

pupu



salads, wraps, bowls and shakes.

so fresh.



our favourite f-word is fresh.

Pupu is the #1 lifestyle restaurant chain in the heart of Helsinki. Our pink vibes are beloved by the locals. We serve salads, bowls and wraps that will steal your heart. Our food, drinks, restaurants, and people. Everything is #sofresh.

In Pupu restaurants, you can enjoy our iconic salads, sip fresh drinks with your besties and celebrate whatever you want to celebrate with a bottle of sparkling, whether it's the Pride parade or you breaking glass ceilings. For us, moments are everything. And Pupu restaurant stands where those moments happen, making sure everything is fresh.

follow us on instagram
@pupucuisine

6-7.....Salads
8-9.....Bowls
10-11....Wraps
12-15....M*lkshakes
16-17....Bluetiful Chaos Smoothie (Pupu x Broidit)
18-19....Wine
20-21....Cocktails & Mocktails, Beers, Hard Seltzers
22-23....Coffee & Soft Drinks

so fresh.
pupu



DON'T FOLLOW

@THEBLAKTA

BLAKTA

salads.

pesto love

Pesto + Chicken +
Parmesan
(GF, LF, cont. nuts, chili)

Chopped romaine, baby spinach, avocado, roasted chicken, broccoli, parmesan cheese, umami quinoa, cherry tomatoes, Chiliracha and pesto vinaigrette.

kcal 733/388, prot 38/22, carb 30/17, fat 47/29

norm 18,90€ / small 13,90€

yammy

Smoked Salmon + Fennel + Egg
(GF, LF)

Chopped romaine, provence salad, smoked Finnish rainbow trout from Myrskylän Savu, boiled egg, fennel, cucumber, apple, red onion, chives and smoky ranch dressing.

kcal 468/288, prot 28/19, carb 9/5, fat 35/21

norm 17,90€ / small 13,40€

caesar chicken

Kale + Caesar + Chicken
(GF, LF, cont. fish)

Chopped romaine, chopped kale, roasted chicken, cherry tomatoes, parmesan crackers, parmesan cheese, boiled egg and Caesar dressing.

kcal 477/290, prot 37/24, carb 6/4, fat 33/20

norm 18,40€ / small 13,70€

taco bomb

Cheddar + Jalapeno + Chicken
(GF, LL, cont. fish, chili)

Chopped romaine, provence salad, roasted chicken, avocado, jalapeno, nachos, cheddar cheese, fresh lime squeeze, Chiliracha and Caesar dressing.

kcal 699/385, prot 34/20, carb 21/13, fat 51/27

norm 18,20€ / small 13,50€

caesar salmon

Kale + Caesar + Smoked Salmon
(GF, LF, cont. fish)

Chopped romaine, chopped kale, smoked Finnish rainbow trout from Myrskylän Savu, cherry tomatoes, parmesan crackers, parmesan cheese, boiled egg and Caesar dressing

kcal 562/340, prot 34/22, carb 6/4, fat 44/26

norm 18,60€ / small 13,80€

nice & spicy

Feta + Ras el hanout + Cauliflower + Sweet potato
(GF, LF, cont. chili)

Chopped kale, baby spinach, ras el hanout -roasted cauliflower, roasted sweet potato, feta cheese, garlic chickpeas, cherry tomatoes, red bell pepper, hummus and cucumber-yoghurt dressing.

kcal 375/213, prot 19/11, carb 24/14, fat 19/11

norm 17,50€ / small 13,10€

salad is not a meal. it's a style.

sesame roast

Cashew + Chili + Tofu
(Veg, GF, cont. chili, nuts)

Provence salad, baby spinach, umami quinoa, roasted tofu, broccoli, sweet potato, cashew, chives, avocado, fresh lime squeeze, Chiliracha and sesame-ginger vinaigrette.

kcal 715/384, prot 28/16, carb 38/22, fat 47/25

norm 18,70€ / small 13,60€

week*nd

Chicken + Avocado + Lime
(GF, MF, cont. chili)

Chopped romaine, roasted chicken, umami quinoa, red cabbage, bell pepper, roasted sweet potato, avocado, chives, Chiliracha and lime dressing.

kcal 714/382, prot 31/18, carb 37/21, fat 46/24

norm 18,90€ / small 13,90€

sweet roast

Squash + Goat cheese + Beet
(GF, LF, cont. nuts)

Chopped kale, provence salad, baby spinach, soft goat cheese, roasted butternut squash, beetroot, pear, pumpkin seeds, pecans and pecan vinaigrette.

kcal 563/316, prot 17/10, carb 11/7, fat 49/27

norm 17,60€ / small 13,20€

hotti

Avocado + Tiger prawns + Chili
(GF, MF, cont. nuts, chili)

Chopped romaine, rucola, tiger prawns, avocado, roasted sweet potato, cucumber, red cabbage, red onion, fresh lime squeeze, Chiliracha and sesame-ginger vinaigrette.

kcal 446/241, prot 16/11, carb 15/9, fat 34/17

norm 19,70€ / small 14,40€



bowls.

le sálmon

Smoked salmon + Egg + Avocado
(GF, LF, cont. chili, nuts, soy)

Steamed jasmine rice, smoked Finnish rainbow trout from Myrskylän Savu, boiled egg, avocado, pickled red gabbage, lime, kimchi roasted sesame seeds, spring onion, sesame-ginger vinaigrette and smoky ranch dressing.

kcal 793, prot 32, carb 51, fat 52

16,70€

chic

Avocado + Chicken + Butternut squash
(GF, MF, cont. chili)

Steamed jasmine rice, roasted chicken, roasted butternut squash, avocado, sugar pea, pickled red cabbage, sesame seeds, Sriracha, spring onion and lime dressing.

kcal 653, prot 28, carb 51, fat 37

16,50€

sea you

Tiger prawns + Kimchi + Sweet potato
(GF, MF, cont. chili, nuts, soy)

Steamed jasmine rice, tiger prawns, roasted sweet potato, cucumber, sugar pea, pickled red cabbage, kimchi roasted sesame seeds, spring onion, sesame-ginger vinaigrette and lime dressing.

kcal 591, prot 15, carb 59, fat 33

17,10€

vegan chic

Avocado + Tofu + Butternut squash
(Veg, GF, cont. chili)

Steamed jasmine rice, roasted tofu, roasted butternut squash, avocado, sugar pea, pickled red cabbage, sesame seeds, Sriracha, spring onion and lime dressing.

kcal 646, prot 21, carb 53, fat 38

16,50€



mad mango

Avocado + Butternut squash + Cheddar + Jalapeno
(GF, LL, cont. chili)

Steamed jasmine rice, avocado, butternut squash, pickled red cabbage, bell pepper, cheddar cheese, fresh jalapeno, nachos, fresh lime squeeze, mango dressing, Sriracha and spring onion.

kcal 745, prot 15, carb 67, fat 46

13,70€	chicken 16,50€	tofu 16,50€
	kcal 876, prot 35, carb 67, fat 51	kcal 868, prot 28, carb 69, fat 52



rice bowl
of the season

teri f'n yaki

Teriyaki + Ginger + Chili
(M, G, cont. chili, nuts, soy, sesame)

Steamed jasmine rice, tofu or chicken marinated in teriyaki-chiliracha sauce with cashew nuts, avocado, sugar pea, broccoli, pink sushi ginger, mango dressing, sesame seeds, and spring onion.

chicken 16,90€	tofu 16,90€
kcal 731, prot 34, carb 67, fat 36	kcal 724, prot 27, carb 69, fat 36

it's a wrap!



caesar salmon

Caesar + Salmon + Parmesan
(LF, cont. fish)

Flour tortilla, chopped romaine, smoked Finnish rainbow trout from Myrskylän Savu, cherry tomatoes, parmesan cheese, boiled egg and Caesar dressing.

kcal 793, prot 30,
carb 62, fat 46

14,40€

hotti

Avocado + Tiger prawns + Chili
(MF, cont. nuts, chili)

Flour tortilla, chopped romaine, rucola, tiger prawns, avocado, roasted sweet potato, cucumber, red cabbage, red onion, fresh lime squeeze, Chiliracha, lime dressing and sesame-ginger vinaigrette.

kcal 744, prot 19,
carb 68, fat 43

14,90€

mad mango

Avocado + Butternut squash + Cheddar + Jalapeno
(LL, cont. chili)

Flour tortilla, baby spinach, umami quinoa, avocado, butternut squash, pickled red cabbage, bell pepper, cheddar cheese, fresh jalapeno, nachos, fresh lime squeeze, mango dressing, Sriracha and spring onion.

kcal 998, prot 21,
carb 85, fat 62

14,10€

caesar chicken

Caesar + Chicken + Parmesan
(LF, cont. fish)

Flour tortilla, chopped romaine, roasted chicken, cherry tomatoes, parmesan cheese, boiled egg and Caesar dressing.

kcal 744, prot 31,
carb 62, fat 40

14,10€

week*nd

Chicken + Avocado + Lime
(MF, cont. chili)

Flour tortilla, chopped romaine, roasted chicken, umami quinoa, red cabbage, bell pepper, roasted sweet potato, avocado, chives, Chiliracha and lime dressing.

kcal 905, prot 26,
carb 78, fat 53

14,30€

wraps.

SHAKE YOUR BEAUTY

**beauty
Shake**

Puhdistamo Collagen
Beauty* +
Finnish raspberry +
Vanilla soy drink
(MF, GF)

7,90€

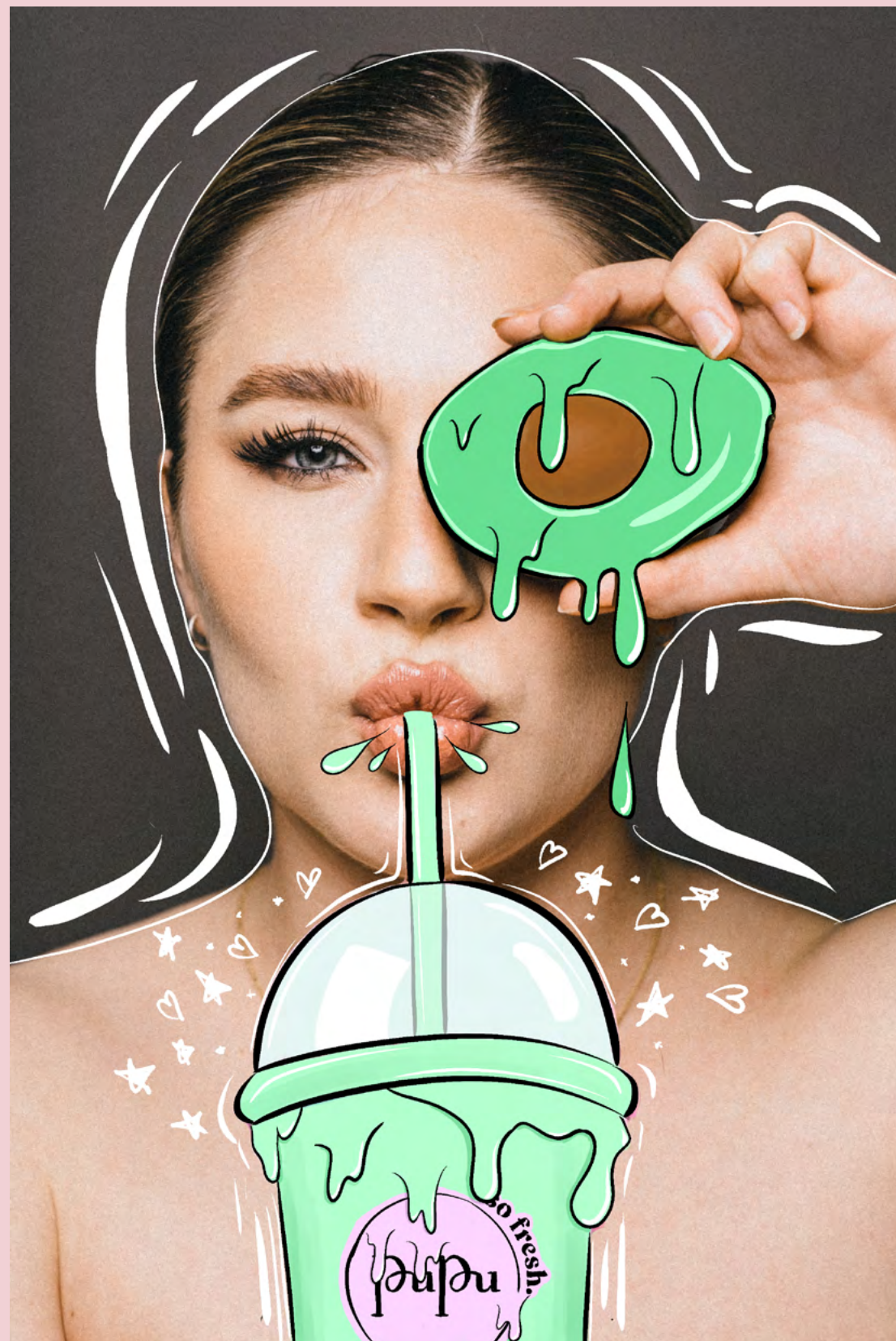


*Puhdistamo Collagen Beauty: Collagen peptide (bovine), VERISOL® collagen peptide (bovine), rice bran powder, banana powder, psyllium powder, methylsulfonyl methane (OptiMSM®), strawberry powder, water soluble guar gum fiber (Sunfiber®), raspberry powder, Guérande sea salt, natural flavoring, vitamin C (L-ascorbic acid), biotin (D-biotin) / collagen peptide (från nötkött), VERISOL® collagen peptide (från nötkött), risk lip powder, banana powder, psyllium powder, methylsulfonylmetan (OptiMSM®), jordgubbspowder, water soluble guarbönfiber (Sunfiber®), hallon powder, guérande-avssalt, natural flavour, vitamin C (L-ascorbinsyra), biotin (D-biotin)

**beauty
Shake**

PUPU X  PUHDISTAMO

COLLAGEN + BIOTIN + OptiMSM® + VITAMIN C



shake your booty!

m*lkshakes

bravocado

Avokado + Banana +
Vanilla soy drink
(Veg, GF)

kcal 368, prot 8,
carb 37, fat 19

6,80€

pink dream

Raspberry + Banana +
Vanilla soy drink
(Veg, GF)

kcal 241, prot 7,
carb 45, fat 4

6,70€

out of the blue

Raspberry + Bilberry + Banana +
Vanilla soy drink
(Veg, GF)

kcal 237, prot 7,
carb 43, fat 4

6,70€



BLUETIFUL CHAOS

PUPU X BROIDIT

almond milk, pineapple, mango, banana,
coconut cream, almond butter, vanilla whey protein
powder, psyllium powder, collagen, blue spirulina.

kcal 329, prot 18g,
carb 37g, fat 11g,
dietary fiber 6g

9,50€



BROIDIT DON'T EXPLAIN. BROIDIT SHOW UP.

Sini Sabotage and Jekku Berglund – better known as Broidit – are famous for doing things their own way. Their podcast is a breath of fresh air in the Finnish fashion scene: bold, funny, and unapologetically style-driven. Now that same energy has taken a new form... A smoothie!

In collaboration with Pupu restaurant, Broidit have created a wellness drink that makes zero effort to blend in. Bluetiful Chaos is here and it looks exactly how it sounds: bold, colorful, and just a little chaotic. Broidit don't explain. They show.

PUPU X BROIDIT – ATTITUDE IN A CUP

Pupu has always been more than just a restaurant. It's a space where wellness is allowed to be joyful, ambitious, and a little over the top. This collaboration with Broidit is the perfect pairing: both believe that a healthy lifestyle should never mean a boring one.

Bluetiful Chaos is the new symbol of how boldness, style, and well-being can all live in the same cup.

This is not for the ones looking for safe. This is for anyone who wants to stand out.



DRINK IN HAND, HEADPHONES ON

Once you've grabbed your Bluetiful Chaos, don't stop there. Dive deeper into the Broidit universe, hit play on YouTube and tune into the Broidit podcast on Klang's channel.

The episodes dive into fashion, life, friendship, and everything in between – totally unfiltered!

MOËT & CHANDON



PLEASE ENJOY RESPONSIBLY

wine...
because no epic
story ever started
with a salad.

sparkling

	12cl	16cl	bottle
Moët & Chandon Ice Impérial.....	19,20€	24,10€	115,00€
Moët & Chandon Impérial Brut.....			24,90€/20cl
Val d'Oca Valdobbiadene Prosecco Superiore Extra Dry Millesimato.....	10,60€	13,40€	60,00€
Perelada Stars Touch of Rosé Cava Brut.....	10,40€	13,20€	59,00€

rose

	12cl	16cl	bottle
E.Guigal Côtes-du-Rhône Rosé, France.....	10,80€	13,70€	62,00€

white

	12cl	16cl	bottle
San Osvaldo Verduzzo delle Venezie, Italy.....	9,80€	12,40€	55,00€
Huber Riesling Terrassen, Austria.....	10,80€	13,70€	62,00€
La Chablisienne Petit Chablis Pas si Petit, France.....	11,40€	14,40€	66,00€

red

	bottle
Raimat Clamor Tinto Organic, Spain.....	13,10€/18.70cl



sip happens

ghosted texts, full glasses

mocktails

Koivu 3.0.....	7,90€
Rhubarb Fizz.....	7,90€
Passion & Vanilla.....	7,90€
Mint & Lime.....	7,90€
Strawberry Sour.....	7,90€
Selvin päin Pink Spritz....	5,90€
Selvin päin Yuzu Spritz....	5,90€
Selvin päin Ginger Spritz..	5,90€
Selvin päin Violet Spritz..	5,90€

cocktails

Aperol Spritz.....	13,90€
Campari Spritz.....	13,90€
Sarti Spritz.....	13,90€
Koivu 3.0.....	12,90€
Rhubarb Gin Fizz.....	12,90€
Passion & Vanilla.....	12,90€
Mint & Lime.....	12,90€
Strawberry Sour.....	12,90€
Hendrick's Gin & Tonic.....	13,90€
Napue Gin & Tonic.....	13,90€
Kyrö Pink Gin & Tonic.....	13,90€
Pupu Flirttini.....	13,90€

beer

Peroni lager 4,6% 0,33.....	8,90€
Peroni 0,0% 0,33.....	6,90€
Maku Alppilaakso Helles Lager (G) 5,1% 0,33....	8,90€
Maku Chinook IPA (G) 5,5% 0,33.....	8,90€

hard seltzer

Olvi Strawberry & Rhubarb.....	7,90€
Olvi Lemon & Lime.....	7,90€
Olvi Mango & Pineapple.....	7,90€

drinks.

coffee

Lunch coffee.....	1,00€
Filter coffee....	2,50€
Brewed tea.....	3,00€
Espresso.....	3,00€
Double espresso..	4,50€
Americano.....	4,50€
Cappuccino.....	4,50€
Café Latte.....	5,50€
Caramel Latte....	5,90€
Vanilla Latte....	5,90€
Ice latte.....	5,50€

soft drinks

Sparkling water.....	2,00€/person
Poikain Parhaat Aito Green Ice Tea.....	4,90€
Poikain Parhaat Aito Black Ice Tea.....	4,90€
Ohakune Kombucha Ginger.....	4,90€
Ohakune Kombucha Green Apple.....	4,90€
Ohakune Kombucha Blueberry Pie.....	4,90€
Ohakune Lemonade Sour Red Apple.....	3,90€
Ohakune Cloudy Lemonade (sugar free).....	3,90€
Ohakune Lemonade Pink Grapefruit.....	3,90€
Coca Cola.....	2,90€
Coca Cola Zero.....	2,90€



follow us
@pupucuisine

Pupu Stockmann
Stockmann Helsinki 1. floor

Pupu REDI
Shopping mall REDI

Pupu Tripla
Mall of Tripla

Pupu Tennispalatsi
Fredrikinkatu 65, Helsinki

so fresh.
pupu