



**MENU**

# Cafetaria

- Expresso / Coffee	0,90 €
- Expresso Duplo/ Double Expresso	1,30 €
- Abatanado / American Coffee	1,75 €
- Galão / Long White Coffee	2,40 €
- Garoto/ Expresso with Milk	1,25 €
- Capuccino/ Capuccino	2,95 €
- Chá / Tea	1,95 €
- Chocolate Quente / Hot Chocolate	2,95 €
- Copo de Leite /Glass of Milk	1,50 €
- Descafeinado / Decaffeinated	1,10 €
- Café Gelado / Iced Coffee	2,60 €
- Leite com Chocolate engarrafado /Milk with Chocolate bottle	2.20 €

## MENU 1

4.90 €

Tigela de yougurt natural, com duas frutas amêndoas laminadas e nozes  
+ 1 copo de sumo de laranja / Natural yougurt bowl with two fruits  
sliced almonds and walnuts + 1 glass of orange juice

## MENU 2

4.50 €

Tosta Mista + Sumo do Dia / Mixed Toast + Juice of the Day

## MENU 3

1.95 €

Pastel de Nata + Café / Pastel de Nata + Coffee  
Croissant + Café / Croissant + Coffee



# Pastelaria

- Pastel de Nata / Portuguese Custard Tart	1,30 €
- Bolo de Brigadeiro / Brazilian Chocolate Cake	2,50 €
- Bolo de Maçã / Apple Cake	2,50 €
- Mofins / Mofins	2,50 €
- Pão com Manteiga / Bread with Butter	1,20 €
- Croissant Francês / French Croissant	1,45 €
- Croissant Misto / Croissant with Ham and Cheese	2,65 €
- Croissant com Queijo / Cheese Croissant	2,35 €
- Croissant com Fiambre / Ham Croissant	2,35 €
- Pão de Queijo / Cheese Bread	1,40 €
- Quiche de espinafres / Spinach Quiche	2,45 €
- Sandes Simples / Ham or Cheese Sandwich	1,65 €
- Sandes Mista / Ham and Cheese Sandwich	2,15 €
- Sandes de Frango / Chicken Sandwich	2,55 €
- Tosta Simples / Ham or Cheese Toast	1,95 €
- Tosta Mista / Ham and Cheese Toast	2,95 €



# Pronto a Comer

## SALADAS / SALADS

### - Salada César / Ceaser Salad

Peito de Frango Grelhado com Bacon, Alface, Rúcula, Croutons, Tomate Cherry e Queijo Parmesão  
Grilled Chicken Breast , Bacon, Lettuces, Arugula, Croutons, Cherry Tomatoes and Parmesan Cheese

### - Salada de Salmão / Salmon Salad

Salmão Fumado, Queijo Fresco, Pepino, Alface, Rúcula, Balsâmico, Salsa, Nozes, Tomate Cherry  
Smoked Salmon, Fresh Cheese, Cucumber, Lettuce, Arugula, Parsley, Nuts and Tomatoes Cherry

6,95 €

### - Salada Grega / Greek Salad

Queijo Feta, Pepino, Cebola Roxa, Tomate, Pimentão Verde, Azeitonas Pretas e Orégãos  
Feta Cheese, Cucumber, Purple Onion, Tomatoes, Green Pepper, Black Olives and Orégano

7,95 €

### - Salada Verde / Green Salad

Rúcula, Alface, Maça Verde, Kiwi, Azeitonas Verdes, Pepino, Amêndoas laminadas, Hortelã e Passas  
Arugula, Lettuce, Green Apple, Kiwi, Green Olives, Cucumber, sliced Almonds, Mint and Raisins

6,95 €

### - Salada de Atum com Abacate / Tuna Salad with Avocado

Atum, Abacate, Tomate Cherry, Azeitonas Verdes e Rúcula  
Tuna, Avocado, Cherry Tomatoes, Green Olives and Arugula

7,95 €

## PIZZAS

### - Presunto / Molho de tomate, Mozzarella e Presunto

Tomato Sauce, Mozzarella and Ham

6,95 €

### - Frango / Molho Tomate, Queijo Emmental, Molho Barbecue

Chicken, Tomato Sauce, Emmental Cheese, Barbecue Sauce

7,80 €

### - Capriciosa / Molho de Tomate, Mozzarella, Fiambre, Cogumelos e Azeitonas Pretas

Tomato Sauce, Mozzarella, Ham, Mushrooms and Black Olives

### - Pepperoni / Molho de Tomate, Mozzarella e Pepperoni

Tomato Sauce, Mozzarella and Pepperoni

### - Pizza 4 Queijos

4 Cheese Pizza



# Ready to Eat

## FRANGO

- Frango Assado com batata assada e salada mista  
Roast Chicken with potatoes and Mixed Salad 5,90 €
- Frango piri piri com batata assada e salada mista  
Piri Piri Chicken with Roast Potatoes and Mixed Salad 5,90 €

## LASANHA

- Lasanha com Salada Mista (1 dose)  
Lasanha with Mixed Salad 7,25 €
- Lasanha com Salada Mista (1/2 dose)  
Lasanha with Mix Salad 5,75 €

## TIGELAS / BOWLS

- Açaí 200 ml com Granolas e duas Frutas  
Açaí 200ml with Granola and two Fruits 5,95 €
- Açaí 400ml com Granola e duas Frutas  
Açaí 400ml with Granola and two Fruits 8,90 €
- Iogurte Natural com Frutas, Sementes e Amêndoas  
Natural Yogurt with Fruits, Seeds and Almonds 4,90 €
- Salada de Frutas  
Fruits Salad 3,50 €
- Ingrediente extra / Extra ingredient 1,00 €

## PETISCOS / TAPAS

- Camarão Selvagem  
Wild shrimp 5,50 €
- Polvo vinagrete  
Octopus vinaigrette 5,50 €
- Pastel de Bacalhau  
Codfish cake 1,60 €
- Croquetes de carne  
Meat Croquettes 1,60 €
- Coxinha de Frango  
Chicken Croquettes 1,60 €



# Sumos Naturais

## Santé

Cenoura, Laranja, Maça e Gengibre  
Carrot, Orange, Apple and Ginger

## Detox

Maça Verde, Lima, Kiwi e Gengibre  
Green Apple, Lime, Kiwi and Ginger

## Vitalité

Manga, Maça, Ananás e Morango  
Mango, Apple, Pineapple and Strawberry

## Laranja

Orange

## Energy

Aipo, Laranja, Maça e Gengibre  
Celery, Orange, Apple and Ginger

## Trefle

Pepino, Aipo, Gengibre e Limão  
Cucumber, Celery, Ginger and Lime

## Sunrise

Ananás, Laranja, Manga e Hortelã  
Pineapple, Orange, Mango and Mint

## Tropical

Laranja, Manga, Cenoura e Melancia  
Orange, Mango, Carrots and Watermelon

# Smoothies

5,60 €

Morango, Banana e Bebida de Amêndoa / Strawberry, Banana and Almond Drink

Kiwi, Banana e Iogurte / Kiwi, Banana and Yogurt

Ananás, Frutos Vermelhos e Iogurte / Pineapple, Redfruits and Yogurt

Áçai, Morango e Iogurte / Áçai, Strawberry and Yogurt

Abacate, Banana, Bebida de Aveia / Avocado, Banana, oat drink



# Cocktails

- Caipirinha 5,90 €  
Cachaça, Lima, Açucar e Gelo moído  
Rum, Lime, Sugar and Crushed ice
- Piña Colada 5,90 €  
Rum Branco, Sumo de Ananás, Leite de Coco  
White Rum, Pineapple Juice, Coconut Cream
- Mojito 5,90 €  
Rum Branco, Sumo de Lima, Hortelã  
White Rum, Lime Juice, Mint
- Aperol Spritz 5,90 €  
Aperol, Espumante, Água com Gás  
Aperol, Sparking Wine, Soda Water
- Porto Tónico 5,90 €  
Porto Chipy Dry, Gelo, Água Tônica  
Port Chipy Dry, Ice, Tónico Water
- Malibu Ananás 5,90 €  
Malibu, Sumo de Ananás  
Malibu, Pineapple



# Gelados

- Caramelo Flor de Sal / Salt Flower Caramel
- Pistacho / Pistachio
- Limão / Lemon
- Chocolate / Chocolate
- Nata / Cream
- Morango / Strawberry
- Cheese Cake / Cheese Cake
- Baunilha / Vanilla
- Côco / Coconut
- Manga / Mango

*e muito  
mais  
sabores...*



Pequeno / Small	2,95 €
Medio / Medium	3,95 €
Grande / Large	4,90 €

