

MENU ALMOÇO

SOPA + 1/2 TOSTA + SUMO DO DIA 7,50€
1/2 tosta de peru/ vegetariana/nozes e mel/ frango

SOPA + 1/2 TOSTA + SUMO DO DIA 7,80€
1/2 tosta de atum/ presunto e pasta de chouriço/ salmão fumado

SOPA 2,00€

TOSTAS E WRAPS Acompanha com salada pequena

PERU 6,50€
Fiambre de peru, queijo, tomate, azeite e oregãos

VEGETARIANA 6,50€
Abacate, húmus, tomate, azeite e oregãos

NOZES E MEL 7,00€
Requeijão, nozes, mel, tomate, azeite e alecrim

FRANGO 7,60€
Frango laminado, queijo, tomate, azeitonas, ovo, molho de mostarda, azeite e oregãos

ATUM 7,70€
Atum, queijo, tomate, ovo, azeitonas, pesto de tomate, azeite e oregãos

PRESUNTO E PASTA DE CHOURIÇO 8,20€
Presunto, queijo, pasta de chouriço, rúcula, azeite e oregãos

SALMÃO FUMADO 9,00€
Salmão fumado, queijo creme, queijo, ovo, rúcula, sumo de lima, azeite e oregãos

WRAP DE FALAFEL 8,00€
Falafel, alface iceberg, tomate, abacaxi, cebola frita, cebola caramelizada, alcáparas, molho de iogurte, azeite e oregãos

PANQUECAS SALGADAS

ABACATE E HÚMUS 9,70€
Panqueca de beterraba, húmus, abacate, tomate, rúcula e sementes de sésamo

SALMÃO 10,00€
Panqueca de espinafres, queijo creme, queijo, salmão fumado, rúcula e ovo "estrelado"

PRESUNTO 10,00€
Panqueca, tomate, abacate, presunto, ovo "estrelado", servida com mel e granola salgada



SALADAS DE VERÃO

VEGETARIANA* 8,70€
Húmus, cuscus, abacate, tomate cherry, rúcula e alface sortida, com molho de miso e sementes de sésamo

VIRIDI 9,00€
Queijo Rabaçal, fusilli, maçã, nozes, tomate cherry, rúcula e alface sortida, com molho de pesto

FRANGO* 9,30€
Frango laminado, ovo, abacaxi, cogumelos, tomate cherry, rúcula e alface sortida, com molho de cocktail

PRESUNTO E QUEIJO RABAÇAL 9,50€
Presunto, queijo Rabaçal, melão, cogumelos, tomate cherry, rúcula e alface sortida, com redução balsâmica

ABACATE E NOZES 10,00€
Alface, espinafre, queijo parmesão, abacaxi, abacate, morango, cebola roxa e nozes, com vinagrete de lima

FALAFEL 10,50€
Falafel com molho de iogurte e hortelã, alface, pepino, cuscus, tomate cherry, abacaxi, abacate, cebola roxa, maçã, com vinagrete de lima

SALMÃO FUMADO* 12,30€
Salmão fumado, abacate, ovo, fusilli, tomate cherry, rúcula e alface sortida, com molho de iogurte e lima

*Substituição de molho por pesto ou redução balsâmica, acresce 0,50€

SHAKSHUKA 7,50€
Refogado de tomate e pimentos, com ovos escalfados e coentros, servido com pão torrado

GUACAMOLE 8,00€
Servido com nachos

BURRATA 7,50€
Burrata, tomate, caju e molho pesto, servido com pão torrado

TOSTAS ESPECIAIS Não incluído no menu

AMENDOIM E BANANA /NUTELLA-MORANGO 3,80€
Fatia de pão com manteiga de amendoim e banana
Fatia de pão com nutella e morangos

REQUEIJÃO E PESTO 5,50€
Fatia de pão com requeijão, tomate cherry e molho pesto

ABACATE E OVO 5,20€
Fatia de pão com abacate, ovo "estrelado" e sementes de sésamo

TOMATE E PARMESÃO 5,70€
Fatia de pão com pesto de tomate, queijo parmesão, rúcula e hortelã

ABACATE, MEL E PRESUNTO 6,00€
Fatia de pão com abacate, mel, levedura de cerveja e presunto

ABACATE, OVO E SALMÃO 6,30€
Fatia de pão com abacate, salmão, ovo "estrelado" e sementes de sésamo

SOBREMESA VIRIDI 2,90€
Granola, iogurte, nutella e morangos

AFFOGATO COM GRANOLA 3,20€
Café, gelado de baunilha e granola

AFFOGATO COM NUTELLA E AMENDOIM 4,00€
Café, gelado de baunilha, nutella e crumble de amendoim salgado

AFFOGATO COM BISCOFF 4,00€
Café, gelado de baunilha e creme de bolacha

BISCOFF COM GELADO 4,20€
Creme de bolacha com gelado de baunilha, granola e canela

BROWNIE COM GELADO 5,30€
Brownie com gelado de nata, servido com morangos e hortelã

PARA PICAR...

AZEITONAS E PÃO 2,00€

NACHOS 2,00€

HÚMUS E PÃO 3,00€

TÁBUA QUEIJO SERRAS DE PENELA 7,30€
Queijo, pão e azeitonas

TÁBUA QUEIJO RABAÇAL 9,00€
Queijo Rabaçal, pão e azeitonas

TÁBUA DE QUEIJOS E PRESUNTO 13,00€
Queijos do Rabaçal, presunto, pão e azeitonas

FRENCH TOAST

VIRIDI VERÃO 9,50€
Fatia de pão tipo rabanada, servida com bola de gelado de baunilha, banana, morango, manteiga de amendoim e canela

IOGURTE E FRUTOS VERMELHOS 8,50€
Fatia de pão tipo rabanada, servida com iogurte, compota de frutos vermelhos, morangos e mirtilos

PANQUECAS DOCES

SIMPLES 2,50€/ 4,50€*
Açúcar e canela ou mel

VIRIDI 5,50€/ 10,00€*
Fruta da época e mel

REQUEIJÃO, NOZES E MEL 6,30€/ 11,60€*
Requeijão, nozes e mel

AMENDOIM 6,30€/ 11,60€*
Manteiga de amendoim, banana e mel

IOGURTE 6,30€/ 11,60€*
Iogurte e compota de frutos vermelhos

NUTELLA 6,50€/ 12,00€*
Nutella, coco ralado e morangos
*Servido em dose dupla

EXTRA BOLA DE GELADO 2,00€

IOGURTES

VIRIDI 4,00€
Iogurte, granola, fruta da época e mel

AMENDOIM 4,20€
Iogurte, manteiga de amendoim, granola, fruta da época e mel

FRUTOS DO BOSQUE 4,70€
Iogurte, compota de frutos vermelhos, granola e morangos

NUTELLA 4,70€
Iogurte, nutella, granola e morangos

BOWLS

ABACAXI 3,50€
Abacaxi servido com raspas de lima ou canela

FRUTA 4,00€
Abacaxi, melão, morango, banana e sumo de laranja

GELADO 5,00€
Gelado de nata, fruta e granola

SMOOTHIE 5,50€
Iogurte com frutos vermelhos, granola, morango, banana, mirtilos e hortelã

AMENDOIM E NUTELLA 5,70€
Iogurte, manteiga de amendoim, nutella, granola, morangos e mirtilos

AÇAÍ 6,50€
Sorvete de açaí servido com granola, banana e mirtilos

SUMOS NATURAIS

SUMO NATURAL DO DIA 2,50€

LARANJA 3,20€

MELÃO 3,20€

MORANGO 3,20€

ABACAXI-HORTELÃ-GENGIBRE 3,20€

LARANJA-MORANGO 3,20€

BANANA-LARANJA 3,20€

BANANA-MORANGO 3,20€

CHÁ FRESCO DO DIA 1,50€

BATIDOS

BANANA-CANELA 3,50€

MORANGO 3,50€

BANANA-MORANGO 3,50€

CAFÉ, NUTELLA E NATAS 4,00€

CAFETARIA

CAFÉ/DESCAFEINADO 0,90€

CAFÉ COM NATAS 2,00€

BROWN SUGAR ICE COFFEE 2,00€

CAFÉ TURBINADO (óleo de coco e canela) 2,50€

1/2 LEITE 1,30€

CAPPUCCINO 1,50€

LATTE MACCHIATO 1,60€

ICE LATTE GENGIBRE 2,50€

ICE LATTE CARAMELO SALGADO 2,50€

LEITE COM CHOCOLATE 1,20€

BULE DE CHÁ 2,00€

TOSTA MISTA (PÃO RÚSTICO) 4,70€

TORRADA (PÃO RÚSTICO) 2,00€

AZEITE E OREGÃOS / MEL OU COMPOTA 2,50€

1/2 TORRADA (PÃO RÚSTICO) 1,30€

AZEITE E OREGÃOS / MEL OU COMPOTA 1,70€

BEBIDAS

ÁGUA (0,50L/ 1,50L) 1,20€/ 2,20€

ÁGUA CASTELO/ ÁGUA DAS PEDRAS 1,30€

TÓNICA 1,60€

COCA-COLA 1,60€

7UP 1,60€

HEINEKEN E HEINEKEN S/ALCOOL 0,25L 1,60€

CIDRA 2,50€

BEBIDAS COM ALCOOL

VINHO (copo/ garrafa)	
Lapa dos Reis Tinto / Branco	2,80€/10,00€
CAIPIRINHA LIMA/ MORANGO/ ABACAXI	6,50€
MOJITO	7,50€
GIN TÓNICO	7,50€
PINA COLADA	7,50€
MIMOSA	7,00€
APEROL SPRITZ	7,50€
TEQUILA SUNRISE	7,50€
JARRO DE SANGRIA ESPUMANTE	14,00€
VINHO DO PORTO	2,00€
WHISKY	4,00€

COCKTAILS S/ALCOOL

MELANCIA-LIMA	4,00€
LARANJA-ALECRIM-GENGIBRE	5,50€
MORANGO-HORTELÃ	5,50€
ABACAXI-LIMA-GENGIBRE	5,50€
MELÃO-LIMA-GENGIBRE	5,50€
GRANIZADO MORANGO-ABACAXI	5,50€

EXTRAS

Ovo/ queijo/ fusilli/ tomate/maçã/ banana	1,00€
Farinha sem gluten	1,00€
Rúcula/ nozes/ mel/ abacaxi/ melão/ iogurte/mirtilos	1,50€
Salada pequena	1,50€
Bola de falafel	1,50€
Atum/ pasta de chouriço/ cogumelos/ peru	2,00€
Molho pesto/ pesto de tomate	2,00€
Granola/ morangos/ bola de gelado	2,00€
Presunto/abacate/ queijo parmesão/ Queijo Rabaçal	2,50€
Compota/ amendoim/ nutella	2,50€
Salada grande	2,50€
Salmão/ frango	3,50€
PRATO PARA CRIANÇA	4,50€
Frango, fusilli, ovo e tomate	
EMBALAGENS	
Caixa takeaway avulso	1,00€
Copo	0,50€
Palhinha	0,10€

IVA À TAXA LEGAR EM VIGOR

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[A COZINHA ENCERRA 30 MIN ANTES DA HORA DO FECHO]

LUNCH MENU

SOUP + 1/2 TOAST + JUICE OF THE DAY 7,50€
1/2 toast smoked turkey/ vegetarian/ walnuts and honey/ chicken

SOUP + 1/2 TOAST + JUICE OF THE DAY 7,80€
1/2 toast tuna/ smoked ham and chorizo paste/ smoked salmon

SOUP 2,00€

TOASTS AND WRAPS With small salad

TURKEY 6,50€
Turkey ham, cheese, tomato, olive oil and oregano

VEGETARIAN 6,50€
Avocado, humus, tomato, olive oil and oregano

WALNUTS AND HONEY 7,00€
Cottage cheese, walnuts, honey, tomato, olive oil and rosemary

CHICKEN 7,60€
Sliced chicken, cheese, tomato, olives, egg, mustard sauce, olive oil and oregano

TUNA 7,70€
Tuna, cheese, tomato, egg, olives, tomato pesto, olive oil and oregano

SMOKED HAM AND CHORIZO PASTE 8,20€
Smoked ham, cheese, chorizo paste, arugula, olive oil and oregano

SMOKED SALMON 9,00€
Smoked salmon, cream cheese, cheese, egg, arugula, lime juice, olive oil and oregano

FALAFEL WRAP 8,00€
Falafel, iceberg lettuce, pineapple, tomato, fried onions, caramelized onions with yogurt sauce, olive oil and oregano

SALTY PANCAKES

AVOCADO AND HUMUS 9,70€
Pancake of beet, humus, avocado, tomato, arugula and sesame seeds

SMOKED SALMON 10,00€
Spinach pancake, cream cheese, cheese, smoked salmon, arugula, cherry tomato and "starry" egg

SMOKED HAM 10,00€
Pancake, smoked ham, tomato, avocado, arugula, cherry tomato and "starry" egg, served with honey and salty granola



SUMMER SALADS

VEGETARIAN* 8,70€
Humus, avocado, couscous with saffron, cherry tomato, arugula and lettuce with miso sauce and sesame seeds

VIRIDI 9,00€
Rabaçal cheese, apple, walnuts, fusili, cherry tomato, arugula, lettuce with pesto sauce

CHICKEN* 9,30€
Sliced chicken, egg, pineapple, mushrooms, cherry tomato, arugula and lettuce with cocktail sauce

SMOKED HAM AND RABAÇAL CHEESE 9,50€
Smoked ham, Rabaçal cheese, melon, mushrooms, cherry tomato, arugula and lettuce with balsamic reduction

AVOCADO AND WALNUTS 10,00€
Strawberry, avocado, pineapple, purple onion, spinach, lettuce, parmesan cheese, walnuts and lime vinaigrette

FALAFEL 10,50€
Falafel with yogurt sauce and mint, lettuce, cucumber, couscous, pineapple, cherry tomato, avocado, purple onion, apple with lime vinaigrette

SMOKED SALMON* 12,30€
Smoked salmon, avocado, egg, fusili, cherry tomato, arugula and lettuce with yogurt and lime sauce

* Substitution of pesto sauce or balsamic reduction, plus 0,50€

SHAKSHUKA 7,50€
Sautéed tomatoes and peppers with poached eggs and coriander, served with toasted bread

GUACAMOLE 8,00€
Served with nachos

BURRATA 7,50€
Burrata cheese, tomato, cashew, pesto sauce, served with toasted bread

ESPECIAL TOASTS Not included in the menu

PEANUT-BANANA/NUTELLA- STRWBERRIES 3,80€
Slice of bread with peanut butter and banana
Slice of bread with nutella and strawberries

COTTAGE CHEESE AND PESTO 5,50€
Slice of bread with cottage cheese, cherry tomato and pesto sauce

AVOCADO AND EGG 5,20€
Slice of bread with avocado, "starry" egg and sesame seeds

TOMATO AND PARMESAN CHEESE 5,70€
Slice of bread with tomato pesto, parmesan cheese, arugula and mint

AVOCADO, HONEY AND SMOKED HAM 6,00€
Slice of bread with avocado, smoked ham, honey and brewer's yeast

AVOCADO, EGG AND SMOKED SALMON 6,30€
Slice of bread with avocado, smoked salmon, "starry" egg and sesame seeds

VIRIDI DESSERT 2,90€
Granola, yogurt, nutella and strawberries

AFFOGATO WITH GRANOLA 3,20€
Coffee, vanilla ice cream and homemade granola

AFFOGATO WITH NUTELLA AND PEANUT 4,00€
Coffee, vanilla ice cream, nutella and salty peanut crumble

AFFOGATO WITH BISCOFF 4,00€
Coffee, vanilla ice cream and biscuit cream

BISCOFF WITH ICE CREAM 4,20€
Biscuit cream with vanilla ice cream, granola and cinnamon

BROWNIE WITH ICE CREAM 5,30€
Brownie with ice cream, served with strawberry and mint

TO SNACK...

OLIVES AND BREAD 2,00€

NACHOS 2,00€

HUMUS AND BREAD 3,00€

"SERRAS DE PENELA" CHEESE BOARD 7,30€
Cheese, bread and olives

RABAÇAL CHEESE BOARD 9,00€
Rabaçal cheese, bread and olives

CHEESE AND SMOKED HAM BOARD 13,00€
Variety Rabaçal cheese, smoked ham, bread and olives

FRENCH TOAST

SUMMER VIRIDI	9,50€
French toast served with ice cream, banana, strawberries, peanut butter and cinnamon	
YOGURT AND WILD FRUIT	8,50€
French toast served with yogurt, red fruit jam and strawberries and blueberries	

SWEET PANCAKES

SIMPLE	2,50€/4,50€*
Sugar and cinnamon or honey	
VIRIDI	5,50€/10,00€*
Seasonal fruit and honey	
WALNUTS AND HONEY	6,30€/11,60€*
Cottage cheese, walnuts and honey	
PEANUT	6,30€/11,60€*
Peanut butter, banana and honey	
YOGURT	6,30€/11,60€*
Yogurt and red fruit jam	
NUTELLA	6,50€/12,00€*
Nutella, coconut and strawberries	

* Double dose

EXTRA ICE CREAM BALL	2,00€
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YOGURT

VIRIDI	4,00€
Yogurt, granola, seasonal fruit and honey	
PEANUT	4,20€
Yogurt, peanut butter, granola, seasonal fruit and honey	
WILD FRUIT	4,70€
Yogurt, red fruit jam, granola and strawberries	
NUTELLA	4,70€
Yogurt, nutella, granola and strawberries	

BOWLS

PINEAPPLE	3,50€
Served with lime zest or cinnamon	
FRUIT	4,00€
Pineapple, strawberry, melon, banana, and blueberries with orange juice	
ICE CREAM	5,00€
Ice cream, fruit and granola	
SMOOTHIE	5,50€
Yogurt with red fruits, granola banana, strawberries, blueberries and mint	
PEANUT AND NUTELLA	5,70€
Yogurt, nutella, peanut butter, granola and fruit	
AÇAÍ	6,50€
Açaí ice cream served with granola, banana and blueberries	

NATURAL JUICE

NATURAL JUICE OF THE DAY	2,50€
ORANGE	3,20€
MELON	3,20€
STRAWBERRY	3,20€
PINEAPPLE - MINT - GINGER	3,20€
ORANGE-STRAWBERRY	3,20€
BANANA-ORANGE	3,20€
BANANA-STRAWBERRY	3,20€

ICE TEA OF THE DAY

MILK SHAKES

BANANA - CINNAMON	3,50€
BANANA-STRAWBERRY	3,50€
STRAWBERRY	3,50€
COFFEE, NUTELLA AND CHANTILLY	4,00€

CAFETARIA

COFFEE /DECAFEINATED	0,90€
COFFEE WITH CHANTILLY	2,00€
BROWN SUGAR ICE COFFEE	2,00€
TURBINE COFFEE (coconut oil and cinnamon)	2,50€
COFFEE MILK	1,30€
CAPPUCCINO	1,50€
LATTE MACCHIATO	1,60€
ICE LATTE GINGER	2,50€
ICE LATTE SALTED CARAMEL	2,50€
CHOCOLATE MILK	1,20€
TEA POT	2,00€
HAM AND CHEESE TOAST (RUSTIC BREAD)	4,70€
TOAST WITH BUTTER (RUSTIC BREAD)	2,00€
OLIVE OIL AND OREGANO/ HONEY OR JAM	2,50€
1/2 TOAST WITH BUTTER (RUSTIC BREAD)	1,30€
OLIVE OIL AND OREGANO/ HONEY OR JAM	1,70€

DRINKS

WATER (0,50L/ 1,5L)	1,20€ / 2,20€
SPARKLING WATER	1,30€
TONIC	1,60€
COCA-COLA	1,60€
7UP	1,60€
HEINEKEN / HEINEKEN WITHOUT ALCOHOL	1,60€
CIDER	2,50€

DRINKS WITH ALCOHOL

WINE (glass/bottle)	
Lapa dos Reis red/ white	2,80€/ 10,00€
CAIPIRINHA LIME/ STRAWBERRY/ PINEAPPLE	6,50€
MOJITO	7,50€
GIN TONIC	7,50€
PINA COLADA	7,50€
MIMOSA	7,00€
APEROL SPRITZ	7,50€
TEQUILA SUNRISE	7,50€
SANGRIA WITH SPARKLING WINE (JAR)	14,00€
PORTO WINE	2,00€
WHISKY	4,00€

COCKTAILS WITHOUT ALCOHOL

WATERMELON-LIME	4,00€
ORANGE- ROSEMARY - GINGER	5,50€
STRAWBERRY MINT	5,50€
PINEAPPLE-LIME-GINGER	5,50€
MELON-LIME-GINGER	5,50€
STRAWBERRY-PINEAPPLE SLUSH	5,50€

EXTRAS

Egg/ cheese/ fusilli/ tomato/apple/ banana	1,00€
Gluten free flour	1,00€
Arugula/ walnuts/ honey/ yogurt	1,50€
Pineapple/melon/blueberries	1,50€
Small pequena	1,50€
Falafel ball	1,50€
Tuna/ chorizo past/ mushrooms/ turkey ham	2,00€
Pesto sauce/ Tomato pesto	2,00€
Granola/ strawberry/ ice cream	2,00€
Smoked ham/avocado/parmesan cheese/Rabaçal cheese	2,50€
Jam/ peanut butter/ nutella	2,50€
Salad	2,50€
Salmon/ chicken	3,50€
CHILDREN'S PLATE	4,50€
Chicken, fusilli, egg and tomato	
PACKAGING	
Box takeaway	1,00€
Cup	0,50€
Straw	0,10€

VAT INCLUDED

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[THE KITCHEN CLOSES 30 MINUTES BEFORE CLOSING TIME]