich in flavor, and packed with beneficial microorganisms, it supports gut health and boosts energy.

Natural Juice..... 6\$

Made from fresh fruits and vegetables without added preservatives.

Orange
Lemon
Passion fruit
Mango
Guava
Apple with pear
Grape
Watermelon
Kale with orange,
and cucumber

IBS-friendly Tea

A gentle, caffeine-free infusion with calming herbs like peppermint, chamomile, and ginger, designed to ease digestive symptoms and promote well-being.

5 units..... 10\$

Discover our **customized food services** with a complimentary consultation.
CALL US NOW!

757ecocare@gmail.com



ecocareus.com



econutri



@econutrius

