

## lite bites

**Chia Seed Pudding**  **4.00€**

Almond milk, Seasonal fruit and granola.

**Carrot Cake Overnight Oats**   **5.00€**

Carrot slivers, raisins, chia seeds, coconut, almond milk.

**Veggies & Hummus**  **4.50€**

Homemade blackbean hummus, raw seasonal veggies and toasted bread.

**Protein Bowl**   **4.00€**

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

**Smoothie Bowl**  **6.00€**

Seasonal fruit, almond milk, coconut, granola.

**Burrito**  **8.00€**

Black beans, avocado, spinach, tomato, pico de gallo.

## toasts

**Smoked Salmon**  **9.00€**

Arugula, capers, red onion, dressing.

**Avocado**  **7.00€**

Black bean spread, tomato, spinach and lemon vinaigrette

**Egg** **7.50€**

Tomato, spinach, red onion, olive oil and hand-harvested salt from the Algarve region.

**Tomato**  **4.00€**

Ripe tomato, olive oil, garlic, hand-harvested salt from the Algarve region and pepper .

**Peanut Butter & Banana**  **5.50€**

Peanut butter, banana, honey, cinnamon.

### Add-ons:

Hard-boiled Egg: 2€      Avocado: 2€

Smoked Salmon: 4€      Bread: 4€



Gluten Free



Dairy Free



Contains Fish



Contains Meat



Vegan

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# 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€

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# 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.

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# diy cocktails

1\_\_\_CHOOSE A LIQUOUR

2\_\_\_CHOOSE A MIXER

3\_\_\_ENJOY!

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## VODKA

Titos | USA 6.00€

Beluga | Russia 8.00€

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## TEQUILA

Cenote Blanco | Mexico 6.00€

Avion Añejo | Mexico 8.00€

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## RUM

Plantation 3 Stars | Caribbean 6.00€

Diplomatico Reserva Exclusiva | Venezuela 8.00€

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## GIN

Elephant | Germany 6.00€

Adamus | Portugal 8.00€

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## WHISKY

Gentleman Jack | USA 6.00€

Nikka from the Barrel | Japan 8.00€

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# coffee

We only use 100%  
sustainably farmed coffee.

Filtered Coffee	2.50€
Espresso / Double / Tonic	1.20€ / 2.00€ / 4.50€
Macchiato	1.50€ / 2.30€
Americano	2.00€
Cappuccino	3.50€
Cortado	2.30€
Flat White	3.00€
Latte	3.00€
Large Latte	4.00€
Matcha / Chai Latte	4.00€
Hot Chocolate / Mocha	3.50€
Alternative Milk: Almond, Oat	+0.30
Iced Drinks	+0.30

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# tea

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

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# cold drinks

Fresh-Squeezed Orange Juice	3.00€
LemonMate Fever Tree Bio Soda	2.50€
Ginger Ale	2.50€
Fever Tree Soda	2.50€

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