THE REFORMER LAB × LIBERTY BRUNCH SPECIALTY COFFEE BOOKS

A special menu

Because abs are also made in the kitchen, The Reformer Lab and Liberty created a special menu that brings together the best of movement, nutrition and great taste.

THE BOWL

Protein to build, fibre to fuel your metabolism, and it tastes amazing.

crispy quinoa, baby gem, baby spinach, edamame, pickled fennel, sesame sauce, lemon dressing, sesame seeds

CHOOSE YOUR PROTEIN

2 MARINATED EGGS · 15€

710 kcal · protein 28 g
fat 41 g · carbs 57 g

SALMON, LIGHTLY SALTED IN-HOUSE · 17€

650 kcal · protein 24 g
fat 36 g · carbs 56 g

CRISPY MARINATED TOFU · 17€

710 kcal · protein 24 g
fat 39 g · carbs 63 g

ELECTROLYTE DRINK · 5€

For your hydration.

sparkling water, fresh cucumber, lime, lime juice, ginger infusion, stevia, mint, liquid electrolytes

20 kcal · protein 0.7 g · fat 0.2 g · carbs 6 g

PROTEIN DRINK · 6.5€

To boost your protein intake and support muscle building.

whey protein, coconut water, lime juice, shredded coconut, dried coconut

190 kcal · protein 16 g · fat 8.5 g · carbs 16 g

AND HERE'S A LITTLE SOMETHING EXTRA

Order the bowl and get 1 complimentary Dynamic Reformer class at The Reformer Lab Santos or Estoril studio.

One drop-in class per person, per calendar year, regardless of the number of Protein Bowls purchased. Non-transferable and cannot be exchanged for cash.

FOR TRL MEMBERS

One complimentary sugar-free Protein Ball at Liberty.

THE MENU — AT LIBERTY

Santos Rua da Esperança 21, 1200-815 Lisboa
Parede Rua Sampaio Bruno 4A, 2775-279 Parede

THE CLASS — AT THE REFORMER LAB

Santos Av. 24 de Julho 88A, 1200-870 Lisboa
Estoril 52 Rua das Arcadas, Av. Clotilde 1st floor, 2765-211 Estoril

Radiant FOREVER @thereformerlab