

lite bites

Fresh Fruit Yogurt  **4.00€**

With organic seasonal fruit and organic GF granola.

Over Night Oats   **4.00€**

Almond milk, chia seeds, almonds and seasonal fruit.

Crudite Triple Dip **4.50€**

Homemade hummus, black bean dip, and herbed cream cheese dip with seasonal veggies and toasted bread.

Protein Bowl   **4.00€**

Hard-boiled egg, spinach, avocado, and hand-harvested sea salt from the Algarve region.

Side Salad  **4.00€**

Organic greens, cucumber, tomato, onion and choice of Avocado.

Cereal Bars  **2.00€**

Organic, gluten free and handmade

Croissant **3.00€**

Cake of the Day **3.00€**

Raw Truffle  **2.00€**

 **Gluten Free**  **Dairy Free**  **Vegan**

 **Contains Fish**  **Contains Meat**

toast / salads


1___PICK YOUR BASE

Bread or Salad Greens (GF bread available)

2___PICK YOUR TOPPINGS

Mediterranean **7.00€**

Couscous, olives, feta, spinach, cucumber, zucchini, red peppers, onion, and za'atar yogurt dressing.

Smoked Salmon  **12.00€**

With arugula, capers, red onion, sesame seasoning, and a cream cheese dill dressing.

Avocado   **7.00€**

With black bean spread, spinach, and lemon vinaigrette.

Our recommended dressing :

Homemade lemon vinaigrette, cream cheese dill, or oil & vinegar.

Add-ons:

Egg 2 €; Avocado 2€; Feta 2€; Smoked Salmon 4€; Bread 4€

boards

Cheese **10.00€**

Selection of three cheeses, bread, butter and artisanal seasonal jam.

Charcuterie   **12.00€**

Selection of meats, bread, butter and artisanal seasonal jam.

Mix Board **15.00€**

Selection of cheeses and meats, bread, butter and artisanal seasonal jam.

cold drinks

Water	1.00€
Water 75 Cl - Takeaway	1.50€
Sparkling Water 25 Cl	1.20€
Tonic Water	2.50€

beer

Leffe 33cl	3.50€
Hoegaarden 33cl	3.50€
Bud (German) 33cl	3.00€
Stella Artois 33cl	3.00€
Franziskaner 50cl	5.00€

wine

Sparkling - Palavrar (Bairrada) 4.00/15.00€

Maria Gomes, Bical Green apple, citrus and tropical notes.
Well-balanced with a creamy and engaging finish.

Vinho Verde - Dona Paterna 4.50/17.00€

Alvarinho | Fresh, broad, balanced and tasty with tropical fruit aromas.

White - Casa Americo (Dão) 5.00/19.00€

Bical, Encruzado e Malvasia Fina | Floral and citrus notes.
with a lively acidity and a refreshing finish.

White - Quinto do Pinto Reserve (Lisboa) 5.00/19.00€

Arinto | Citrus notes stand out but also combined with a very pleasant freshness.

Rose - Lasso (Lisboa) 5.50/21.00 €

Aragonese, Castelao | Soft, fresh and mineral start with notes of strawberry and currant.

Red - Filoco (Douro) 4.50/17.00 €

Tinta Roriz, Touriga Franca, Touriga Nacional | Compote with balsamic notes, full bodied and subtle.

Red - Vicentino Reserve (Alentejo) 35.00 €

Touriga Nacional | Full-bodied with silky tannins balanced by elegant acidity.

diy cocktails

1___CHOOSE A LIQUOUR

2___CHOOSE A MIXER

3___ENJOY!

VODKA

Titos | USA 6.00€

Beluga | Russia 8.00€

TEQUILA

Cenote Blanco | Mexico 6.00€

Avion Añejo | Mexico 8.00€

RUM

Plantation 3 Stars | Caribbean 6.00€

Diplomatico Reserva Exclusiva | Venezuela 8.00€

GIN

Elephant | Germany 6.00€

Adamus | Portugal 8.00€

WHISKY

Gentleman Jack | USA 6.00€

Nikka from the Barrel | Japan 8.00€

coffee

We only use 100%
sustainably farmed coffee.

Filtered Coffee	2.50€
Espresso / Double	1.20€ / 2.00€
Macchiato	1.50€ / 2.30€
Americano	2.00€
Cappuccino	3.50€
Cortado	2.30€
Flat White	3.00€
Cold Brew	3.00€
Latte	3.00€
Large Latte	4.00€
Hot Chocolate / Mocha	3.00€

Alternative Milk: Almond, Oat	+0.30
Iced Drinks	+0.30

tea

Rooibos do Paraíso	2.50€
Earl Grey Portugal	2.50€
Green Tea Sencha Fukujyu	2.50€

cold drinks

Fresh- Squeezed Oj	3.00€
Juice Of The Day	3.50€
Ginger Shot	2.00€
Mint Lemonade	3.50€
Ginger Ale	2.50€
Fever Tree Soda	2.50€
Lemon' Mate Fever Tree Biosoda	2.50€