



origem[®]
cozinha saudável



Who we are

Our concept arose in response to the current and general need to promote new healthy eating habits.

Origem has been opening various Restaurants and Coffeeshouses in Lisbon, and also provides catering services in business companies and schools. Our restaurants also provide take away services.

Origem aims to contribute to healthier changes in general eating habits, targeting the whole population from childhood ages to older people, by not focusing in new “radicalized” diets, but focusing in changing well-known recipes by removing not-so-healthy ingredients and replacing them for healthier ones.



With these changes, our food becomes even tastier than the original recipes!

In an attempt to make the best of what Nature gives us, Origem only uses fresh ingredients, focusing in seasonal fruits and vegetables, as well as cereals (mainly whole grains), rich in nutrients and highly digestible. In addition, and to make sure that any protein is missing, our daily menus always contain proteins derived from animal or vegetable sources. Our clients have the chance to choose three hot dishes, accordingly to their meat, fish or vegetarian/vegan preferences.



Fish

In order to guarantee a well-balanced diet, Origem daily prepares a delicious and healthy fish option..



Meat

For those who prefer meat, Origem daily prepares delicious meat-based meals, by selecting the freshest and healthiest ingredients.



Vegetarian/Vegan

Everyday, Origem presents veggie and vegan meals for its most demanding vegetarian and vegan clients or simply for those whom does not want to eat animal protein every day.

Did you know that our handmade mayonnaise...

In addition to the usual ingredients, such as eggs and olive oil, is made with cashew cream?

Cashew benefits: considered as a low sugar ingredient and as a good source of flavonoids - which prevent many types of cancer -, iron - which prevents anemia -, and zinc - which is very important to strengthen the immune system?

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Did you know that our lasagnas...

Are made with bechamel sauce, done with rice flour and coconut oil, gluten free?

Coconut oil benefits: antifungal and antibacterial; decreases "bad" cholesterol levels and promotes the good functioning of the heart; accelerates metabolism and helps weight loss. It also benefits the strengthening of hair and nails.

Did you know that our stroganoff...

... made of chicken, cow or turkey is done without dairy cream? We had been replacing dairy cream by onion cream and nobody notice it!

Onion benefits: rich in medicinal properties, by helping combat colds, allergies and other infections; helps the decreasing of high "bad" cholesterol levels and reduces blood pressure; and it is a powerful antioxidant.





Did you know that our chocolate mousse...

Is vegan and it is made with avocado, dark chocolate and coconut sugar? Nobody notices the difference and everyone says that it is delicious!

Coconut sugar benefits: has a large amount of potassium, magnesium, iron and zinc and a low glycemic index, which does not cause sugar rushes, so common with the ingestion of refined sugars.

Avocado benefits: multivitamin, rich in antioxidants and healthy fats; its Vitamin C promotes beautiful skin; has proteins that helps recovering after an arduous training; and it has omega 3 that improves brain health and blood circulation..

Where you
can find us



Coffeehouses

Serving our clients from breakfast time to the afternoon snacks.



Restaurants

Providing the best and healthiest lunches.



Schools/Business Companies

Revolutionizing canteens and cafeterias.



Catering Services

Providing healthy and tasty options for all type of events.



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“We are what we eat”

Hipócrates

If you are one of the (few) resilient regarding healthy eating habits, what are you waiting for to open your mind for a change that only will bring benefits to your health?