


<b>Bebidas Quentes</b>	Hot Drinks	
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<b>Espresso</b> <i>Portuguese Coffee</i>	0,95€
<b>Espresso Duplo</b> <i>Portuguese Double Coffee</i>	1,90€
<b>Cappuccino</b>	3,55€
<b>Latte Macchiato Grande/Large</b>	3,55€
<b>Aromatizado/Aromatized Chocolate</b>	4,05€
<b>Mocha</b>	4,15€
<b>Latte Brûlè</b>	5,20€
<b>Café Americano</b> <i>American Coffee</i>	2,65€
<b>Café de Filtro*</b> <i>Filter Coffee*</i>	3,00€
<b>French Press</b> <i>Brew Coffee French press</i>	4,65€
<b>Chocolate Quente</b> <i>Hot Chocolate</i>	3,25   4,55€
<b>Chás e Infusões</b> <i>Tea Selection</i>	1,60€
<b>Serviço de Chá (folha)</b> <i>Tea Service (2 pax)</i>	5,20€
<b>Chai Tea</b>	3,35€
<b>Chai Tea Latte</b>	3,90€
*Origem Única *Single Origin	
**Leite Vegetal ou s/ Lactose Vegetable or Lactose Free Milk +0,85€	

<b>Café para Partilhar</b> <i>Coffee to Share 2 Pax</i>
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<b>Chemex</b>	4,70€
<b>Balão</b>	5,90€
<b>V60</b>	4,70€

<b>Bebidas Frias</b>	Cold Drinks	
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<b>Affogato Gelado e Café</b> <i>Ice Cream &amp; Coffee</i>	4,40€
<b>Café Gelado</b> <i>Iced Coffee</i>	3,50€
<b>Chá Gelado</b> <i>Iced Tea</i>	2,65€
<b>Iced Latte</b>	4,45€
<b>Iced Passion Coffee</b>	4,95€
<b>Coffee Tonic</b>	4,50€
<b>Sumo de Laranja</b> <i>Orange Juice</i>	2,99€
<b>Sumos Naturais</b> <i>Natural Juices</i>	3,20€
<b>Smoothies Energia Tropical</b>	6,00€

<b>Refeições Ligeiras</b>	Light Meals		
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<b>Torrificados no Pão</b>	
<b>Azeite, alho e tomate</b>  <i>Olive oil, garlic, tomato</i>	3,75€
<b>Burrata e presunto</b> <i>Burrata &amp; ham</i>	10,35€
<b>Abacate e ovo</b> <i>Avocado &amp; egg</i>	7,35€
<b>Salmão fumado, queijo creme e rúcula</b> <i>Smoked salmon, cream cheese &amp; arugula</i>	10,35€
<b>Ovo escalfado, abacate, bacon com molho hollandaise</b> <i>Poached egg, avocado, bacon with hollandaise sauce</i>	9,95€
<b>Tapioca</b>	
<b>Abacate e Ovos Mexidos</b> <i>Avocado with Scrambled Eggs</i>	8,30€
<b>Salmão e Queijo Creme</b> <i>Salmon with Cream Cheese</i>	10,35€
<b>Ovos Eggs</b>	
<b>Quentes com palitos de pão</b> <i>Soft Boiled Eggs with Breadsticks</i>	5,35€
<b>Mexidos no pão</b> <i>Scrambled on bread</i>	4,95€
<b>Wraps</b>	
<b>Alface, atum* e tomate cherry</b> <i>Lettuce, tuna paste &amp; cherry tomato</i>	6,35€
*Pasta de atum ou simples / Tuna paste or plain	
<b>Ovo, queijo e tomate cherry</b> <i>Egg, cheese &amp; cherry tomato</i>	6,35€
<b>Salmão fumado e queijo creme</b> <i>Salmon with Cream Cheese &amp; Arugula</i>	8,30€
<b>Bowls</b>	
<b>Mediterrânea</b>	10,35€
<i>Couscous, Courgette, Cenoura, Cebola Roxa, Espinafre baby</i>	
<i>Ovo escalfado, Tomate, Cogumelo Branco, Queijo Creme, Azeite vermelho, Caju Torrado sem Sal.</i>	
<i>Couscous, Courgette, Carrot, Red Onion, Baby Spinach</i>	
<i>Poached Egg, Tomato, White Mushroom, Cream Cheese, Red olive oil.</i>	
<b>Vegan c/ azeite vermelho</b> 	8,55€
<i>Alface, Rúcula, Cenoura, Rabanete, Cebola roxa, Espinafre baby, Pepino, Tomate cherry, Tomate grelhado, Croutons, Azeite vermelho.</i>	
<i>Lettuce, Rocket, Carrot, Radish, Red onion, Baby spinach, Cucumber, Cherry tomato, Grilled tomato, Croutons, Red olive oil.</i>	
<b>Benedict</b>	9,65€
<i>Alface, Rúcula, Cenoura, Rabanete, Cebola roxa, Espinafre baby, Ovo escalfado, Tomate cherry, Abacate, Amendoim torrado, Malagueta, Molho hollandaise.</i>	
<i>Lettuce, Rocket, Carrot, Radish, Red onion, Baby spinach, Poached egg, Cherry tomato, Avocado, Roasted peanuts, Chilli, Hollandaise sauce.</i>	
<b>Açaí* Açaí</b>	8,75€
<b>Iogurte*</b> <i>Yogurt</i>	5,75€
*Com fruta e granola caseira with fruit & homemade granola	

## Brunch

### Salmão 18,80€

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

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

### Continental 16,70€

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

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

## Menu

### Continental 8,25€

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 4,20€

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 3,50€  
Ham & Cheese in Rustic Bread

Pasta de Atum, Alface e Tomate 6,95€  
Tuna Past, Lettuce & Tomato

Humus, Alface e Tomate 6,95€  
Humus, Lettuce & Tomato

Torradas\* Pão Saloio 2,45€  
Toast in Rustic Bread  
\*Pão de Barbela + 0,75€

## Bolos à Fatia\* Sliced Cakes

Delicioso 3,89€  
Chocolate com Creme de Ganache  
Ganache Chocolate with Cream

Cheesecake com Morango 2,65€  
Strawberry Cheesecake

Tarte de Maçã com Noz Pecan 4,95€  
Apple Pie with Pecan Nut

Derrete na Boca 2,65€  
Melted Chocolate

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

## Sandwiches (pão especial de sementes)

### Turkey 8,30€

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

Sliced Turkey Breast, Mayonnaise, Mostard and Arugula or Lettuce

### Tuna 6,95€

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

### New York 6,40€

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

### Smokery 8,45€

Pão Integral, Queijo Creme, Salmão Fumado e Rúcula ou Alface  
Brown Bread, Cream Cheese, Smoked Salmon and Arugula or Lettuce

### Campânia 6,95 €

Mozzarella, Tomate Cherry e Molho Pesto  
Mozzarella, Tomatoes Cherry and Pesto Sauce

### Green Smokery 8,65€

Salmão e Abacate  
Salmon & Avocado

### American 6,95€

Ovo, Queijo, Fiambre, Alface, Tomate e Maionese  
Egg, Cheese, Ham, Lettuce, Tomato & Mayonnaise

## Saladas Salads

### Camponesa 8,75€

Alface, Azeitonas, Cenoura, Fiambre, Maçã, Milho, Ovo, Queijo e Tomate  
Lettuce, Olives, Carrot, Ham, Apple, Corn, Egg, Cheese & Tomato

### Marítima 8,75€

Alface, Atum, Ovo, Azeitonas, Cenoura, Milho e Tomate  
Lettuce, Tuna, Egg, Olives, Carrot, Corn & Tomato

### Lusitânia 9,35€

Alface, Peito de Perú Fumado, Azeitonas, Cenoura, Milho e Tomate  
Lettuce, Smoked Turkey Breast, Olives, Carrot, Corn & Tomato

### Primavera 9,35€

Alface, Salmão Fumado, Queijo Creme, Cenoura e Ananás  
Lettuce, Smoked Salmon, Cream Cheese, Carrot & Pineapple

### Sopa 2,70€

Soup

### Prato do Dia 7,99€

Daily Special

## Crepe ou Waffle

Topping (Chocolate ou Mel) 4,75€  
Topping Chocolate or Honey

Topping (Chocolate ou Mel) 6,95€  
+ 1 Bola de Gelado e granola

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

## Tapioca Doce

Nutella com Fruta 7,95€  
Nutella with Fruit

## Panquecas Pancakes 7,95€

Fruta, mel, e granola caseira  
Fruit, honey & homemade granola  
Topping Chocolate / Nutella + €0,50