

MENU ALMOÇO

SOPA + 1/2 TOSTA + SUMO DO DIA 7,30€
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 FUMADO 6,50€
Fiambre de peru fumado, queijo, tomate, azeite e oregãos

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

NOZES E MEL 6,80€
Requeijão, nozes, mel, tomate, azeite e alecrim

FRANGO 7,50€
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 8,00€
Presunto, queijo, pasta de chouriço, rúcula, azeite e oregãos

SALMÃO FUMADO 8,50€
Salmão fumado, queijo creme, queijo, ovo, rúcula, sumo de lima, azeite e oregãos

WRAP DE FALAFEL 7,50€
Falafel, alface iceberg, tomate, abacaxi, cebola frita, cebola caramelizada, alcaparras, molho de iogurte, azeite e oregãos

PANQUECAS SALGADAS

ABACATE E HÚMUS 9,50€
Panqueca de beterraba, húmus, abacate, tomate, rúcula e sementes de sésamo

SALMÃO 9,80€
Panqueca de espinafres, queijo creme, queijo, salmão fumado, rúcula e ovo “estrelado”

PRESUNTO 9,80€
Panqueca, tomate, abacate, presunto, ovo “estrelado”, servida com mel e granola salgada



SALADAS DE INVERNO

VEGETARIANA* 8,30€
Húmus, cuscus com açafrão, abacate, tomate cherry, rúcula e alface sortida, com molho de miso e sementes de sésamo

VIRIDI 8,50€
Queijo Rabaçal, fusilli, maçã, nozes, tomate cherry, rúcula e alface sortida, com molho de pesto

FRANGO* 8,80€
Frango laminado, ovo, batata doce, cogumelos, tomate cherry, rúcula e alface sortida, com molho de cocktail

PRESUNTO E QUEIJO RABAÇAL 9,00€
Presunto, queijo Rabaçal, batata doce, cogumelos, tomate cherry, rúcula e alface sortida, com redução balsâmica

VEGAN 10,50€
Quinoa, cogumelos, húmus, espinafres, alface e romã, com vinagrete de noz e sementes de abóbora

SALMÃO FUMADO* 12,00€
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€

MASSAS QUENTES

PRESUNTO 10,00€
Fusilli, cogumelos, presunto, espinafres, tomate cherry e queijo parmesão

VEGAN 10,00€
Fusilli, cogumelos, espinafres, tomate desidratado, azeitonas, alcaparras e pesto de tomate

SALMÃO 10,50€
Fusilli, salmão fumado, tomate cherry, ovo, molho pesto e nozes

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

TOSTAS ESPECIAIS Não incluído no menu

AMENDOIM-BANANA/ NUTELLA-MORANGO 3,70€
Fatia de pão com manteiga de amendoim e banana
Fatia de pão com nutella e morangos

REQUEIJÃO E PESTO 5,00€
Fatia de pão com requeijão, tomate cherry e molho pesto

ABACATE E OVO 5,00€
Fatia de pão com abacate, ovo “estrelado” e sementes de sésamo

TOMATE E PARMESÃO 5,50€
Fatia de pão com pesto de tomate, queijo parmesão, rúcula e hortelã

ABACATE, MEL E PRESUNTO 5,70€
Fatia de pão com abacate, mel, levedura de cerveja e presunto

ABACATE, OVO E SALMÃO 6,00€
Fatia de pão com abacate, salmão, ovo “estrelado” e sementes de sésamo

SOBREMESA VIRIDI 2,70€
Granola, iogurte, nutella e morangos

BISCOITO DE NOZ 0,40€

COOKIE 1,50€

BROWNIE 1,30€

BRIGADEIRO VEGAN 1,50€

FONDUE DE FRUTAS E CHOCOLATE 12,50€

PARA PICAR...

AZEITONAS 1,50€

HÚMUS E PÃO 2,50€

TÁBUA QUEIJO SERRAS DE PENELA 7,00€
Queijo, pão e azeitonas

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

TÁBUA DE QUEIJS E PRESUNTO 12,50€
Queijos do Rabaçal, presunto, pão e azeitonas

BOLO DE CANECA 3,70€
Bolo de banana com cobertura de nutella, ou compota de frutos vermelhos, ou amendoim, e granola

BOLO DE CANECA VEGAN 4,30€
Bolo de banana, amendoim e cacau com recheio de chocolate vegan

FRENCH TOAST

VIRIDI INVERNO 8,00€
Fatia de pão tipo rabanada, servida com banana, romã e mel

DOCE DE ABÓBORA, REQUEIJÃO E NOZES 8,00€
Fatia de pão tipo rabanada, servida com doce de abóbora, requeijão e nozes

PANQUECAS DOCES

SIMPLES 2,70€/ 5,00€*
Açúcar e canela ou mel

VIRIDI 4,70€/ 9,00€*
Fruta da época e mel

REQUEIJÃO, NOZES E MEL 6,00€/ 11,50€*
Requeijão, nozes e mel

AMENDOIM 6,00€/ 11,50€*
Manteiga de amendoim, banana e mel

IOGURTE 6,00€/ 11,50€*
Iogurte e compota de frutos vermelhos

NUTELLA 6,00€/ 11,50€*
Nutella, coco ralado e morangos
*Servido em dose dupla

IOGURTES

VIRIDI 3,80€
Iogurte, granola, fruta da época e mel

AMENDOIM 4,50€
Iogurte, manteiga de amendoim, granola, fruta da época e mel

FRUTOS DO BOSQUE 4,50€
Iogurte, compota de frutos vermelhos, granola e morangos

NUTELLA 4,50€
Iogurte, nutella, granola e morangos

BOWL DE AMENDOIM E NUTELLA 5,00€
Iogurte, manteiga de amendoim, nutella, granola e fruta

PAPAS DE AVEIA

VIRIDI 4,00€
Canela, mel e nozes

AMENDOIM 4,00€
Manteiga de amendoim, banana, mel e sementes

CHOCOLATE 4,00€
Chocolate, morangos e coco ralado

SUMOS NATURAIS

SUMO NATURAL DO DIA 2,30€

OUTROS SUMOS 3,20€
Laranja/ Morango/ Abacaxi-hortelã-gengibre/ Laranja-Morango/
Banana-Laranja/ Banana-Morango

BATIDOS

BANANA-CANELA/ MORANGO/ BANANA-MORANGO 3,50€

CAFÉ, NUTELLA E NATAS 4,00€

AMENDOIM-ESPINAFRE/ AMENDOIM-CARAMELO 4,00€

LATTES

GINGER 2,50€
Bebida vegetal, café, gengibre, noz moscada e canela

PUMPKIN SPICE LATTE 2,50€
Bebida vegetal, café, abóbora e mix de especiarias

LEITE DOURADO 4,50€
Bebida vegetal de coco com cúrcuma, mel, gengibre, pimenta e canela

CARAMELO SALGADO 3,00€
Bebida vegetal, café, caramelo salgado e biscoff

CHOCOLATE QUENTE (ESPESSE) 3,00€

CHOCOLATE QUENTE COM NATAS 3,50€

SHAMANIC CAFÉ 5,00€
Bebida vegetal, tahini, óleo de coco, gengibre, cardamomo, agave e cacau

CAFETARIA

CAFÉ/DESCAFEINADO 0,90€

CAFÉ COM NATAS 1,80€

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

1/2 LEITE 1,20€

CAPPUCCINO 1,40€

MACCHIATO 1,50€

LEITE COM CHOCOLATE 1,20€

BULE DE CHÁ 1,50€

TOSTA MISTA (PÃO RÚSTICO) 4,50€

TORRADA (PÃO RÚSTICO) 1,80€

AZEITE E OREGÃOS / MEL OU COMPOTA 2,00€

1/2 TORRADA (PÃO RÚSTICO) 1,10€

AZEITE E OREGÃOS / MEL OU COMPOTA 1,30€

BEBIDAS

ÁGUA (0,50L/ 1,50L) 1,00€/ 1,80€

ÁGUA CASTELO/ ÁGUA DAS PEDRAS 1,20€

ÁGUA TÓNICA 1,60€

COCA-COLA 1,60€

HEINKEN E HEINKEN S/ALCOOL 1,60€

CIDRA 2,50€

CAIPIRINHA LIMA/ MORANGO/ ABACAXI 6,50€

MOJITO/ GIN TÓNICO/ PINA COLADA/ TEQUILA SUNRISE 7,50€

JARRO DE SANGRIA ESPUMANTE 13,80€

VINHO DO PORTO 2,00€

WHISKY 4,00€

VINHO (copo/ garrafa)

Lapa dos Reis Tinto/Branco 2,50€/9,00€

VINHO QUENTE 3,00€

CIDRA QUENTE 3,50€

PALHINHA/ CAIXA TAKE-AWAY AVUSLSO 0,10€/ 0,50€

LUNCH MENU

SOUP + 1/2 TOAST + JUICE OF THE DAY	7,30€
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€
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TOASTS AND WRAPS With small salad

SMOKED TURKEY	6,50€
Smoked turkey, cheese, tomato, olive oil and oregano	
VEGETARIAN	6,50€
Avocado, humus, tomato, olive oil and oregano	
WALNUTS AND HONEY	6,80€
Cottage cheese, walnuts, honey, tomato, olive oil and rosemary	
CHICKEN	7,50€
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	8,00€
Smoked ham, cheese, chorizo paste, arugula, olive oil and oregano	
SMOKED SALMON	8,50€
Smoked salmon, cream cheese, cheese, egg, arugula, lime juice, olive oil and oregano	
FALAFEL WRAP	7,50€
Falafel, iceberg lettuce, pineapple, tomato, fried onions, caramelized onions with yogurt sauce, olive oil and oregano	
SALTY PANCAKES	
AVOCADO AND HUMUS	9,50€
Pancake of beet, humus, avocado, tomato, arugula and sesame seeds	
SMOKED SALMON	9,80€
Spinach pancake, cream cheese, cheese, smoked salmon, arugula, cherry tomato and "stary" egg	
SMOKED HAM	9,80€
Pancake, smoked ham, tomato, avocado, arugula, cherry tomato and "stary" egg, served with honey and salty granola	



WINTER SALADS

VEGETARIAN*	8,30€
Humus, avocado, couscous with saffron, cherry tomato, arugula and lettuce with miso sauce and sesame seeds	
VIRIDI	8,50€
Rabaçal cheese, apple, walnuts, fusilli, cherry tomato, arugula, lettuce with pesto sauce	
CHICKEN*	8,80€
Sliced chicken, egg, sweet potato, mushrooms, cherry tomato, arugula and lettuce with cocktail sauce	
SMOKED HAM AND RABAÇAL CHEESE	9,00€
Smoked ham, Rabaçal cheese, sweet potato, mushrooms, cherry tomato, arugula and lettuce with balsamic reduction	
VEGAN	10,50€
Quinoa, humus, mushrooms, spinach, lettuce, pomegranate, walnuts vinaigrette and pumpkin seeds	
SMOKED SALMON*	12,00€
Smoked salmon, avocado, egg, fusilli, cherry tomato, arugula and lettuce with yogurt and lime sauce	

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

HOT PASTA

SMOKED HAM	10,00€
Fusilli, mushrooms, smoked ham, spinach, cherry tomato and parmesan cheese	
VEGAN	10,00€
Fusilli, mushrooms, spinach, dehydrated tomatoes, olives, capers and tomato pesto	
SMOKED SALMON	10,50€
Fusilli, smoked salmon, cherry tomato, egg, pesto sauce and walnuts	
SHAKSHUKA	7,50€
Sautéed tomatoes and peppers with poached eggs and coriander, served with toasted bread	

[KITCHEN CLOSING 30 MINUTES BEFORE CLOSING TIME]

ESPECIAL TOASTS Not included in the menu

PEANUT-BANANA/ NUTELLA-STRAWBERRIES	3,70€
Slice of bread with peanut butter and banana	
Slice of bread with nutella and strawberries	
COTTAGE CHEESE AND PESTO	5,00€
Slice of bread with cottage cheese, cherry tomato and pesto sauce	
AVOCADO AND EGG	5,00€
Slice of bread with avocado, "starry" egg and sesame seeds	
TOMATO AND PARMESAN CHEESE	5,50€
Slice of bread with tomato pesto, parmesan cheese, arugula and mint	
AVOCADO, HONEY AND SMOKED HAM	5,70€
Slice of bread with avocado, smoked ham, honey and brewer's yeast	
AVOCADO, EGG AND SMOKED SALMON	6,00€
Slice of bread with avocado, smoked salmon, "starry" egg and sesame seeds	
VIRIDI DESSERT	2,70€
Granola, yogurt, nutella and strawberries	
WALNUT BISCUIT	0,40€
COOKIE	1,50€
BROWNIE	1,30€
VEGAN TRUFFLE	1,50€
CHOCOLATE AND FRUIT FONDUE	12,50€
TO SNACK...	
OLIVES	1,50€
HUMUS AND BREAD	2,50€
"SERRAS DE PENELA" CHEESE BOARD	7,00€
Cheese, bread and olives	
RABAÇAL CHEESE BOARD	9,00€
Rabaçal cheese, bread and olives	
CHEESE AND SMOKED HAM BOARD	12,50€
Variety Rabaçal cheese, smoked ham, bread and olives	

MUG CAKE

3,70€
Banana cake covered with nutella, or red fruit jam, or peanut butter, and granola

VEGAN MUG CAKE

4,30€
Banana, peanut and cocoa cake filled with vegan chocolate

FRENCH TOAST

8,00€
French toast served with banana, pomegranate and honey

PUMPKIN JAM, COTTAGE CHEESE AND WALNUTS 8,00€
French toast served with cottage cheese, pumpkin jam, and walnuts

SWEET PANCAKES

SIMPLE 2,70€/5,00€*

Sugar and cinnamon or honey

VIRIDI 4,70€/9,00€*

Seasonal fruit and honey

WALNUTS AND HONEY 6,00€/11,50€*

Cottage cheese, walnuts and honey

PEANUT 6,00€/11,50€*

Peanut butter, banana and honey

YOGURT 6,00€/11,50€*

Yogurt and red fruit jam

NUTELLA 6,00€/11,50€*

Nutella, coconut and strawberries

* Double dose

YOGURT

VIRIDI 3,80€

Yogurt, granola, seasonal fruit and honey

PEANUT 4,50€

Yogurt, peanut butter, granola, seasonal fruit and honey

WILD FRUIT 4,50€

Yogurt, red fruit jam, granola and strawberries

NUTELLA 4,50€

Yogurt, nutella, granola and strawberries

BOWL PEANUT AND NUTELLA 5,00€

Yogurt, nutella, peanut butter, granola and fruit

OATS PORRIDGE

VIRIDI 4,00€

Cinnamon, walnuts and honey

PEANUT 4,00€

Peanut butter, banana, honey and seeds

CHOCOLATE 4,00€

Chocolate, strawberries and coconut

NATURAL JUICE

NATURAL JUICE OF THE DAY 2,30€

OTHER JUICES 3,20€

Orange/ Strawberry/ Pineapple-mint-ginger/ Banana-orange/

Orange-Strawberry/ Banana-Strawberry

MILK SHAKES

STRAWBERRY 3,50€

BANANA-CINNAMON/ BANANA-STRAWBERRY 3,50€

COFFEE, NUTELLA AND CHANTILLY 4,00€

PEANUT AND SPINACH/ PEANUT AND CARAMEL 4,00€

LATTES

GINGER LATTE 2,50€

Vegetable drink with coffee, ginger, nutmeg and cinnamon

PUMPKIN SPICE LATTE 2,50€

Vegetable drink with coffee, pumpkin and spice mix

GOLDEN MILK 4,50€

Coconut vegetable drink with turmeric, honey, ginger, pepper and cinnamon

SALTED CARAMEL 3,00€

Vegetable drink, coffee, saled caramel and biscoff

HOT CHOCOLATE (THICK)

3,00€

HOT CHOCOLATE WITH CHANTILLY 3,50€

SHAMANIC COFFEE

5,00€

Vegetable drink, tahini, coconut oil, ginger, cardamon, agave and cocoa

CAFETARIA

COFFEE /DECAFEINATED 0,90€

COFFEE WITH CHANTILLY 1,80€

TURBINE COFFEE (coconut oil and cinnamon) 2,50€

COFFEE MILK 1,20€

CAPPUCCINO 1,40€

MACCHIATO 1,50€

CHOCOLATE MILK 1,20€

TEA POT 1,50€

HAM AND CHEESE TOAST (RUSTIC BREAD) 4,50€

TOAST WITH BUTTER (RUSTIC BREAD) 1,80€

OLIVE OIL AND OREGANO/ HONEY OR JAM 2,00€

1/2 TOAST WITH BUTTER (RUSTIC BREAD) 1,10€

OLIVE OIL AND OREGANO/ HONEY OR JAM 1,30€

DRINKS

WATER (0,50L/ 1,5L) 1,00€ / 1,80€

SPARKLING WATER 1,20€

NATURAL SPARKLING WATER 1,20€

TONIC WATER 1,60€

COCA-COLA 1,60€

HEINKEN/ HEINKEN WITHOUT ALCOOL 1,60€

CIDER 2,50€

CAIPIRINHA LIME/ STRAWBERRY/ PINEAPPLE 6,50€

MOJITO/ GIN TONIC 7,50€

PINA COLADA/TEQUILA SUNRISE 7,50€

SANGRIA WITH SPARKLING WINE (JAR) 13,80€

PORTO WINE 2,00€

WHISKY 4,00€

WINE (glass/bottle)

Lapa dos Reis red/ white 2,50€/ 9,00€

MULLED WINE

3,00€

MULLED CIDER

3,50€

STRAW/ SEPARATE TAKE-AWAY BOX

0,10€/0,50€