

## BRUNCH 12€

### INCLUI / INCLUDES

• **logurte grego com frutos vermelhos e granola caseira e mel; aveia com leite e sementes de chia**

Greek yogurt with forest fruits e homemade granola and honey; oatmeal with milk and chia seeds

• **Croissant e alfajor**

Croissant and alfajor

• **HEALTHY BREAKFAST - Pão com ovos mexidos, queijo, abacate e sementes**

HEALTHY BREAKFAST - Toast with scrambled eggs, cheese, avocado and seeds

• **Sumo de laranja natural e Capuccino**

Fresh orange juice & Capuccino

Extra Bacon

1,50€

Extra Salmão/Salmon

3,50€

## BREAKFAST

**HEALTHY BREAKFAST** ..... 5.00€

Pão ovos com mexidos, queijo philadelphia, abacate e sementes  
Bread with scrambled eggs, philadelphia cheese, avocado and seeds

Extra bacon ..... 1,50€

**CHAMPI BREAKFAST** ..... 6.00€

Pão com ovos mexidos com cogumelos salteados e queijo creme  
Bread w/ scrambled eggs with sautéed mushrooms and cream cheese

**VEGGIE BREAKFAST** ..... 6.00€

Pão preto com húmus, abacate, queijo creme e tomate cherry  
Black bread with hummus, avocado, cream cheese and cherry tomatoes

**VOLKOMBROT DE SALMÃO FUMADO, ABACATE**

**E QUEIJO CREME** ..... 6.50€

German bread with smoked salmon, avocado and cream cheese

**HOT CAKES** ..... 5.00€

Panquecas com chantilly e frutos vermelhos

Pancakes with whip cream and forest fruits

## TOSTAS 5€

### MISTA

fiambre e queijo \ ham, cheese

### VEGGIE

legumes assados no forno com maionese de húmus de beterraba \ baked vegetables and beetroot, hummus mayonaise

### CAPRESE

queijo, tomate, pesto \ cheese, tomato, pesto

### IBÉRICA

presunto, queijo e tomate seco \ ham, cheese and dry tomato

### SCANDINAVIA TOASTS

#### OFFSHORE

bacon, queijo, cebola doce \ bacon, cheese, sweet onion

#### ONSHORE

veggam (queijo vegan), legumes no forno, cebola doce \ veggam (vegan cheese), baked vegetables, sweet onion

#### PIPELINE

queijo creme, queijo flamengo, rúcula, abacate \ cream cheese, flamengo cheese, arugula, avocado

## SMOOTHIES 4€ 50CL

**GREEN: AIPO, MAÇA VERDE, LIMA E GENGIBRE**

celery, green apple, lime and ginger

**YELLOW: ABACAXI, CANELA E HORTELÃ**

pineapple, cinnamon and mint

**RED: MORANGO, LIMA E MANJERICÃO**

strawberry, lime and basil

**WHITE: LIMA, HORTELÃ E GENGIBRE**

lime, mint and ginger

## SUMOS

**SUMO DE LARANJA**

orange juice

SMALL

1.50€

MEDIUM

3.00€

LARGE

3.50€

**LIMONADA CLÁSSICA** ..... 3.00€

classic limonade

**ÁGUA DE CHIA** ..... 3.00€

chia water

## CREPES 5€

**NUTELLA E CHANTILLY**

**MORANGOS E CHANTILLY** / strawberries and chantilly

**NUTELLA, MORANGOS E CHANTILLY**

nutella, strawberries and chantilly

**DULCE DE LECHE, BANANA, NOZES E CHANTILLY**

dulce de leche, banana, walnuts and chantilly

**MAÇÃS, CHANTILLY E NOZES** / apple, cream and nuts

**MEL** honey

**TAPIOCA** Manteiga de amendoim, banana, noz e sementes

de chia / Peanut butter, banana, walnuts and chia seeds

## COFFEE

**CAFÉ** ..... 0.80€

coffee

**MEIA DE LEITE** ..... 1.30€

coffee with milk

**GALÃO** ..... 1.60€

coffee with milk

**CHÁ** ..... 1.50€

tea

**SUBMARINO** ..... 2.00€

chocolate quente / hot chocolate

**CAPUCCINO** ..... 2.00€

capuccino

**OPCIONAL / OPTIONAL** .. 0.20€

Leite Vegetal / Plant milk

## ENERGY BOWLS

**AÇAÍ BOWL** ..... 6€

com açaí, banana e granola caseira  
with açaí, banana and homemade granola

**AVEIA BOWL** ..... 4€

aveia, sementes de chia, banana  
oatmeal, chia seeds, banana

**SALADA DE FRUTAS** ..... 4€

fruit salad

**IOGURTE COM PROTEÍNAS** ..... 4€

feito no momento com granola caseira,  
frutas frescas e mel  
yogurt, handmade granola, fresh fruit and honey