


Bebidas Quentes	Hot Drinks	
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Espresso <i>Portuguese Coffee</i>	0,90€
Espresso Duplo <i>Portuguese Double Coffee</i>	1,80€
Cappuccino	3,35€
Latte Macchiato Grande/Large	3,35€
Aromatizado/Aromatized Chocolate	3,75€
Mocha	3,95€
Latte Brûlée	4,95€
Café Americano <i>American Coffee</i>	2,50€
Café de Filtro* <i>Filter Coffee*</i>	2,75€
French Press <i>Brew Coffee French press</i>	3,95€
Chocolate Quente <i>Hot Chocolate</i>	3,00 4,25€
Chás e Infusões <i>Tea Selection</i>	1,50€
Serviço de Chá (folha) <i>Tea Service (2 pax)</i>	4,95€
Chai Tea	3,15€
Chai Tea Latte	3,70€
*Origem Única *Single Origin	
**Leite Vegetal ou s/ Lactose Vegetable or Lactose Free Milk +0,85€	

Café para Partilhar Coffee to Share 2 Pax

Chemex	4,50€
Balão	5,60€
V60	4,50€

Bebidas Frias	Cold Drinks	
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Affogato Gelado e Café <i>Ice Cream & Coffee</i>	4,20€
Café Gelado <i>Iced Coffee</i>	3,15€
Chá Gelado <i>Iced Tea</i>	2,50€
Iced Latte	4,20€
Iced Passion Coffee	4,75€
Coffee Tonic	4,30€
Sumo de Laranja <i>Orange Juice</i>	2,90€
Sumos Naturais <i>Natural Juices</i>	3,00€
Smoothies Energia Tropical	6,00€

Refeições Ligeiras	Light Meals		
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Torrificados no Pão Azeite, alho e tomate  <i>Olive oil, garlic, tomato</i>	3,50€
Burrata e presunto <i>Burrata & ham</i>	9,65€
Abacate e ovo <i>Avocado & egg</i>	6,90€
Salmão fumado, queijo creme e rúcula <i>Smoked salmon, cream cheese & arugula</i>	9,65€
Ovo escalfado, abacate, bacon com molho hollandaise <i>Poached egg, avocado, bacon with hollandaise sauce</i>	9,45€
Tapioca	
Abacate e Ovos Mexidos <i>Avocado with Scrambled Eggs</i>	7,75€
Salmão e Queijo Creme <i>Salmon with Cream Cheese</i>	9,65€
Pizza no Caco	
Com queijo, fiambre, tomate cherry e mozzarella <i>Pizza in caco bread with cheese, ham, cherry tomato & mozzarella</i>	6,85€
Com pesto tomate cherry e mozzarella <i>Pizza in caco bread with cherry tomato & mozzarella</i>	6,85€
Ovos Eggs	
Quentes com palitos de pão <i>Soft Boiled Eggs with Breadsticks</i>	5,00€
Mexidos no pão <i>Scrambled on bread</i>	4,65€
Wraps	
Alface, atum* e tomate cherry <i>Lettuce, tuna paste & cherry tomato</i> *Pasta de atum ou simples / Tuna paste or plain	5,95€
Ovo, queijo e tomate cherry <i>Egg, cheese & cherry tomato</i>	5,95€
Salmão fumado e queijo creme	7,75€
Bowls	
Mediterrânea Couscous, Curgete, Cenoura, Cebola Roxa, Espinafre baby Ovo escalfado, Tomate, Cogumelo Branco, Queijo Creme, Azeite vermelho, Caju Torrado sem Sal. <i>Couscous, Courgette, Carrot, Red Onion, Baby Spinach Poached Egg, Tomato, White Mushroom, Cream Cheese, Red olive oil.</i>	9.65€
Vegan c/ azeite vermelho  Alface, Rúcula, Cenoura, Rabanete, Cebola roxa, Espinafre baby, Pepino, Tomate cherry, Tomate grelhado, Croutons, Azeite vermelho. <i>Lettuce, Rocket, Carrot, Radish, Red onion, Baby spinach, Cucumber, Cherry tomato, Grilled tomato, Croutons, Red olive oil.</i>	7.95€
Benedict Alface, Rúcula, Cenoura, Rabanete, Cebola roxa, Espinafre baby, Ovo escalfado, Tomate cherry, Abacate, Amendoim torrado, Malagueta, Molho hollandaise. <i>Lettuce, Rocket, Carrot, Radish, Red onion, Baby spinach, Poached egg, Cherry tomato, Avocado, Roasted peanuts, Chilli, Hollandaise sauce.</i>	8.95€
Açaí* Açaí	8,25€
Iogurte Yogurt	5,45€

Brunch

Salmão 17,80€

Latte / Chá / Cappuccino / Café Americano
Latte / Tea / Cappuccino / American Coffee
Sumo de Laranja Natural / Sumo do Dia
Orange Juice / Juice of the Day

Pão de Água, Croissant Francês, Manteiga, Compota
Rustic Bread, French Croissant, Butter, Jam

Salmão, Ovos Mexidos e Rúcula
Salmon, Scrambled Eggs & Arugula

Iogurte, Fruta e Granola Caseira
Yogurt, Fruit and Homemade Granola

Continental 15,70€

Latte / Chá / Cappuccino / Café Americano
Latte / Tea / Cappuccino / American Coffee
Sumo de Laranja Natural / Sumo do Dia
Orange Juice / Juice of the Day

Pão de Água, Croissant Francês, Manteiga, Compota
Rustic Bread, French Croissant, Butter, Jam

Ovos Mexidos, Queijo, Fiambre e Rúcula
Scrambled Eggs, Cheese, Ham & Arugula

Iogurte, Fruta e Granola Caseira
Yogurt, Fruit & Homemade Granola

Menu

Continental 7,65€

Croissant Francês, Pão de Lenha, Manteiga e Doce
French Croissant, Rustic Bread, Butter & Jam

Meia de Leite, Sumo de laranja, Espresso
Coffee, Orange Juice, Espresso

Portela 3,99€

Galão** / Leite de Chocolate, Sumo de Laranja Natural
Milk Coffee / Milk Chocolate, Orange Juice

Pão de Lenha, Bola, Malte / Pão de Deus / Croissant
com Queijo, Fiambre ou Misto

Bread or Croissant with Cheese, Ham or both
Espresso

Tostas* Toast

Mista em Pão Saloio 3,25€

Ham & Cheese in Rustic Bread

Pasta de Atum, Alface e Tomate 6,55€

Tuna Past, Lettuce & Tomato

Humus, Alface e Tomate 6,55€

Humus, Lettuce & Tomato



Torradas* Pão Saloio 2,30€

Toast in Rustic Bread

*Pão de Barbela + 0,75€

Bolos à Fatia* Sliced Cakes

Delicioso 3,80€

Chocolate com Creme de Ganache
Ganache Chocolate with Cream

Cheesecake com Morango 2,50€

Strawberry Cheesecake

Tarte de Maçã com Noz Pecan 4,49€

Apple Pie with Pecan Nut

Derrete na Boca 2,50€

Melted Chocolate

*de acordo com a disponibilidade do dia according to the day availability

Sandwiches (pão especial de sementes)

Turkey 7,75€

Peito de Perú Fatiado, Maionese, Mostarda
e Rúcula ou Alface

Sliced Turkey Breast, Mayonnaise, Mostard
and Arugula or Lettuce

Tuna 6,55€

Pasta de Atum, Tomate e Rúcula ou Alface
Tuna Paste, Tomato and Arugula or Lettuce

New York 5,95€

Ovo, Maionese, Mostarda e Rúcula ou Alface
Egg, Mayonnaise, Mostard and Arugula or Lettuce

Smokery 7,90€

Pão Integral, Queijo Creme, Salmão Fumado
e Rúcula ou Alface

Brown Bread, Cream Cheese, Smoked Salmon
and Arugula or Lettuce

Campânia 6,55 €

Mozzarella, Tomate Cherry e Molho Pesto

Mozzarella, Tomatoes Cherry and Pesto Sauce

Green Smokery 7,90€

Salmão e Abacate

Salmon & Avocado

American 6,45€

Ovo, Queijo, Fiambre, Alface, Tomate e Maionese

Egg, Cheese, Ham, Lettuce, Tomato & Mayonnaise

Saladas Salads

Camponesa 8,20€

Alface, Azeitonas, Cenoura, Fiambre, Maçã, Milho,
Ovo, Queijo e Tomate

Lettuce, Olives, Carrot, Ham, Apple, Corn,
Egg, Cheese & Tomato

Marítima 8,20€

Alface, Atum, Ovo, Azeitonas, Cenoura, Milho e Tomate

Lettuce, Tuna, Egg, Olives, Carrot, Corn & Tomato

Lusitânia 8,75€

Alface, Peito de Perú Fumado, Azeitonas, Cenoura,
Milho e Tomate

Lettuce, Smoked Turkey Breast, Olives, Carrot, Corn & Tomato

Primavera 8,75€

Alface, Salmão Fumado, Queijo Creme, Cenoura e Ananás

Lettuce, Smoked Salmon, Cream Cheese, Carrot & Pineapple

Sopa 2,60€

Soup

Prato do Dia 7,50€

Daily Special

Crepe ou Waffle

Topping (Chocolate ou Mel) 4.45€

Topping Chocolate or Honey

Topping (Chocolate ou Mel) 6.55€

+ 1 Bola de Gelado e granola

Topping Chocolate or Honey,
Ice-Cream Ball & home made granola

Tapioca Doce

Nutella com Fruta 7,70€

Nutella with Fruit

Panquecas Pancakes 6,60€

Espelta, fruta, mel, e granola caseira

Spelled flour, fruit, honey & homemade granola

Topping Chocolate / Nutella + €0,50