

### **Poke crocante de salmão grelhado**

[https://docs.google.com/spreadsheets/d/1t9Clx3owNe\\_wrGwo7RSJF9ZyfLfQ01ld/edit?usp=drive\\_link&oid=112663348867425670295&rtpof=true&sd=true](https://docs.google.com/spreadsheets/d/1t9Clx3owNe_wrGwo7RSJF9ZyfLfQ01ld/edit?usp=drive_link&oid=112663348867425670295&rtpof=true&sd=true)

### **Poke crocante de salmão cru**

[https://docs.google.com/spreadsheets/d/1PpxcwfiN7mgL5-lqL7eZSjnGNmdkCzqx/edit?usp=drive\\_link&oid=112663348867425670295&rtpof=true&sd=true](https://docs.google.com/spreadsheets/d/1PpxcwfiN7mgL5-lqL7eZSjnGNmdkCzqx/edit?usp=drive_link&oid=112663348867425670295&rtpof=true&sd=true)

### **Poke crocante de atum**

[https://docs.google.com/spreadsheets/d/1qIQgqgnZXVn09k7R7U2bG-ZnGmQaW2F9/edit?usp=drive\\_link&oid=112663348867425670295&rtpof=true&sd=true](https://docs.google.com/spreadsheets/d/1qIQgqgnZXVn09k7R7U2bG-ZnGmQaW2F9/edit?usp=drive_link&oid=112663348867425670295&rtpof=true&sd=true)

### **Poke crocante de frango**

[https://docs.google.com/spreadsheets/d/1Ea-szQ4T4XzvSDrllq0Y0uTqxFyjVvil/edit?usp=drive\\_link&oid=112663348867425670295&rtpof=true&sd=true](https://docs.google.com/spreadsheets/d/1Ea-szQ4T4XzvSDrllq0Y0uTqxFyjVvil/edit?usp=drive_link&oid=112663348867425670295&rtpof=true&sd=true)

### **Poke natural de salmão cru**

[https://docs.google.com/spreadsheets/d/1W6yczPN9i-eYv4sRGCAKJ\\_UBWGHkQ4s7/edit?usp=drive\\_link&oid=112663348867425670295&rtpof=true&sd=true](https://docs.google.com/spreadsheets/d/1W6yczPN9i-eYv4sRGCAKJ_UBWGHkQ4s7/edit?usp=drive_link&oid=112663348867425670295&rtpof=true&sd=true)

### **Poke cupece de salmão cru**

[https://docs.google.com/spreadsheets/d/14eOQmc94yOfr5127BDZn1NnkdSEdWUOp/edit?usp=drive\\_link&oid=112663348867425670295&rtpof=true&sd=true](https://docs.google.com/spreadsheets/d/14eOQmc94yOfr5127BDZn1NnkdSEdWUOp/edit?usp=drive_link&oid=112663348867425670295&rtpof=true&sd=true)

### **Poke fresh de salmão cru**

[https://docs.google.com/spreadsheets/d/1HRlXqCID0k2q4POj\\_1NtWchOD57St-sZ/edit?usp=drive\\_link&oid=112663348867425670295&rtpof=true&sd=true](https://docs.google.com/spreadsheets/d/1HRlXqCID0k2q4POj_1NtWchOD57St-sZ/edit?usp=drive_link&oid=112663348867425670295&rtpof=true&sd=true)

### **Monte seu poke 350g**

[https://docs.google.com/spreadsheets/d/14eOQmc94yOfr5127BDZn1NnkdSEdWUOp/edit?usp=drive\\_link&oid=112663348867425670295&rtpof=true&sd=true](https://docs.google.com/spreadsheets/d/14eOQmc94yOfr5127BDZn1NnkdSEdWUOp/edit?usp=drive_link&oid=112663348867425670295&rtpof=true&sd=true)

### **Monte seu poke 500g (hits)**

[https://docs.google.com/spreadsheets/d/1YI5YguWlooMMDD6GnwrLLrfQX0KF-rDp/edit?usp=drive\\_link&oid=112663348867425670295&rtpof=true&sd=true](https://docs.google.com/spreadsheets/d/1YI5YguWlooMMDD6GnwrLLrfQX0KF-rDp/edit?usp=drive_link&oid=112663348867425670295&rtpof=true&sd=true)

### **monte sua salada**

[https://docs.google.com/spreadsheets/d/1hWb-V7WJZpFA507SklaMjCdHk4JRh1E4/edit?usp=drive\\_link&oid=112663348867425670295&rtpof=true&sd=true](https://docs.google.com/spreadsheets/d/1hWb-V7WJZpFA507SklaMjCdHk4JRh1E4/edit?usp=drive_link&oid=112663348867425670295&rtpof=true&sd=true)

### **poke + 4 hot roll**

[https://docs.google.com/spreadsheets/d/1W6yczPN9i-eYv4sRGCAKJ\\_UBWGHkQ4s7/edit?usp=drive\\_link&oid=112663348867425670295&rtpof=true&sd=true](https://docs.google.com/spreadsheets/d/1W6yczPN9i-eYv4sRGCAKJ_UBWGHkQ4s7/edit?usp=drive_link&oid=112663348867425670295&rtpof=true&sd=true)

[https://docs.google.com/spreadsheets/d/1qt5JjMPUXARPj8u40E1fBR1MB-tJQTio/edit?usp=drive\\_link&oid=112663348867425670295&rtpof=true&sd=true](https://docs.google.com/spreadsheets/d/1qt5JjMPUXARPj8u40E1fBR1MB-tJQTio/edit?usp=drive_link&oid=112663348867425670295&rtpof=true&sd=true)

### **2 poke**

[https://docs.google.com/spreadsheets/d/1PpxcwfiN7mgL5-lqL7eZSjnGNmdkCzqx/edit?usp=drive\\_link&oid=112663348867425670295&rtpof=true&sd=true](https://docs.google.com/spreadsheets/d/1PpxcwfiN7mgL5-lqL7eZSjnGNmdkCzqx/edit?usp=drive_link&oid=112663348867425670295&rtpof=true&sd=true)

[https://docs.google.com/spreadsheets/d/1Ea-szQ4T4XzvSDrllq0Y0uTqxFyjVvil/edit?usp=drive\\_link&oid=112663348867425670295&rtpof=true&sd=true](https://docs.google.com/spreadsheets/d/1Ea-szQ4T4XzvSDrllq0Y0uTqxFyjVvil/edit?usp=drive_link&oid=112663348867425670295&rtpof=true&sd=true)

### **Salada ceaser**

[https://docs.google.com/spreadsheets/d/1PjbEqvYd3TTeBBCaBgnQULfwt698cv5E/edit?usp=drive\\_link&oid=112663348867425670295&rtpof=true&sd=true](https://docs.google.com/spreadsheets/d/1PjbEqvYd3TTeBBCaBgnQULfwt698cv5E/edit?usp=drive_link&oid=112663348867425670295&rtpof=true&sd=true)

## **Torta + Salada**

[https://docs.google.com/spreadsheets/d/1fPLn4c113dKZ-ncw9DE-hAfrp4nHeyl2/edit?usp=drive\\_link&oid=112663348867425670295&rtpof=true&sd=true](https://docs.google.com/spreadsheets/d/1fPLn4c113dKZ-ncw9DE-hAfrp4nHeyl2/edit?usp=drive_link&oid=112663348867425670295&rtpof=true&sd=true)