

# Pequeno-almoço || Breakfast 7h30 às 11h30

## Menu 1

### Sandwich

de queijo ou fiambre

+

Café

+

### Pastel Nata

*Cheese or turkey ham sandwich  
+ Coffee + Custard tart*

**5,80 €**

## Menu 2

### Sandwich ou Croissant

de queijo ou fiambre

+

Fruta laminada

+

Sumo do dia

+

Café

*Sandwich or croissant  
Sliced fruit + juice + coffee*

**8,00 €**

## Menu 3

### Iogurte com Fruta e

Granola caseira

+

Sumo do dia

+

Café

*Yogurt with fruit and homemade  
granola +  
juice + coffee*

**8,00 €**

### Pequeno-almoço completo || Full breakfast platter

Ovos mexidos, bacon, cogumelos com espinafres, tomate assado e pão torrado  
*Scrambled eggs, bacon, spinach, mushrooms, roasted tomato and toast*

**9,00€**

### Panquecas de aveia com banana, compota caseira e nozes tostadas e mel (G) (L) (FS)

*Oat & Banana pancakes with homemade jam and roasted walnuts and honey*

**6,50€**

### Croissant folhado com sementes/ croissant folhado simples (G)(L)(SS)(O)

*Puff pastry croissant with seeds/ plain puff pastry croissant*

**3,20€**

### Torrada com azeite, manteiga ou compota || Toast with olive oil, butter or jam (G)(L)

**3,80€**

### Meia torrada com azeite, manteiga ou compota || half Toast with olive oil, butter or jam (G)(L)

**2,80€**

### Tosta Simples \* || Cheese or Ham toast (G)(L)(SL)

*Pão de tosta, queijo ou Fiambre de peru || Toasted bread, cheese or turkey ham*

**4,80€**

### Tosta Mista \* || Mixed toast (G)(L)(SL)

*Pão de tosta, queijo, fiambre de peru, tomate, orégãos e chips de batata doce  
Toast bread, cheese, turkey ham, tomato, oregano and sweet potato chips*

**5,80€**

### Iogurte Grego (ou iogurte vegan) c/ fruta, granola caseira e mel (FS) (L)

*Greek Yogurt (or vegan yogurt) with fruit and homemade granola and honey*

**5,80€**

### Ovo escalfado, mexido ou estrelado (2 uni.) || Poached, scrambled or fried Egg

**4,80€**

### Bolos da casa (fatia) \* || Homemade cake slice (G) (O) (L) (FS)

**3,20€**

### Muffins caseiros doces ou salgados variados \* || Homemade muffins - sweet or savory (FS)

**3,20€**

\*A qualquer hora || Anytime

### Alergénios Alimentares / Food Allergens

(L) Leite e seus derivados (FS) Frutos de casca rija (O) Ovos (S) Soja (G) Glúten (MO) Mostarda (C) Crustáceos  
(M) Moluscos (A) Aipo (SS) Semente de sésamo (AM) Amendoim (SL) Sulfitos (T) Tremçoço(V) Vegan (P) Peixe  
*(L) Milk and its derivatives (FS) Tree nuts (O) Eggs (S) Soy (G) Gluten (MO) Mustard  
(C) Crustaceans (M) Mollusks (A) Celery (SS) Sesame seeds (AM) Peanuts (SL) Sulfites (T) Lupin (V) Vegan (P) Fish*

Neste estabelecimento existe livro de reclamações. Nenhum prato, produto alimentar ou bebida incluindo o couvert, pode ser cobrado se não for solicitado pelo cliente.  
Para clientes com alergias específicas que gostariam de saber mais sobre a composição dos pratos do nosso menu, por favor, pergunte a um membro da nossa equipa que terá prazer em ajudá-lo.  
Vat included. Complaint book available. For those with specific allergies that would like to know more about the content of the dishes on our menus, please ask a member of our team who will be glad to assist. No dish, food or drink, including the cover charge can be charged if not requested by the customer.

## Do nosso bar || from the Bar

<b>Sumo do dia</b>    <i>Juice of the Day</i>	<b>4,80€</b>
<b>Laranja</b>    <i>Orange Juice</i>	<b>4,80€</b>
<b>Limonada de gengibre</b>    <i>Ginger Lemonade</i>	<b>3,70€</b>
<b>Revitalizante - Cenoura, laranja, gengibre e hortelã</b>    <i>Carrot, Orange, ginger, and mint</i>	<b>5,80€</b>
<b>Detox Organic Café</b> Pepino, espinafres, maçã verde, aipo, gengibre, hortelã e salsa <i>Cucumber, spinach, green apple, celery, ginger, mint and parsley</i>	<b>5,80€</b>
<b>Detox Green Machine</b> Ananás, banana, brócolos, aipo, espinafres    <i>Pineapple, banana, broccoli, celery and spinach</i>	<b>5,80€</b>
<b>Detox Beet and Blend: Beterraba, framboesa e banana</b>    <i>Beetroot, raspberry and banana</i>	<b>5,80€</b>
<b>Shot Energético: Limão, curcuma e gengibre</b>    <i>Energy Shot: lemon, turmeric, and ginger</i>	<b>3,70€</b>
<b>Red Energy: Banana, frutos vermelhos, leite de coco e pasta de amêndoa</b> <i>Banana, berries, coconut milk and almond butter</i>	<b>5,80€</b>
<b>Jungle Juice: Açai, mirtilo, morango, manga</b>    <i>Açai, blueberry, strawberry and mango</i>	<b>6,50€</b>
<b>Tropical twist: Papaia, manga, ananás</b>    <i>Papaya, mango, pineapple</i>	<b>6,50€</b>
<b>Kombucha Home Lab: Ginger Lemon, Turmeric Pepper, Hibiscus, Sencha</b>	<b>5,80€</b>
<b>Água luso 0,50l / 1,5l</b>    <i>Mineral Water Luso (still) 0,50l / 1l / 1,5L</i>	<b>1,40€ / 2,50€</b>
<b>Água das Pedras 0,25l / 0,75l</b>    <i>Sparkling 0,25l / 0,75l</i>	<b>2,10€ / 3,40€</b>
<b>Café ou descafeinado</b>    <i>Coffe or Decaffeinated</i>	<b>1,40€</b>
<b>Abatanado</b>    <i>American coffee</i>	<b>1,80€</b>
<b>Galão / Meia de Leite</b> <i>Coffee with milk *</i>	<b>2,10€</b>
<b>Capuccino *</b>	<b>2,70€</b>
<b>*com bebida vegetal (arroz, amêndoa, aveia ou soja)</b>	<b>0,70€</b>
<i>* Choice of vegetable rice, almond, oat or soya milk</i>	
<b>Chá infusão</b>    <i>Tea</i>	<b>2,20€</b>
<b>Chá da Casa – hortelã, gengibre e limão</b>    <i>Tea of the House: Mint, ginger and lemon</i>	<b>3,00€</b>
<b>Chá Matcha</b>    <i>Matcha Latte</i>	<b>3,20€</b>
<b>Refrigerantes</b>    <i>Soft Drinks</i>	<b>2,50€</b>
<b>Vinho BRANCO WHITE WINE / TINTO RED WINE – Lavradores Feitoria -Douro</b>	<b>4,50€/ 15,00€</b>
<b>Cervejas</b>    <i>Beers</i>	<b>3,20€</b>
<b>Protaina</b>    <i>Protein</i>	<b>2,00 €</b>

## Almoço || Lunch 12h30 às 15h00

### MENU DO DIA || Daily Menu 18€

Disponível de segunda a sexta-feira ~ Available from Monday to Friday

Menu: Sopa ou Salada mista + Sugestão do Chef + Chá da casa + Café

Soup or Mix salad + Chef's suggestion + House tea + Coffee

### Entradas || Starters

Sopa do dia    <i>Soup of the Day</i>	3,20€
Gaspacho com presunto crocante    <i>Gazpacho with crispy ham</i>	3,70€
Creme de abóbora com sementes (V)    <i>Pumpkin cream soup with seeds (V)</i>	3,20€
Salada mista    <i>Mix Salad</i>	3,80€
Pink Húmmus (G)(V)(SS) Húmus de beterraba com tostas e palitos de vegetais    <i>Beetroot hummus with toast and vegetable sticks</i>	4,80€
Guacamole (G)(V) Guacamole com tostas e palitos de vegetais    <i>Guacamole with toast and vegetable sticks</i>	4,80€
Dueto (G)(V)(SS) Palitos de vegetais, tostas e dips (guacamole e pink Húmus) <i>Vegetable sticks, toast and dips (guacamole and pink hummus)</i>	5,50€

### Saladas || Salads

Salada de rúcula, legumes assados, feta e caju (L) (SS) <i>Arugula salad with roasted vegetables, feta cheese and cashew nut</i>	7,50€
Classic Caesar Mix de folhas, frango grelhado, bacon tomate cherry, croutons, parmesão, toamte cherry e molho Caesar <i>Mixed greens, grilled chicken, bacon, cherry tomatoes, croutons, Parmesan, cherry tomato and Caesar dressing</i>	12,60€
Salada de Burrata(L)(FS) Burrata, mix alfaces, agrião, nozes, alperce, croutons, tomate cherry, redução de vinagre balsâmico <i>Burrata, mixed lettuce, watercress, apricot, walnuts croutons, cherry tomato, balsamic reduction</i>	13,70€

### Acompanhamentos || Sides

Abacate laminado (1/2)    <i>Sliced avocado (1/2) (V)</i>	4,20€
Salmão fumado (2 fatias)    <i>Smoked salmon (2 slices) (P)</i>	5,30€
Chips de batata doce    <i>Sweet potato chips (V)</i>	3,10€
Ovo escalfado, mexido ou estrelado (2 uni.)    <i>Poached, scrambled or fried Egg</i>	4,20€
Cogumelos    <i>Mushrooms (V)</i>	2,10€
Legumes assados    <i>Roasted vegetables (V)</i>	4,20€

## Tostas & Sanduiches || *Toasts & Sandwiches*

Servidas com mix de alfaces e chips de batata doce || *Served with mixed lettuce and sweet potato chips*

**Tosta de Cogumelos** || *Mushrooms toast* (G)(O)(SS)(FS) **6,90€**

Pão de tosta, pink húmus, cogumelos salteados, tomate cherry e ovo escalfado  
*Toasted bread, pink hummus, sautéed mushrooms, cherry tomatoes and poached egg*

**Tosta de Abacate** || *Avocado toast* (G)(O)(SS)(FS) **7,30€**

Pão de tosta, abacate esmagado e ovo escalfado || *Toasted bread, meshed avocado and poached egg*

**Tosta de Frango** || *Chicken toast* (G)(L)(SS)(FS) **7,90€**

Pão de tosta, purê de abacate, frango grelhado, cebola crocante e mix de folhas  
*Toasted bread, avocado puree, grilled chicken, crispy onion and mixed leaves*

## Hamburguers & Wraps || *Burgers & Wraps*

Servidas com mix de alfaces e chips de batata doce || *Served with mixed lettuce and sweet potato chips*

**Hamburguer de vaca** || *Beef Burger* (G)(O)(L)(FS) **13,70€**

Pão de hambúrguer, hamburguer de vaca 150gr, bacon, queijo, tomate e alface iceberg com maionese de alho.  
*Hamburger bun, 150gr beef burger, bacon, cheese, tomato, iceberg lettuce and garlic mayo.*

**Hamburguer vegan** || *Vegan Burger* (G)(V)(SS) **11,60€**

Vegan Bun de Tomate com cogumelo portobelo alface iceberg tomate, maionese vegan e cebola crocante  
*Vegan Tomato Bun with portobello mushroom, iceberg tomato lettuce, vegan mayo and crispy onion*

**Wrap de frango** || *Chicken Wrap* (G)(L)(O)(P)(SS) **11,60€**

Frango grelhado, alface iceberg, bacon, parmesão e molho caesar  
*Grilled chicken, iceberg lettuce, bacon, parmesan and caesar sauce*

**Wrap de salmão fumado** || *Smoked Salmon Wrap* (G)(L)(P)(FS)(SS) **11,50€**

Salmão fumado, queijo creme, rúcula, maçã verde e nozes  
*Smoked salmon, cream cheese, arugula, green apple and walnuts*

## Pratos principais || *Main courses*

**Caril de Vegetais e Arroz Thai Jasmin** **14,20€**

*Vegetables Curry and Thai Jasmine Rice*

**Caril de Frango com Arroz Thai Jasmin** **15,70€**

*Chicken Curry and Thai Jasmine Rice*

**Peito de frango aromatizado, batata doce e abacaxi com molho de amendoim** **16,30€**

*Aromatic Chicken Breast with Colorful Sweet Potatoes and Pineapple, served with Peanut Sauce*

**Salmão grelhado sobre Vegetais da Época Assados e Quinoa** **17,40€**

*Grilled Salmon on Roasted Seasonal Vegetables and Quinoa*

**Steak and Scaampi** **19,50€**

Vazia de novilho com camarão salteado, batata-doce assada e esparregado de espinafres  
*Sirloin steaks with sautéed shrimp, baked sweet potatoes and mashed spinach*

## Sobremesas || *Desserts*

**Pasteis de Nata Palácio / pasteis de Nata vegan** (G) (L) (O) **1,60€**

*Palácio Custard tart / Vegan custard tart*

**Creme brullê de matcha com sorbet de framboesa** (O) (L) **5,30€**

*Matcha crème Brulée with raspberry ice cream*

**Brownie de batata-doce e chocolate negro com gelado de baunilha de Madagáscar** **5,30€**

*Dark chocolate and sweet potato brownie with Madagascar Vanilla ice cream* (G) (L) (FS)

**Fruta da época laminada** || *Sliced seasonal fruit* (V) **4,80€**

**Bola de gelado** || *Icecream ball* **3,00€**