



Refeições Ligeiras

Light Meals

Torrificados no Pão

Azeite, Alho e Tomate  3,75€

Olive Oil, Garlic, Tomato

Burrata e Presunto 10,35€

Burrata & Ham

Abacate e Ovo 7,35€

Avocado & Egg

Salmão Fumado, Queijo Creme e Rúcula 10,35€

Smoked Salmon, Cream Cheese & arugula

Ovo Escalfado, Abacate, Bacon com Molho Hollandaise 9,95€

Poached Egg, Avocado, Bacon with Hollandaise Sauce

Tapioca

Abacate e Ovos Mexidos 8,30€

Avocado with Scrambled Eggs

Salmão e Queijo Creme 10,35€

Salmon with Cream Cheese

Ovos Eggs

Quentes com Palitos de Pão 5,35€

Soft Boiled Eggs with Breadsticks

Mexidos no pão 4,95€

Scrambled on Bread

Wraps

Alface, Atum* e Tomate Cherry 6,35€

Lettuce, Tuna Paste & Cherry Tomato

*Pasta de atum ou simples / Tuna paste or plain

Ovo, Queijo e Tomate Cherry 6,35€

Egg, Cheese & Cherry Tomato

Salmão fumado e queijo creme 8,30€

Salmon with Cream Cheese

Bowls

Mediterrânea 10,35€

Couscous, Curgete, Cenoura, Cebola Roxa, Espinafre baby
Ovo escalfado, Tomate, Cogumelo Branco, Queijo Creme,
Azeite vermelho, Caju Torrado sem Sal.

Couscous, Courgette, Carrot, Red Onion, Baby Spinach

*Poached Egg, Tomato, White Mushroom, Cream Cheese,
Red olive oil.*

Vegan c/ azeite vermelho  8,55€

Alface, Rúcula, Cenoura, Rabanete, Cebola roxa,

Espinafre baby, Pepino, Tomate cherry, Tomate grelhado,

Croutons, Azeite vermelho.

Lettuce, Rocket, Carrot, Radish, Red onion, Baby spinach,

Cucumber, Cherry tomato, Grilled tomato, Croutons,

Red olive oil.

Benedict 9,65€

Alface, Rúcula, Cenoura, Rabanete, Cebola roxa,

Espinafre baby, Ovo escalfado, Tomate cherry, Abacate,

Amendoim torrado, Malagueta, Molho hollandaise.

Lettuce, Rocket, Carrot, Radish, Red onion, Baby spinach,

Poached egg, Cherry tomato, Avocado, Roasted peanuts,

Chilli, Hollandaise sauce.

Açaí* 8,75€

Açaí

Iogurte 5,75€

Yogurt

*Com fruta e granola caseira with fruit & homemade granola

Crepe | Waffle

Topping (Chocolate ou Mel) 4,75€

Topping Chocolate or Honey

Topping + 1 Bola de Gelado e granola 6,95€

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

Tapioca Doce

Nutella com Fruta *Nutella with Fruit*

7,95€

Panquecas Pancakes

Fruta, Mel, e Granola Caseira

7,25€

Fruit, Honey & Homemade Granola

Topping Chocolate / Nutella + 0,50€

Sopa

Soup

2,70€

Prato do Dia

Daily Special

7,99€

Pizzas Al Taglio* (Fatia/Slice)

Desde *Since*

4,95€

Tostas Toast

Mista em Pão Salão

Ham & Cheese in Rustic Bread

3,50€

Pasta de Atum, Alface e Tomate

Tuna Past, Lettuce & Tomato

6,95€

Humus, Alface e Tomate 

Humus, Lettuce & Tomato

6,95€

Torradas Pão Salão

Toast in Rustic Bread

2,45€

Sandwiches (pão especial de sementes)

Turkey

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

Sliced Turkey Breast, Mayonnaise, Mostard and Arugula or Lettuce

8,30€

Tuna

Pasta de Atum, Tomate e Rúcula ou Alface

Tuna Paste, Tomato and Arugula or Lettuce

6,95€

New York

Ovo, Maionese, Mostarda e Rúcula ou Alface

Egg, Mayonnaise, Mostard and Arugula or Lettuce

6,40€

Smokery

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

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

8,45€

Campânia

Mozzarella, Tomate Cherry e Molho Pesto

Mozzarella, Tomatoes Cherry and Pesto Sauce

6,95€

Green Smokery

Salmão e Abacate

Salmon & Avocado

8,65€

Vegana 

Beterraba, Cogumelos e Rúcula

Beetroot, Mushrooms & Arugula

Em Pão de: Alfarroba, Abóbora ou Tomate

In Bread: Carob, Pumpkin or Tomato

5,30€

American

Ovo, Queijo, Fiambre, Alface, Tomate e Maionese

Egg, Cheese, Ham, Lettuce, Tomato & Mayonnaise

6,95€

Saladas Salads

Camponesa

Alface, Azeitonas, Cenoura, Fiambre, Maçã, Milho,

Ovo, Queijo e Tomate

Lettuce, Olives, Carrot, Ham, Apple, Corn,

Egg, Cheese & Tomato

8,75€

Marítima

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

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

8,75€

Lusitânia

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

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

9,35€

Primavera

Alface, Salmão Fumado, Queijo Creme, Cenoura e Ananás

Lettuce, Smoked Salmon, Cream Cheese, Carrot & Pineapple

9,35€