

The Breakfast

Algarvio - 7€

Croissant folhado com queijo e fiambre, bolo do dia e latte
Croissant with ham and cheese, cake of the day and latte

English - 9€

Pão torrado, ovo, feijão doce, salsicha, tomate, bacon e cogumelos
Toasted bread, egg, sweet beans, sausage, tomato, bacon and mushrooms

Torrada, Bacon e Ovo - 7,5€

Torrada feita com pão caseiro, bacon e ovo (à escolha)
Toast made with homemade bread, bacon and egg (choice your egg)

Life is Croissant

Simples - 2€

Plain Croissant

Misto - 3,2€

Croissant com fiambre e queijo
Croissant with ham and cheese

UK - 7,9€

Croissant com ovo estrelado, queijo cheddar e bacon
Croissant with fried egg, cheddar cheese and bacon

Fresch - 7,9€

Croissant com ovo mexido, abacate e salmão fumado
Croissant com ovo mexido, abacate e salmão fumado

Eggs an excellent choice

Ovos Benedict- 9,7€

Pão torrado com bacon, ovos escalfados e molho holandês
Toasted bread with bacon, poached eggs and hollandaise sauce

Egg Break - 10,5€

Pão torrado com abacate, salmão fumado, ovo escalfado e molho holandês
Toasted bread with avocado, smoked salmon, poached egg and hollandaise sauce

Milkshake

Energy - 6€

Batido de açai, banana e morango
Açai, banana and strawberry shake

Classic - 4,5€

Batido de leite com frutos silvestres ou banana ou morango
Milk shake with berries or banana or strawberry

Sweet - 4€

Batido de leite com baunilha ou chocolate
Milk shake with vanilla or chocolate

To Sweeten

Tarte Maça - 6,5€

Homemade apple pie with vanilla ice cream

Brownie crocante e Gelado de Nata - 5,5€

Homemade brownie with crunchy and ice cream

Pastel de Nata - 2€



It's All About

Green Break - 14€

Pão de sementes com queijo fresco, abacate, tomate cherry, azeite e oregãos + iogurte com frutas frescas e granola
Seed bread with fresh cheese, avocado, cherry tomatoes, olive oil and oregano + yogurt with fresh fruit and granola

Algarvian - 18€

Pão da casa, ovos mexidos, croissant, queijo, fiambre compota, nutella, mini panquecas, bolo do dia + iogurte com frutas frescas + sumo natural de laranja
House bread, scrambled eggs, croissant, cheese, ham jam, nutella, mini pancakes, cake of the day + yogurt with fresh fruit + natural orange juice

Morning 2pax - 30€

Ovos mexidos, croissant, bacon crocante, salmao fumado, abacate fresco, panquecas, pao, geleia, manteiga, mel, frutas do dia, iogurte com granola. Café com leite ou chá
Scrambled eggs, croissant, crispy bacon, smoked salmon, fresh avocado, pancakes, bread, jam, butter, honey, fruit of the day, yogurt with granola. Coffee with milk or tea

Good choices and Tasty

Á da Nana - 8,9€

Torrada em pão caseiro com queijo brie, presunto, mel, nozes e tomate cherry
Toast on homemade bread with brie cheese, ham, honey, walnuts and cherry tomatoes

Avocado Toast - 8,9€

Torrada em pão caseiro com abacate, ovos mexidos, tomate cherry temperado com azeite e oregãos
Toast on homemade bread with avocado, scrambled eggs, cherry tomatoes seasoned with olive oil and oregano

Panqueca Salty - 9€

Bacon, ovo estrelado, cebola crocante e maple syrup
Bacon, fried egg, crispy onion and maple syrup

Crocantes

Granola, Kinder Bueno, Oreo, Leite Ninho, Paçoca, Chocolate Branco
Granola, Kinder Bueno, Oreo, Sweet Milk, Peanuts, White Chocolat

Topping

Leite condensado, Kinder, Nutella, Frutos Vermelhos, Morango, Caramelo, Chocolate, Mel
Condensed milk, Kinder, Nutella, Red Berries, Strawberry, Caramel, Chocolate, Honey

Fruits

Banana, Morango, Manga, Ananás, Maça, Kiwi
Banana, Strawberry, Mango, Pineapple, Apple, Kiwi

Dá uma olhada na nossa montra

Take a look at our showcase

Pancakes

Simples - 4€

Panquecas com açúcar em pó
Pancakes with powdered sugar

Clássica - 5,2€

Panqueca com açúcar em pó, canela e chantilly
Pancake with icing sugar, cinnamon and whipped cream

Nutella - 6,5€

Panqueca com nutella e morango ou banana
Pancake with nutella and strawberries or bananas

Gelado - 7€

Panqueca com nutella e gelado
Pancake with nutella and ice cream

Doce Pecado - 8,7€

Panqueca com nutella, raspas de chocolate branco e gelado de baunilha
Pancake with nutella, white chocolate shavings and vanilla ice cream

Kinder - 9,5€

Panqueca com chocolate Kinder, morangos, gelado de baunilha e chantilly
Pancake with Kinder chocolate, strawberries, vanilla ice cream and whipped cream

Tropical - 8,9€

Panqueca com mix de frutas, granola e compota de frutos vermelhos
Pancake with mixed fruit, granola and red fruit jam

Summer - 8,3€

Panqueca com manteiga de amendoim, mel, banana e canela
Pancake with peanut butter, honey, banana and cinnamon

Keep Going

Fruit Bowl - 5,9€

Fruta da época
Seasonal fruit

Yogurt Bowl - 8,9€

Iogurte natural + 3 ingredientes
Natural yogurt + 3 ingredients

Açai Bowl - 9,9€

Açai + 3 ingredientes
Açai + 3 ingredients

Extras

Nutella, Topping e Frutas/ Nutella, Topping and Fruit - 1,5€

Iogurte / Yogurt - 2€

Iogurte vegan / Vegan yogurt - 1,5€

Crocante /Crunchy - 1,30€

Bola de gelado / Ice Cream - 2,5€

Chantilly / Whipped cream - 0,8€

Tapioca - 2€

Molho holandês, Mapple syrup, Queijo, Compota/ Hollandaise sauce, Maple syrup, Cheese, Jam - 1,5€

Abacate, Bacon, Salmão, Salsicha, Cogumelos, Ovo / Avocado, Bacon, Salmon, Sausage, Mushrooms, Egg - 3€

Manteiga / Butter - 0,5€

Salada / Salad - 1€

Batata Frita Doce / Sweet Potato Fries - 2€

Descafeinado / Decaffeinated - 0,1€

Leite vegetal / Vegetable milk - 1€



Choose your bread

Pão de Forma / Loaf Bread

Baguette

Pao Caseiro / Homemade Bread

Pao Sementes / Seed Bread - 0,3€

Tapioca - 2€

Sandwich

Bacon, Ovo e Queijo - 6,5€

Bacon, egg and cheese sandwich

Bacon com Queijo - 5,9€

Bacon with cheese

Frango ou Atum - 5,9€

Chicken and tuna sandwich served with tomato, cheese and oregano

Queijo ou Fiambre - 3€

Cheese or ham sandwich

Mista - 3,3€

Ham and cheese sandwich

Bifana - 5,3€

Pork steak sandwich

Bifana Especial - 7,5€

Bifada com ovo, queijo e bacon

Pork steak with egg, cheese and bacon sandwich

Snacks

Batata Frita Caseira - 3,5€

French Fries

Batata Frita Doce - 4,9€

Sweet Potatoes Fries

Bolinhas de Alheira - 8€

Alheira balls with sweet chilli sauce

Asinhas de Frango - 7,7€

Chicken wings seasoned with barbecue sauce

Calamares com Molho Especial - 6,9€

Calamari with special sauce

Ovos Rotos - 7€

Ovo estrelado, batata frita e presunto

Broken eggs, french fries and smoked ham

Cold Cuts

Tábua 2 pax - 28€

Varietade de tapas, pão, patê, queijos, azeitonas

Variety of tapas, bread, pate, cheeses, olives

Tábua Salgada - 18€

Presunto, variedade de queijos, tostas, pão, salgado do dia, geleia, patê, bacon

Smoked ham, a variety of cheeses, toasts, bread, savory snack of the day, jam, homemade pate, bacon

Salads

Chicken Bowl - 9,5€

Salada de frango panado, ovo cozido, mix verdes, pepino, rabanete, tomate cherry, croutons, parmesão, molho iogurte

Breaded chicken salad, boiled egg, mixed greens, cucumber, radish, cherry tomatoes, croutons, parmesan cheese, yogurt sauce

Salada Fria com Massa - 9,9€

Salada com massa tricolor, atum, milho, tomate cherry, palmito, ovo cozido, azeitonas, maionese

Three colored pasta salad, tuna, corn, cherry tomatoes, palm heart, boiled egg, olives, mayo

Salada Camarão - 10,5€

Mix de verdes, camarão, abacate, pepino, rabanete, tomate cherry, cebola crocante, creme de queijo e endro, molho vinagrete

Green mix, shrimp, avocado, cucumber, radish, cherry tomato, crispy onion, cream cheese and dill sauce

Salada Vegan - 10,7€

Mix de verdes, cogumelos, cebola, hummus, quinoa, rabanete, pepino, raspas de lima e malho vinagrete

Green mix, fresh mushrooms, onion, hummus, quinoa, radish, cucumber, chopped lime peep and vinaigrette sauce

Hamburgers

Todos os hamburgueres vêm acompanhados de batata frita caseira / All burgers are served with fresh french fries

Simples - 7,9€

200g carne vaca, queijo cheddar, tomate, alface e maionese de alho

200g beef burger, cheddar cheese, tomato, lettuce and garlic sauce

Breaker - 10,9€

200g carne vaca, queijo cheddar, bacon, ovo, cebola crocante, alface, tomate e maionese alho

200g beef burger, cheddar cheese, bacon, egg, crispy onion, lettuce, tomato and garlic sauce

Á da Mana - 9,5€

Hamburguer de frango com ervas frescas e especiarias, servido em bolo do caco, com ovo estrelado e salada colestaw

Chicken burger with fresh herbs and spices, served on "Bolo do Caco", with fried egg and colestaw salad

Vegetariano - 10,5€

Hamburguer de vegetais, servido com alface, tomate, cebola crocante e maionese especial

Vegetable burger served with lettuce, tomato, crispy onion and special sauce

Vegan - 12,5€

100% vegan, servido com cogumelos, salada verde, hummus de beterraba, cebola frita e tomate

100% vegan, served with mushrooms, green salad, beetroot hummus and fried onions

Water and Soft Drinks

Água sem gás 0,5L - 2€ 1,5L - 3,5€

Still water

Água com gás 0,25L - 2€

Sparkling water

Água com gás sabor limão 0,25L - 2,5€

Lemon Sparkling water

Ginger Ale - 2,5€

Refrigerantes - 2€

Coca-Cola, Coca-Cola Zero, Guaraná, Fanta, Compal e Nestea

Fresh Juices

Sumo de Laranja Natural - 3,5€

Fresh Orange Juice

Escolhe 2 frutas - 4,5€

Choose 2 fruits: Apple, Carrot, Pineapple, Strawberry, Melao, Watermelon, Mint, Ginger, Beetroot, Orange

Coffee

Espresso - 1€

Café com Leite - 1,7€

Coffee with milk

Americano - 1,5€

Large coffee

Duplo- 2,5€

Double

Latte Macchiato - 3€

Capuccino - 3€

Chá - 2€

Tea

Chocolate Quente - 3,5€

Hot Chocolate

Caramel Macchiato - 4€

Ice Coffee - 4,5€

Leite Ucal - 2,5€

Beer and Wine

Imperial / Imperial Shandy - 2,5€

Small Beer

Caneca / Shandy - 3,5€

Large beer

Mango and Lime Somersby - 3,5€

Corona / Heineken - 4€

Cerveja sem Álcool - 2€

Alcohol-free beer

Copo de Vinho Branco ou Tinto - 3,5€

Glass of white or red wine

Jarro Sangria Branca ou Tinta 1L - 15€ 2L - 20€

Sangria Jug White or Red

Jarro Sangria de Frutos Vermelhos 1L - 16€ 2L - 22€

Jug of Sangria Red Fruits

Mimosa - 4,5€

Jarro de Mimosa - 10,5€

Mimosa Jug

Baby Guinness - 3,5€