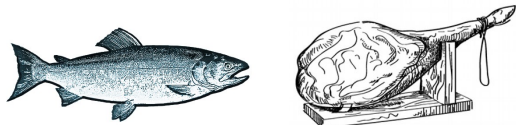


Bowls

- AÇAI** € 9,50
FRUIT + GRANOLA + SEEDS + GRATED COCONUT
- GREEK** € 7,00
FRUIT + GRANOLA + SEEDS



Sandwiches

- SMOKED HAM** € 9,50
ARUGULA + GOAT CHEESE + SUN-DRIED TOMATOES
- SMOKED SALMON** € 9,50
ARUGULA + PHILADELPHIA CHEESE + FRESH TOMATO
- MOZZARELLA** € 7,00
FRESH TOMATO + PESTO
- HAMBURGER** € 10,50
BACON + CHEESE + LETTUCE + FRESH TOMATO
- PO** € 6,00
SMOKED HAM + FRIED EGG
- MÍSTICA** € 5,00
CHEESE + HAM

SOUP



- DAY SPECIAL** € 3,50



Salads

- ANTA** € 11,50
GREEN SALAD + FUSILI + CHERRY TOMATO + OLIVES + BOILED EGG
OPTIONAL: CHICKEN / SMOKED HAM
- CABEDELLO** € 11,50
GREEN SALAD + RED ONION + COUSCOUS + CHERRY TOMATO + GOAT CHEESE + BOILED EGG
OPTIONAL: TUNA / SHRIMP / SMOKED SALMON
- BEEF** € 10,50
GREEN SALAD + BEETROOT + LENTILS + CHERRY TOMATO + GOAT CHEESE + SEEDS
- CAPRESE DA QUINTA** € 9,50
MOZZARELLA + FRESH TOMATO + PESTO

DRINKS



- FRESH JUICES** € 5,00
FRUIT (S) OF THE DAY
- OTHER JUICES** € 2,00
- WATER** € 1,30
- DRAFT BEER** € 2,00 / € 2,50 / € 3,50
20cl / 30cl / 40cl
- GLASS OF WINE** € 4,00

SWEET THINGS

- DAY SPECIAL** € 3,50
SPOON CANDY / CAKE OR CHEESECAKE
- ICE-CREAM** € 4,00 / € 6,00
SCOOP 1/2
- FRUIT** € 3,50
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

“Everybody’s got to believe in something, I believe I’ll have another beer!”

W.C., Fields

hot drinks

COFFEE	€1,20
MAZAGRAN	€3,00
TEA	€2,50

alcohol free

WATER 20 CL / 50 CL / 1 LT	€1,30 / €1,80 / €2,40
SPARKLING WATER 20 CL	€2,00
NATURAL JUICES	€5,00
NECTARS	€2,50
ICE TEA	€2,00
COKE 33 CL (NORMAL / ZERO)	€2,00
GINGER ALE 33 CL	€2,50
TÓNIC WATER 33 CL	€2,50

beer

FINO 20 CL	€2,00
PRÍNCIPE 30 CL	€2,50
CANECA 40 CL	€3,50

liqueurs

BEIRÃO (SWEET LIQUEUR, FROM THE REGION)	€5,50
BAILEYS	€6,00
AMÊNDOA AMARGA (PORTUGUESE, MADE FROM ALMOND)	€3,50
MARTINI	€4,00

fortified wines

DRY WHITE	€5,00
TAWNY	€6,00
FAVAIOS (SWEET WINE FROM MOSCATEL)	€4,00

spirits

VODKA	€7,00
RUM	€8,00
TEQUILA	€7,00
CACHAÇA	€6,00

whiskey

NEW	€8,00
OLD	€12,00

brandy&cognac

BRANDY CROFT	€4,00
OLD BRANDY MADE FROM WINE	€6,00
COGNAC	€12,00

gin

FIRST OPTION	€8,00
PREMIUM	€14,00

cocktails&longdrinks

PORTO TONIC	€7,00
VODKA/RUM ORANGE/LEMON	€9,00
CUBA LIBRE	€9,00
CAIPIRINHA	€9,00
MOJITO	€9,00
SANGRIA GLASS / 1 LT / 2 LT	€5,00 / €14,00 / €23,00

shot’s

WHISKY / TEQUILA / VODKA / RUM	€3,50
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“If are going to drive do not drink, but if you are drinking, call us, we will drink together...”

Unknown

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