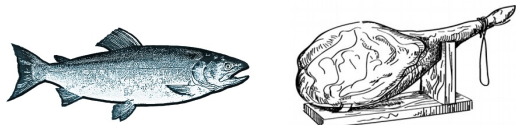


Bowls

- AÇAI** € 8,00
FRUIT + GRANOLA + SEEDS + GRATED COCONUT
- GREEK** € 6,00
FRUIT + GRANOLA + SEEDS



Sandwiches

- SMOKED HAM** € 8,00
ARUGULA + GOAT CHEESE + SUN-DRIED TOMATOES
- SMOKED SALMON** € 8,00
ARUGULA + PHILADELPHIA CHEESE + FRESH TOMATO
- MOZZARELLA** € 6,00
FRESH TOMATO + PESTO
- HAMBURGER** € 9,00
BACON + CHEESE + LETTUCE + FRESH TOMATO
- PO** € 5,00
SMOKED HAM + FRIED EGG
- MÍSTICA** € 4,50
CHEESE + HAM

SOUP



- DAY SPECIAL** € 3,00



Salads

- ANTA** € 10,00
GREEN SALAD + FUSILI + CHERRY TOMATO + OLIVES + BOILED EGG
OPTIONAL: CHICKEN / SMOKED HAM
- CABEDELLO** € 10,00
GREEN SALAD + RED ONION + COUSCOUS + CHERRY TOMATO + GOAT CHEESE + BOILED EGG
OPTIONAL: TUNA / SHRIMP / SMOKED SALMON
- BEEF** € 9,00
GREEN SALAD + BEETROOT + LENTILS + CHERRY TOMATO + GOAT CHEESE + SEEDS
- CAPRESE DA QUINTA** € 8,00
MOZZARELLA + FRESH TOMATO + PESTO

DRINKS



- FRESH JUICES** € 4,00
FRUIT (S) OF THE DAY
- OTHER JUICES** € 1,50
- WATER** € 1,00
- DRAFT BEER** € 1,50 / € 2,00 / € 3,00
20cl / 30cl / 40cl
- BOTTLED BEER** € 1,50 / € 2,50
20cl / 33cl
- GLASS OF WINE** € 3,50

SWEET THINGS

- DAY SPECIAL** € 3,00
SPOON CANDY / CAKE OR CHEESECAKE
- ICE-CREAM** € 3,00 / € 5,00
SCOOP 1/2
- FRUIT** € 3,00
BOWL / DISH



How to burn this menu's calories...

Surf 480 kcal

Padel 480 kcal

Running 900 kcal

Yoga 187 kcal

Cycling 720 kcal

Walking 330 kcal

Per hour for a 70kg person

All the prices listed include IVA (VAT) at the applicable rate in force.

"No dish, food or drink, including the starters, can be charged if not requested by the customer or by him damaged." art 135º Nº 3 DL 10/2015, 16th January