

SELF SERVICE
NÃO TEMOS
SERVIÇO DE MESA

café espresso

GREAT COFFEE FRESH FOOD

SELF SERVICE
NÃO TEMOS
SERVIÇO DE MESA

PANINI'S

€6.50

Piri Piri Chicken

FRANGO PIRI PIRI, ESPINAFRE, QUEIJO
• PIRI PIRI CHICKEN, SPINACH, CHEESE

Hey Pesto

MOZZARELLA, TOMATE, PESTO,
FOLHAS DE RÚCULA
• MOZZARELLA, TOMATO, PESTO, ROCKET LEAVES

Tuna Melt

ATUM, MAIONESE, CEBOLA VERMELHA, QUEIJO
• TUNA, MAYO, RED ONION, CHEESE

BAGUETTES

€6.50

Pole & Line Tuna

ATUM, PEPINO, FOLHAS DE RÚCULA,
CEBOLA VERMELHA, MAIONESE
• TUNA, CUCUMBER, ROCKET LEAVES, RED ONION, MAYO

Mature Cheddar & Pickle

CHEDDAR, PICKLES, TOMATE SECO,
CEBOLA VERMELHA, AGRIÃO
• CHEDDAR, PICKLE, SUN-DRIED TOMATO, RED ONION, WATER CRESS

Seasonal Superfood

ABACATE, MOLHO TAPENADE, FLOCOS DE AMÊNDOA,
PIMENTÃO VERMELHO, ESPINAFRES
• AVOCADO, TAPENADE SAUCE, ALMOND FLAKES, RED PEPPERS, SPINACH

AÇAÍ BOWL

€10.50

AÇAÍ, GRANOLA, MORANGO, BANANA, MEL
• AÇAÍ, GRANOLA, STRAWBERRY, BANANA, HONEY

PITAYA BOWL

€10.50

MORANGOS, COCO, MIRTILOS, BANANA, SEMENTES DE CHIA
• STRAWBERRY COCO, BLUEBERRIES, BANANA, CHIA SEEDS

Crepes

NUTELLA	€7.50	FRUTOS VERMELHOS	€8.20
		<i>Red berries</i>	
BANANA E NUTELLA	€7.90	VEGETARIANO	€8.20
		<i>Vegetarian</i>	
BAUNILHA E MEL	€7.90	ATUM	€8.20
<i>Vanilla and Honey</i>		<i>Tuna</i>	

BELGIAN Waffles

NUTELLA	€7.50
BANANA E NUTELLA	€7.90
BAUNILHA E MEL	€7.90
<i>Vanilla and Honey</i>	
FRUTOS VERMELHOS	€8.20
<i>Red berries</i>	

BAKED TREATS

PASTEL
DE NATA

€2.20

PASTELARIA
TRADICIONAL
PREPARED DAILY FROM

€2.90

BOLOS
CAKES, COOKIES
BROWNIES, MUFFINS

€3.20

Croissants

FIAMBRE E QUEIJO €3.95
• Ham and Cheese

MANTEIGA E GELEIA €3.40
• Butter and Jam

ABACATE €4.95
• Avocado, cheese, tomato

NUTELLA €3.40
• Nutella

Toasts

FIAMBRE E QUEIJO €4.95
• Ham and Cheese

ABACATE €7.50
• Tomato, rocket leaves, carrot, avocado, poppy seeds

SALMÃO €8.50
• Avocado, rocket leaves, onions, salmon

Bruschetta

€8.50
PÃO TOSTADO COM ABACATE ESMAGADO,
TOMATE CEREJA E MANJERICÃO FRESCO
• Toasted bread with healthy smashed avocado mixed with cherry tomato and fresh basil

€4.50
Homemade
Fresh
Pizza Slice
PREPARED DAILY

WHOLE
or
ALMOND
MILK

SMOOTHIE & JUICE BAR

WHOLE
or
ALMOND
MILK

350ml
Smoothies
€6.20

Go Green

BANANA, ESPINAFRE, ABACATE, ANANÁS, LEITE
• BANANA, SPINACH, AVOCADO, PINEAPPLE, MILK

Berry Bounce

MIRTILO, MORANGO, FRAMBOESA, BANANA, LEITE
• BLUEBERRY, STRAWBERRY, RASPBERRY, BANANA, MILK

Cocoa Dream

CACAU, BANANA, TAMAREIRA, LEITE
• COCOA, BANANA, DATES, MILK

€6.20

Açaí Shake

AÇAÍ COM IOGURTE GREGO
• AÇAÍ WITH GREEK YOGURT

350ml
Raw Juices
€6.20

Glowing Green

MAÇÃ, ESPINAFRE, ANANÁS, GENGIBRE
• APPLE, SPINACH, PINEAPPLE, GINGER

Daily Energizer

BETERRABA, CENOURA, LARANJA
• BEETROOT, CARROT, ORANGE

Tropical Twist

LARANJA, MAÇÃ, MANGO
• ORANGE, APPLE, MANGO

€6.20

Açaí Juice

AÇAÍ COM SUMO DE LARANJA NATURAL
• AÇAÍ WITH FRESH ORANGE JUICE

300ml
Solo Juices

LARANJA
ORANGE

MAÇÃ
APPLE

CENOURA
CARROT

€4.80

- 8oz -

CHOCOLATE QUENTE HOT CHOCOLATE

- 8oz -

CREAMY
HOT
CHOCOLATE

€3.50

HOT CHOCOLATE MAXIMUM
With Whipped Cream
and Marshmallows

€4.10

CAFFÈ

250ML SOLO · 300ML DOPIO

REGULAR
-OR-
ORGANIC
BEANS

WHOLE
-OR-
SOYA
MILK

ESPRESSO €1.70 €2.90

CAPPUCCINO €3.50 €3.80

FLAT WHITE €3.50 €3.80

CAFFÈ LATTE €3.00 €3.20

LATTE MACCHIATO €3.40 €3.60

AMERICANO €3.40 €3.70

MOCHA €3.50 €3.90

FRAPPÉ MOCHA €4.10

FRAPPÉ LATTE €4.10

ICED CAPPUCCINO €4.10

ICED LATTE €4.10

ICED AMERICANO €4.10

LATTE CARAMEL €4.10

LATTE MINT €4.10

Organic Fair-Trade TEA'S

SOLO

DOPIO

€2.95

€3.20

ELEGANT
ENGLISH BREAKFAST

GORGEOUS
EARL GREY

SUPREME
MATCHA GREEN

PEPPERMINT
& LICORICE

LEMONGRASS
& GINGER

ORIGINAL CHAI

CHAMOMILE

DETOX