



BRUNCH

OVOS

AMANHECER TROPICAL - 1, 3, 12 4,9
Ovos mexidos com bacon crocante, tomate em cubos, em base de hash brown, com fio de azeite e orégãos

RIQUEZA DE SABORES - 1, 3, 7, (V) 5
Ovos mexidos, cebola salteada, curgete, cenoura, espinafres, queijo cheddar, em base de hash brown



JARDIM MEDITERRÂNEO - 1, 3, 7, (V) 7,5
Base em massa de crepe, ovos mexidos, cogumelos salteados, pimentão salteado com ervas aromáticas

OVO BENEDICT - 3, 7, 12 6
Base em hash brown, bacon crocante, ovos escalfados e molho holandês e cebolinho

OVOS ROYAL - 3, 4, 7, 12 8,5
Base em hash brown, abacate laminada, salmão fumado, ovos escalfados, molho holandês e cebola crocante

TOSTAS

SABOR INTENSO - 1, 7, 8, (V) 7,3
Tosta aberta com queijo de cabra e nozes, em pão rústico com confitura de maçã, tomate cherry, mel e ervas aromáticas

SABOR DA TERRA - 1, 7, 8, (V) 6,5
Tosta aberta em pão rústico com base de pesto com tomate cherry, queijo fresco, rúcula, flor de sal e azeite de manjerição

SABOR UMAMI - 1, 6, 12 7
Tosta aberta em pão rústico com frango confitado laminado, maionese de wasabi, pepino laminado, cebola caramelizada e rúcula

CREPES SALGADOS

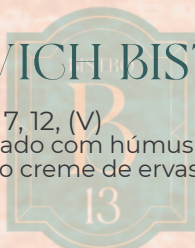
BENEDICT VERDE - 1, 3, 6, 7, 12 7
Ovos, bacon crocante, espinafres, molho holandês e cebolinho

CREPE DA TERRA - 1, 3, 6, 7, 12 12
Frango e cogumelos salteados, queijo de São Miguel, molho bechamel e cebolinho

VEGETARIANO - 1, 3, 7, (V) 9
Mistura de cogumelos, cenoura, curgete, espinafres salteados, com queijo ricota, molho de iogurte e cebolinho

SANDWICH BISTRO 13

PRIMAVERA - 1, 7, 12, (V) 6,5
Pão de forma torrado com húmus de grão-de-bico e beterraba, queijo creme de ervas, abacate e azeitonas



POKE BOWLS

TERIYAKI POWER - 1, 6, 12 11,5
Poke com frango, arroz, molho teriyaki, cenoura, pepino, ananás, edamame, sementes de sésamo

ZEN BOWL - 1, 6, (VC) 12
Noodles, tofu, molho ponzu, gengibre, cenoura, pepino, cogumelos, edamame, sementes de sésamo, rabanetes, milho, manga, cebola roxa

CRUNCHY WAVE - 1, 2, 6, 12 13,5
Poke de camarões crocantes, arroz, molho teriyaki, milho, edamame, cenoura, tomate cherry, sementes de sésamo

MAR EXÓTICO - 1, 3, 4, 6, 7 12
Poke de salmão marinado, arroz, ovo, sementes de papoila, queijo creme, tomate cherry, rabanete, cebola roxa e manga, com molho ponzo



WRAPS

NATUREZA VIVA - 1, (VG)

Wrap caseiro de espinafres, húmus de grão-de-bico com beterraba, abacate, pepino, rúcula, tomate, azeitonas, pimentos assados

7,5

BRISA DO MAR - 1, 4, 7

Wrap caseiro com salmão fumado, queijo creme de ervas, abacate, funcho, pimenta, gotas de lima, cebola roxa, alface

11,5

SABOR SELVAGEM - 1, 3, 10, 12

Wrap caseiro com frango em panko laminado, bacon e molho de mostarda e mel, pimenta, alface

9,5

MOMENTOS DOCES

ABÓBORA ENCANTADA - 1, 3, 7, 8

Crepe de abóbora confitada caseira com nozes quebradas

4,5

CORAÇÃO DE MAÇÃ - 1, 3, 7, 8

Crepe de maçã caramelizada com canela

4,5

CLÁSSICOS

PECADO DE CACAU - 1, 3, 7, 8

Crepe com creme de chocolate e avelãs, mirtilos com bolha de gelado de baunilha

6

EXPLOÇÃO DE FRUTOS - 1, 3, 7

Crepe de frutos vermelhos glaceados

6

EQUILÍBRIO PERFEITO - 1, 5, 7, 8

logurte grego com granola, mirtilos e mel

9

Extra: Bola de gelado – 1,5

INFORMAÇÃO SOBRE ALERGÉNIOS

(V) Vegetariano – **(VG)** Vegano – **(GF)** Sem glúten – **(LF)** Sem Lactose

Alguns pratos e bebidas podem conter um ou mais dos 14 alergénios designados pelo regulamento (UE) n.º 1169/2011 do Parlamento Europeu e do Conselho.

Os alergénios designados e os respetivos são:

(1) Cereais que contêm glúten, **(2)** Crustáceos, **(3)** Ovos, **(4)** Peixe, **(5)** Amendoins, **(6)** Soja, **(7)** Leite, **(8)** Frutos de casca rija, **(9)** Aipo, **(10)** Mostarda, **(11)** Sementes de sésamo, **(12)** Dióxido de enxofre e sulfitos, **(13)** Tremoços, **(14)** Moluscos.

Para mais informações sobre alergénios, consulte a nossa equipa



BRUNCH

EGGS

- TROPICAL DAWN** - 1, 3, 12 4,9
Scrambled eggs with crispy bacon, diced tomatoes, on a hash brown base, drizzled with olive oil and sprinkled with oregano.
- RICHNESS OF FLAVORS** - 1, 3, 7, (V) 5
Scrambled eggs, sautéed onions, zucchini, carrots, spinach, cheddar cheese, on a hash brown base.
- MEDITERRANEAN GARDEN** - 1, 3, 7, (V) 7,5
Crepe batter base, scrambled eggs, sautéed mushrooms, and bell peppers sautéed with herbs.
- OVO BENEDICT** - 3, 7, 12 6
Hash brown base, crispy bacon, poached eggs, hollandaise sauce, and chives.
- ROYAL EGGS** - 3, 4, 7, 12 8,5
Hash brown base, sliced avocado, smoked salmon, poached eggs, hollandaise sauce, and crispy onions.



TOAST

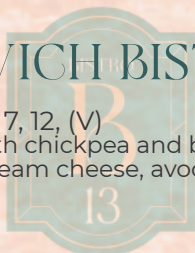
- INTENSE FLAVOR** - 1, 7, 8, (V) 7,3
Open-faced toast with goat cheese and walnuts, on rustic bread with apple confit, cherry tomatoes, honey, and aromatic herbs.
- TASTE OF THE EARTH** - 1, 7, 8, (V) 6,5
Open-faced toast on rustic bread with a pesto base, cherry tomatoes, fresh cheese, arugula, fleur de sel, and basil oil.
- UMAMI FLAVOR** - 1, 6, 12 7
Open-faced toast on rustic bread with sliced confit chicken, wasabi mayonnaise, sliced cucumber, caramelized onion, and arugula.

SAVORY CREPES

- BENEDICT VERDE** - 1, 3, 6, 7, 12 7
Eggs, crispy bacon, spinach, hollandaise sauce, and chives.
- GROUND CRACKS** - 1, 3, 6, 7, 12 12
Sautéed chicken and mushrooms, São Miguel cheese, béchamel sauce and chives.
- VEGETARIAN** - 1, 3, 7, (V) 9
A mixture of sautéed mushrooms, carrots, zucchini, and spinach, with ricotta cheese, yogurt sauce, and chives.

SANDWICH BISTRO 13

- PRIMAVERA** - 1, 7, 12, (V) 6,5
Toasted bread with chickpea and beetroot hummus, herb cream cheese, avocado and olives.



POKE BOWLS

- TERIYAKI POWER** - 1, 6, 12 11,5
Poke bowl with chicken, rice, teriyaki sauce, carrots, cucumber, pineapple, edamame, and sesame seeds.
- ZEN BOWL** - 1, 6, (VG) 12
Noodles, tofu, ponzu sauce, ginger, carrots, cucumber, mushrooms, edamame, sesame seeds, radishes, corn, mango, red onion
- CRUNCHY WAVE** - 1, 2, 6, 12 13,5
Poke bowl with crispy shrimp, rice, teriyaki sauce, corn, edamame, carrots, cherry tomatoes, and sesame seeds.
- EXOTIC SEA** - 1, 3, 4, 6, 7 12
Poke bowl with marinated salmon, rice, egg, poppy seeds, cream cheese, cherry tomatoes, radish, red onion, and mango, with ponzu sauce.





WRAPS

LIVING NATURE - 1, (VG)
Homemade spinach wrap with chickpea hummus, beetroot, avocado, cucumber, arugula, tomato, olives, and roasted peppers.

7,5

SEA BREEZE - 1, 4, 7
Homemade wrap with smoked salmon, herb cream cheese, avocado, fennel, pepper, lemon juice, red onion, and lettuce.

11,5

WILD FLAVOR - 1, 3, 10, 12
Homemade wrap with sliced panko-crusted chicken, bacon, honey mustard sauce, chili pepper, and lettuce.

9,5

SWEET MOMENTS

ENCHANTED PUMPKIN - 1, 3, 7, 8
Homemade candied pumpkin crepe with crushed walnuts

4,5

APPLE HEART - 1, 3, 7, 8
Caramelized apple crepe with cinnamon

4,5

CLASSICS

COCOA SIN - 1, 3, 7, 8
Crepe with chocolate and hazelnut cream, blueberries with a scoop of vanilla ice cream.

6

FRUIT EXPLOSION - 1, 3, 7
Glazed red berry crepe

6

PERFECT BALANCE - 1, 5, 7, 8
Greek yogurt with granola, blueberries and honey.

9

Extra: Scoop of ice cream – 1.5

ALLERGEN INFORMATION

(V) Vegetarian – **(VG)** Vegan – **(GF)** Gluten-free – **(LF)** Lactose-free

Some dishes and drinks may contain one or more of the 14 allergens listed in Regulation (EU) N.º 1169/2011 of the European Parliament and of the Council.

The designated allergens and their respective names are:

(1) Cereals containing gluten, **(2)** Crustaceans, **(3)** Eggs, **(4)** Fish, **(5)** Peanuts, **(6)** Soybeans, **(7)** Milk, **(8)** Nuts, **(9)** Celery, **(10)** Mustard, **(11)** Sesame seeds, **(12)** Sulphur dioxide and sulfites, **(13)** Lupins, **(14)** Molluscs.

For more information about allergens, please consult our team.



BEBIDAS

MOCKTAILS

VIRGIN COLADA Xarope de coco, natas e sumo de ananás	5,5
LOVER'S DREAM Grenadine, sumo de laranja e sumo de maracujá	5,5

COCKTAILS

PIÑA COLADA Rum, xarope de coco, natas e sumo de ananás	6,5
APEROL SPRITZ Aperol, espumante, água com gás e laranja	7
CANNINGS, MADEIRA GIN Gin Cannings, lima, gengibre e água tônica	11

REFRIGERANTES, ÁGUAS

BRISA MAÇÃ MARACUJÁ	2,5
ICE TEA LIMÃO PÊSSEGO	2,5
COCA COLA COLA ZERO	2,5
FANTA LARANJA	2,5
BLISS TÓNICA	2,5
COMPAL PÊSSEGO, MANGA/LARANJA	2,2
ÁGUA SEM GÁS PEQUENA	1,8
ÁGUA SEM GÁS GRANDE	2,8
ÁGUA COM GÁS PEQUENA	2
ÁGUA COM GÁS GRANDE	3

SANGRIAS

SANGRIA VINHO TINTO	9,5 17,5
SANGRIA VINHO BRANCO	9,5 17,5

VINHO A COPO

VINHO BRANCO	4
VINHO TINTO	4
VINHO ROSÉ	4
ESPUMANTE	4

CERVEJA

HEINEKEN	3
CORAL	2,8
S/ÁLCOOL	3
SIDRA	3

SUMO NATURAL

SUMO DE LARANJA NATURAL	4
SUMO DE LARANJA, MELÃO E HORTELÃ	4,5
SUMO DE MELANCIA E MORANGO	5
SUMO DE ANANÁS, GENGIBRE E HORTELÃ	4,5
SUMO FRESCO DO DIA	4

CAFETARIA

CHÁS & INFUSÕES	2
ESPRESSO GAROTO	1
FRAPPUCCINO	3,8
CHINO	2
CHINESA	2
GALÃO	2,3
CAPPUCCINO	2,5
CHOCOLATE QUENTE	2,5



DRINKS

MOCKTAILS

VIRGIN COLADA Coconut syrup, cream and pineapple juice	5,5
LOVER'S DREAM Grenadine, orange juice, and passion fruit juice.	5,5

COCKTAILS

PIÑA COLADA Rum, coconut syrup, cream and pineapple juice	6,5
APEROL SPRITZ Aperol, sparkling wine, soda water and orange.	7
CANNINGS, MADEIRA GIN Gin Cannings, lemon, ginger and tonic water	11

SOFT DRINKS, WATER

BRISA APPLE PASSION FRUIT	2,5
ICE TEA LEMON PEACH	2,5
COCA-COLA COKE ZERO	2,5
FANTA ORANGE	2,5
BLISS TONIC	2,5
COMPAL PEACH, MANGO/ORANGE	2,2
STILL WATER (SMALL)	1,8
STILL WATER (LARGE)	2,8
SPARKLING WATER (SMALL)	2
SPARKLING WATER (LARGE)	3

SANGRIAS

SANGRIA RED WINE	9,5 17,5
SANGRIA WHITE WINE	9,5 17,5

WINE BY THE GLASS

WHITE WINE	4
RED WINE	4
ROSÉ WINE	4
SPARKLING WINE	4

BEER

HEINEKEN	3
CORAL	2,8
NON-ALCOHOLIC	3
CIDER	3

NATURAL JUICE

NATURAL ORANGE JUICE	4
ORANGE, MELON AND MINT JUICE	4,5
WATERMELON AND STRAWBERRY JUICE	5
PINEAPPLE, GINGER AND MINT JUICE	4,5
FRESH JUICE OF THE DAY	4

COFFEE

TEAS & INFUSIONS	2
ESPRESSO	1
FRAPPUCCINO	3,8
LATTE	2
AMERICANO	2
LATTE (PORTUGUESE STYLE - GALÃO)	2,3
CAPPUCCINO	2,5
HOT CHOCOLATE	2,5