

Pequenos almoços

BREAKFAST MENU

SUNRISE START

Avocado Toast

Tosta, ovo escalfado, abacate, pimenta, lima, coentros, sal e fio de azeite
Toast, poached egg, avocado, pepper, lime, coriander, salt and olive oil

Padaria . Bakery

Cesto de pães e croissants, manteiga, compotas caseiras feitas com frutas da época
Basket of breads and croissants, homemade jams with seasonal fruits

Húmus Toast

Tosta de húmus, espinafres, ovo escalfado, sementes girassol e azeite
Toast, humus, spinach, poached egg, sunflower seeds and olive oil



Fresh

logurte grego, pera confitada, mel e granola caseira
Greek Yogurt, pear confit, Honey and homemade granola

Light

Papa de aveia, banana, frutos vermelhos, coco, frutos secos e mel
Porridge, banana, red fruits, Coconut, dry fruits and honey

Mini Panquecas

Com frutos vermelhos e xarope de ácer
With red fruits and maple syrup



EGGS & MORE

Peq. Almoço Inglês . English Breakfast

Ovo, salsicha, bacon, feijão, cogumelos, tomate e tosta
Egg, sausage, bacon, beans, mushrooms, tomato and toast

Ovos . Eggs

Tosta, ovos mexidos, estrelados ou escalfados, abacate e bacon
Toast, scrambled, fried or poached eggs, avocado and bacon

Ovos Benedict Benedict Eggs

2 ovos, Bacon, tosta, molho holandês e espinafres frescos
2 eggs, bacon, toast, holland sauce and fresh spinach



Madrugadores . Early Riser

Salmão fumado, torrada em pão caseiro, ovos mexidos, espinafres e abacate da nossa horta
Smoked salmon, homemade bread toast, scrambled eggs, spinach and avocado from our garden

Smoked salmon, homemade bread toast, scrambled eggs, spinach and avocado from our garden



Croissant c/ Peru, Bacon, Queijo, Abacate, Tomate e Alface
Croissant with Turkey, Bacon, Cheese, Avocado, Tomato & Lettuce



Bagel c/ Queijo Filadélfia, Tomate, Cebola Roxa, Abacate e Alface
Bagel with Cream Cheese, Tomato, Red Onion, Avocado and Lettuce

BRUNCH FOR TWO

Ovos mexidos, Salmão fumado, Abacate, Queijo, Fiambre, Doce da Casa, Manteiga, logurte, granola, frutas variadas, sumo de Laranja natural, cesto de Pão misto e Croissant
Scrambled Eggs, smoked Salmon, Avocado, Cheese, Ham, Homemade Jam, Butter, Yogurt, granola, assorted Fruits, fresh Orange juice, mixed Breadbasket and Croissant

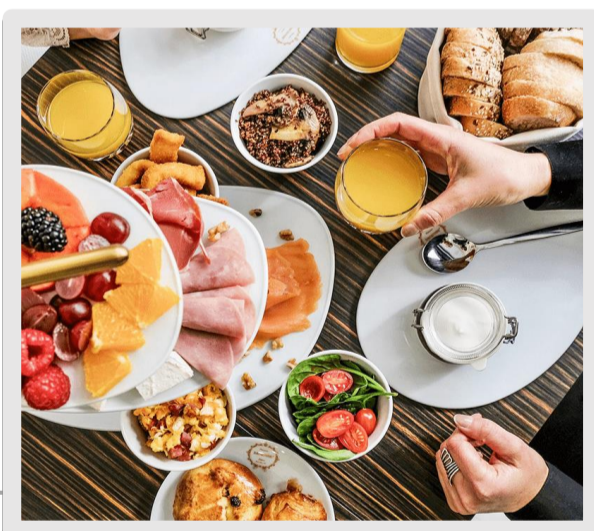
(2 Pax)

Pequenos-Almoços servidos até às 12:30H . Breakfast served until 12.30PM



Peq. Almoço Especial . Big Boys Breakfast

2 Ovos, 2 salsichas, 2 bacon, feijão, cogumelos, tomate, tosta e batata frita
2 Eggs, 2 sausages, 2 bacon, beans, mushrooms, tomato, toast and chips



Sumos Naturais

NATURAL JUICES

LARANJA / MELÂNCIA / MELÃO / ABACAXI / MORANGO / MANGA
ORANGE / WATERMELON / MELON / PINEAPPLE

1-LARANJA, ANANÁS E MANGA
ORANGE, PINEAPPLE AND MANGO

2-ANANÁS, LARANJA E GENGIBRE
PINEAPPLE, ORANGE AND GINGER

3-MORANGO, MANGA, LARANJA E PAPAIA
STRAWBERRY, MANGO, ORANGE AND PAPAYA

4-MAÇÃ, KIWI, BANANA E ESPINAFRES
APPLE, KIWI, BANANA AND SPINACH

5-BETERRABA, ESPINAFRES, MANGA, MORANGO, MAÇÃ, BANANA, LARANJA E CENOURA
BEETROOT, SPINACH, MANGO, STRAWBERRY, APPLE, BANANA, ORANGE AND CARROT



Batidos

SMOTHIES

1-ABACATE, MAÇÃ, AVEIA, LEITE DE AMÊNDOA E MEL
AVOCADO, APPLE, OAT, ALMOND MILK AND HONEY

2-BANANA, IOGURTE NATURAL, CACAU, CÔCO E CHIA
BANANA, NATURAL YOGURT, COCOA, COCONUT AND CHIA SEEDS

3-MORANGO, BANANA E IOGURTE
STRAWBERRY, BANANA AND YOGURT

4-BANANA, FRUTOS VERMELHOS E LEITE DE AVEIA
BANANA, RED FRUITS AND OAT MILK

[DETOX]

5-ANANÁS, BANANA, ESPINAFRES, LARANJA, GENGIBRE, BRÓCULOS
PINEAPPLE, BANANA, SPINACH, ORANGE, GINGER, BROCCOLI

[DETOX]

6-CHÁ VERDE FRIO, LIMÃO, KIWI, HORTELÃ, GENGIBRE E SEMENTES DE CHIA
[DETOX] COLD GREEN TEA, LEMON, KIWI, MINT, GINGER AND CHIA SEEDS

Sandwich

Temos Pão s/ Gluten . We have Bread Gluten free

Atum . Tuna

Pasta de atum da casa com maionese, cebola, pimento, alface e tomate
Homemade tuna pate with mayonaise, onion, green pepper, lettuce and tomato

Salmão . Salmon

Salmão fumado, alface, pepino, cebola roxa, molho dill e ovo.
Servido com batata frita e salada.
Smoked salmon, lettuce, cucumber, red onion, dill sauce and egg.
Served with fries and salad.

Club

Fiambre, queijo, bacon, ovo, alface, tomate, frango e maionese
Servido com batata frita.
Ham, Cheese, bacon, chicken, egg, lettuce, tomato, chicken, mayonnaise and chips.

Health Club

Pão integral, fiambre, queijo, tomate, pepino, alface, abacate, cenoura, cebola, Beterraba, espinafres e molho iogurte
Whole wheat bread, ham, cheese, tomato, cucumber, lettuce, avocado, carrot, onion, beetroot, spinach and yogurt sauce

Camarão . Prawn

Camarão, ovo cozido, folhas verdes, pepino, abacate e molho dill. Servido com salada
Prawns, boiled egg, mixed lettuce, cucumber, avocado and dill sauce. Served with salad

Prego do Lombo . Fillet Steak on Bread

Prego do lombo no pão, servido com batata frita
Fillet steak on bread, served with chips

Bagel

Queijo Filadelfia, salmão fumado, alcaparras, rúcula e cebola roxa
Philadelphia cheese, smoked salmon, capers, rocket and red onion



Toastas TOASTIES

Servido com batata frita. *Served with chips*

Mista . Mix

Queijo e fiambre
Cheese and ham

Atum . Tuna

Atum, tomate, cebola e maionese
Tuna, tomato, onion and mayonnaise

Galinha . Chicken

Galinha, tomate, cebola e maionese
Chicken, tomato, onion and mayonnaise

Mista Especial/Special Mix Toast

Fiambre, queijo, tomate e cebola
Ham, cheese, tomato and onion



Wrap

Salmão . Salmon

Salmão fumado, alface, pepino e molho dill
Smoked salmon, lettuce, cucumber and dill sauce

Camarão . Prawn

Camarão, alface, pepino, abacate e molho cocktail
Prawns, lettuce, cucumber, avocado and cocktail sauce

Falafel (Pita Bread)

Falafel, alface, cebola, cenoura, couve roxa, beterraba, coentros, hortelã e molho de iogurte
Falafel, lettuce, onion, carrot, purple cabbage, beetroot, coriander, mint and yogurt sauce

Meat Stripes / Tiras de Carne (Pita Bread)

Tiras de carne frita temperada com especiarias, alface, cebola, cenoura, couve roxa, coentros, chilli e molho de iogurte
Fried meat strips, tempered with spices, lettuce, onion, carrot, cabbage, coriander and yogurt sauce

Bowls

PRAWNS BOWL

Arroz, camarão, pepino, algas, milho, abacate, edamame, cenoura, sésamo, gengibre, tempura crocante, cebola crocante e wazabi aioli
Rice, prawns, cucumber, seaweed, corn, avocado, carrot, edamame, sesame seeds, crispy tempura, ginger, crispy onion and wazabi aioli

TUNA BOWL

Arroz, atum, pepino, algas, manga, couve roxa, milho, edamame, gengibre, sésamo, amêndoas crocantes, cebola crocante e wazabi aioli
Rice, tuna, cucumber, seaweed, corn, edamame, sesame seeds, purple cabbage, ginger, mango, crunchy peanuts, crispy onion and wazabi aioli

VEGAN BOWL V

Arroz, pepino, algas, milho, abacate, edamame, cenoura, espinafres, sésamo, tomate chery, couve roxa, gengibre, tempura crocante e amêndoas crocantes
Rice, cucumber, seaweed, corn, avocado, carrot, edamame, purple cabbage, spinach, cherry tomato, ginger, crunchy peanuts, sesame seeds e crispy tempura

SALMON BOWL

Arroz, salmão, pepino, algas, milho, abacate, edamame, cenoura, gengibre, sésamo, tempura crocante, cebola crocante
Rice, salmon, cucumber, seaweed, corn, avocado, carrot, edamame, ginger, sesame seeds, crispy tempura and crispy onion



Homemade Pizzas

MARGHERITA V

Tomate, mozzarella, oregãos
Tomato, mozzarella, oregano

HAM

Tomate, mozzarella, fiambre, oregãos
Tomato, mozzarella, ham, oregano

VEGETARIANA V

Tomate, mozzarella, cebola, cogumelos, alcachofras, courgete, Milho, pimento vermelho e verde, tomate cereja, azeitonas, brócolos, espinafres
Tomato, mozzarella, onion, mushrooms, artichokes, courgette, corn and green peppers, cherry tomato, olives, broccoli and spinaches

CAMARÃO

Tomate, mozzarella, camarão, espinafres, tomate cereja, cebola roxa e manteiga de alho
Tomato, mozzarella, prawns, spinach, cherry tomato, red onion, garlic butter

MOZZARELLA V

Tomate, mozzarella, tomate cereja, rúcula, mozzarella búfala
Tomato, mozzarella, cherry tomato, rocket, buffalo mozzarella

4 FROMAGI V

Queijo gorgonzola, mozzarella, parmesão, pecorino, molho de basil e tomate cereja
Gorgonzola cheese, mozzarella, parmesan, pecorino, basil sauce and cherry tomato

BASIL V

Tomate, mozzarella, molho pesto, parmesão, tomate cereja
Tomato, mozzarella, basil pesto, parmesan, cherry tomato

CAPRICCIOSA

Tomate, mozzarella, cogumelos, malaguetas, frango fumado picado, azeitonas, tomate cereja, mozzarella búfala, manjericão, parmesão
Tomato, mozzarella, mushrooms, chilli pepper, smoked chicken, olives, cherry tomato, buffalo mozzarella, basil, parmesan shavings

PROSCIUTTO

Tomate, mozzarella, presunto de parma, rúcula, parmesão e folhas de manjericão
Tomato, mozzarella, parma smoked ham, rocket, parmesan shavings, and basil leaves

AL CARPACCIO

Tomate, mozzarella, carpaccio de lombo, rúcula, lascas de parmesão
Tomato, mozzarella, beef carpaccio, rocket salad, parmesan shavings

DIAVOLA

Tomate, mozzarella, pepperoni, salame
Tomato, mozzarella, pepperoni, salami

ROMANA

Tomate, mozzarella, cogumelos, fiambre, alcachofras, oregãos
Tomato, mozzarella, mushrooms, ham, artichokes, oreganos

Hamburgers

Servido com batata frita. *Served with chips*

BURGER NEWS

Hamburguer, tomate, rúcula, queijo brie, bacon e cebola crocante
Burger, tomato, rocket, brie cheese, bacon, red onion and crspsy onion

DOUBLE BURGER

Hamburguer duplo, alface, tomate, queijo cheddar, bacon, cebola roxa, e cebola crocante
Double Burger, lettuce, tomato, cheddar cheese, bacon, red onion and crspsy onion

DECK

Hamburguer, queijo cheddar, bacon, alface, tomate, cornichons, peperoni e molho barbeque
Burger, cheese, bacon, lettuce, tomato, gherkins, pepperoni and BBQ sauce

Batatas Fritas
French Fries



Anéis de Cebola
Onion Rings

