







STARTERS



Couvert Local: Baby Carrots, Celery, Hummus, Olive Oil & Rye Bread	€3,40	 
Soup of the day	€3,40	  
Tomato & Burrata	€9,20	 
Greek Salad	€8,60	 
Guacamole with Tortilla Chips	€5,60	 
Hummus with Baby Carrots & Celery	€5,20	  
Tuna Tartar	€8,50	
Salmon Tartar	€9,60	

MEAT



Turmeric Chicken, Lemon Couscous with Cranberries & Pistachios & Yoghurt Dressing	€11,80	
Teriyaki Chicken with Egg Noodles & Asian-Style Vegetables	€12,40	
Chicken Red Thai Curry with Wholewheat Rice & Spinach (Spicy)	€11,60	 
Chicken Paprika with Chickpeas & Avocado Mayo	€10,90	 

VEGAN/VEGETARIAN



Black Bean Burgers, Guacamole, Corn, Tomato & Red Onion	€10,20	 
Tagine: Chickpeas, Aubergine, Apricot & Cashew with Millet	€10,20	  
Soft-Boiled Eggs, Wholewheat Spaghetti, Asparagus, Mushrooms & Pesto	€11,20	
Spinach Lasagna with Butternut Squash & Ricotta	€11,40	
Quinoa, Aubergine, Courgette, Almonds, Chickpeas & Pomegranate with Hummus OR Feta	€10,60	  
Tofu Red Thai Curry, Wholewheat Rice & Spinach (Spicy)	€10,80	  
Lentils, Hummus, Harissa Roasted Veggies	€11,80	  
Tofu Paprika with Chickpeas & Avocado Mayo	€10,90	  

FISH



Braised Tuna, Millet, Orange & Purple Sweet Potato & Chimichurri Dressing	€11,90	 
Tuna Steak with Wholewheat Rice, Broccoli, Edamame & Avocado	€13,90	 
Stir-Fry Prawn with Egg Noodles & Asian Veggies	€12,40	
Wholewheat Spaghetti with Prawns, Cherry Tomato & Parmesan	€11,80	
Prawn Red Thai Curry, Wholewheat Rice & Spinach (Spicy)	€11,70	 
Octopus with Quinoa, Sweet Potato, Roasted Fennel	€12,40	 
Salmon with Hazelnut Crust, Quinoa Trio, Orange & Watercress	€12,80	 
Corvina, Pesto & Rye Crust, Smashed Sweet Potato & Broccoli	€16,20	
Black Rice, Cauliflower, Shrimp, Coconut & Lime Infusion	€12,60	 
Panko-crusted Salmon, Black Rice, Red Cabbage, Carrot & Mango Salad	€11,90	
Cod, Chickpeas, Soft-Boiled Egg & Lots of Parsley	€12,10	 

DRINKS



INFUSION/TEA/LATTE

Verbena, Lime Tree, Peppermint, Lemongrass (Cantinho das Aromáticas)	1,70 €
Tea Pukka (Different flavours)	2,00 €
Chai Latte	2,90 €
Pink Latte	2,90 €
Matcha Latte	3,60 €
Golden Latte	3,20 €

COFFEE

Espresso	0,80 €
Decaffeinated	0,80 €
Latte	1,60 €
Double	1,60 €
Flat White	1,80 €
Capuccino	2,90 €
Plant Milk On Order: Almond, Soya, Oat & Coconut	

SMOOTHIES

Mango, Orange & Avocado	4,00 €
Strawberry, Banana & Oats	4,00 €
Peanut Butter	4,00 €
Açaí, Almond & Blueberries	4,00 €

JUICES

Juice of the day	3,30 €
Fresh Orange Juice	2,80 €
Strawberry Lemonade	3,60 €

WATER

Still 50 cl	1,40 €
Sparkling 50 cl	1,60 €
Coconut Water 50 cl (Organic)	6,50 €

BEERS

Draught Sagres	1,90 €
Túlipa 0,30l	2,80 €
Caneca 0,40l	3,40 €
Non-Alcoholic Beer Bottle	1,90 €
Heineken Bottle	2,90 €
Artisan Beer Hoegaarden	2,80 €
Cidra Bândida do Pomar	3,40 €

COCKTAILS

Juniper Green Organic Gin: Cucumber & Mint/ Bloodorange, Orange & Pomegranate/ Red Berries	 9,00 €
UK5 Organic Vodka: Caipiroska / Cosmo / Smile	9,00 €
Papagayo Organic Golden Rum: Margarita / Mojito / Happy	9,00 €
Caipirinha	9,00 €
Ginja de Óbidos	3,60 €
Vinho do Porto	3,60 €