
RISE & SHINE

Eggs Flow 11€

Poached eggs, spinach, mushrooms, seeds & hollandaise on cheddar artisan toast

Ovos escalfados com espinafres, cogumelos, sementes e molho holandês sobre tosta artesanal com cheddar

Eggs Benny 10€

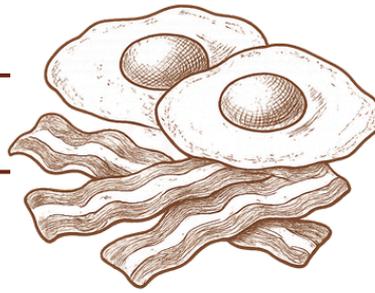
Poached eggs, bacon, seeds & hollandaise on cheddar artisan toast

Ovos escalfados com bacon e molho holandês sobre tosta artesanal com cheddar

Nordic Benny 14€

Poached eggs, smoked salmon, smashed avocado, hollandaise on cheddar artisan toast

Ovos escalfados, salmão fumado, abacate esmagado e molho holandês sobre tosta artesanal com cheddar



Eggy Avo 9€

Egg Mayo, smashed avo, seeds, caramelized onions, artisan toast

Mainese de ovo com abacate esmagado, sementes, cebola caramelizada sobre tosta artesanal

Spicy Mince 11€

Ground beef, cheddar, poached eggs, seeds, sour cream on artisan toast

Carne de vaca moída, cheddar, ovos escalfados, sementes, natas azedas sobre tosta artesanal

Vegan Breakfast 12€

Falafel patty, spicy beans, roast veg, mushrooms, balsamic tomatoes, goddess sauce, garlic oil toast

Falafel, feijão picante, legumes assados, cogumelos, tomate balsâmico, molho verde e tosta

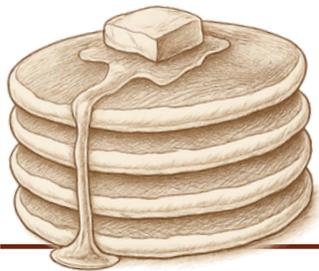
Full Englishy 15€

Eggs, bacon, sausage, spicy beans, mushrooms, balsamic tomatoes, rosti, toast

Ovos, bacon, salsicha, feijão picante, cogumelos, tomate grelhado, rosti de batata e tosta



Slow down Taste the world Feel the soul



BRUNCH SERVED FRESH ALL DAY

American Pancakes (Base) - Panquecas Americanas (Base) 5€

Add: Maple 2€ | Cream-Nata 1€ | Bacon 2€ | Halloumi 3.5€ | Berries 2€ | Banana + Caramel 3€ | Chocolate Ganache 3€ | Vanilla Ice-Cream 2€

LET'S TOAST

Cheesy Does It 6€

Scrambled eggs and melted cheese on artisan toast

Ovos mexidos e queijo derretido sobre tosta artesanal

Sweet Heat 8€

Grilled halloumi, smashed avocado and hot honey on artisan toast

Halloumi grelhado, abacate esmagado e mel picante sobre tosta artesanal

Smokin' Salmon 8€

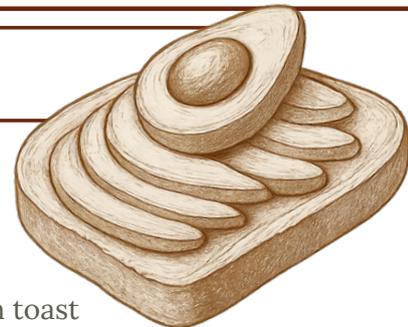
Smoked salmon, spring onion and sour cream on artisan toast

Salmão fumado, cebolinho e natas ácidas sobre tosta artesanal

Smash Mince Patty Melt 12€

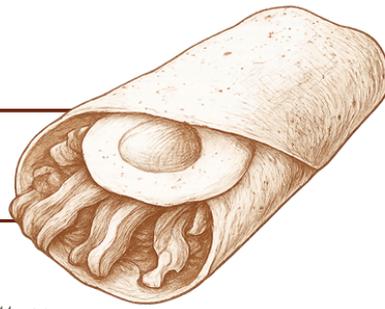
Beef patty, caramelised onions, cheese, artisan toast, spicy mayo, side salad

Hambúrguer prensado, cebola caramelizada, queijo derretido, tosta artesanal e maionese picante com salada



THAT'S A WRAP

served with side salad
servido com salada pequena



Coronation Chicken 12€

Roast chicken, mango chutney mayo, tomatoes and lettuce
Frango assado, maionese de chutney de manga, tomate e alface

Aromatic Mince 14€

Spiced ground beef, avocado, sour cream and lettuce
Carne de vaca picada e especiada, abacate, natas ácidas e alface

The Becky 10€

Scrambled eggs, bacon, cheese, spinach, herbed sauce
Ovos mexidos, bacon, queijo, espinafres e molho de ervas

Ocean eyes 14€

Smoked salmon, feta, avocado, lettuce, herbed sauce
Salmão fumado, queijo feta, abacate, alface e molho de ervas

The Golden Girl 12€

Grilled halloumi, caramelised onion, avocado and lettuce
Halloumi grelhado, cebola caramelizada, abacate e alface



NICE BOWLS

Spice & Soul 14€

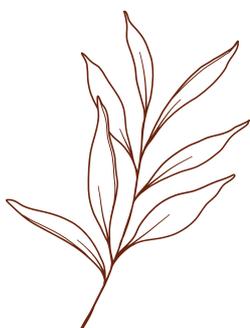
Lemon quinoa, roasted butternut and greens, topped with spiced minced beef, a soft poached egg, sour cream and pickled onions.
Quinoa com limão, abóbora assada e folhas verdes, cobertas com carne de vaca picada e especiada, ovo escalfado, natas ácidas e cebola em pickle.

Hearty Sweet Heat 12€

Greens, spinach, lemon quinoa, grilled halloumi, avocado, roasted butternut, tomatoes and roasted walnuts, finished with a hot honey drizzle.
Folhas verdes, espinafres e quinoa com limão, halloumi grelhado, abacate, abóbora assada, tomate e nozes tostadas, finalizado com mel picante.

Shakshuka 11€

Poached eggs, aromatic tomato chutney, seeds, feta & artisan bread
Ovos escalfados em molho de tomate picante, sementes, queijo feta e tosta artesanal
Add: Halumi 3.5 | Spinach 2



PENNE FOR THOUGHTS

The Garden Penne 13€

Penne with mushrooms, roasted butternut, sun-dried tomatoes, spinach, feta and toasted seeds.
Penne com cogumelos, abóbora assada, tomate seco, espinafres, queijo feta e sementes tostadas.

Green Goddess Chicken 15€

Penne tossed in green goddess sauce with grilled chicken, spinach, roasted vegetables, feta and toasted seeds.
Penne envolvido em molho green goddess com frango grelhado, espinafres, legumes assados, queijo feta e sementes tostadas.



Glow Up 12€

Greens and lemon quinoa with teriyaki chicken, seasonal fruit, feta and seeds, served with green goddess dressing.
Folhas verdes e quinoa com limão, com frango teriyaki, fruta da época, queijo feta e sementes, servido com molho green goddess.

The Salmon Situation 15€

Greens and spinach with smoked salmon, avocado, feta, spring onions and lemon quinoa, finished with green goddess dressing.
Folhas verdes e espinafres com salmão fumado, abacate, queijo feta, cebolinho e quinoa com limão, finalizado com molho green goddess.

Plant Power 11€

Lemon quinoa and greens with falafel, spicy beans, roasted vegetables, avocado and tomatoes, served with goddess sauce.
Quinoa com limão e folhas verdes com falafel, feijão picante, legumes assados, abacate e tomate, servido com molho goddess.

The French One 12€

Greens with grilled chèvre, sliced apple, toasted pine nuts, croutons, raisins and balsamic dressing.
Folhas verdes com queijo chèvre grelhado, maçã fatiada, pinhões tostados, croutons, passas e molho balsâmico.

Allergy Notice

Please inform our staff of any allergies or dietary requirements. Information regarding the 14 mandatory allergens is available upon request.

Aviso de Alergénios

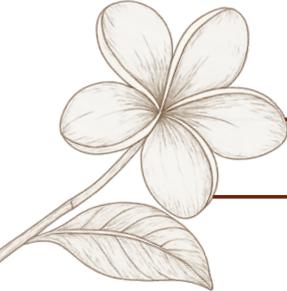
Por favor informe a nossa equipa sobre qualquer alergia ou restrição alimentar. Informação sobre os 14 alergénios de declaração obrigatória disponível mediante pedido.

COFFEE CORNER



Biological
Milk Substitutions .50c

- Espresso / Cafe 1.5€
- Double Espresso / Cafe Duplo 3€
- Maciatto / Pingo 1.8€
- Americano / Abatanado 2€
- Milk Americano 2.5€
- Americano with Cream / Nata 2.8€
- Cappuccino 3.2€
- Flat White / Meia de Leite 3.8€
- Latte / Galao 3.5€
- Dirty Chai Latte 5€
- Caramel Latte 4€
- Vanilla Latte 4€
- Mocha / Cappuccino com Ganache 4.5€
- Orange Mocha 5€
- Date Coffee / Café de Tâmaras sem cafeína 3.5€
- Affogato / Affogado 3.5€



ICED COFFEES

- Frozen Latte 3.5€
- Frozen Caramel Latte 4€
- Frozen Vanilla Latte 4€
- Frozen Mocha 4.5€
- Frozen Americano 2€
- Vietnamese Coffee 5€
- Dirty Frozen Chai
(Spiced chai, espresso, milk & ice) 5€

WINES & BEERS

- Bottled Lager (Heineken) 2.5€
- Super Bock 2€
- Summersby 4€
- House Red 4.5€ glass / 15€ bottle
- Douro Merlot 18€
- Dao - Quinta da Vegia 16€
- House White 4.5€ glass / 15€ bottle



HOT CHOCOLATE & TEAS

Hot Chocolate with Ganache 4€

Orange Hot Chocolate 4.5€

Chai Latte 3.8€

Teas:

Rooibos, Mint, Lemon English, English Breakfast, Earl Grey,
Green Tea, Apple Cinnamon 2€

SOFT DRINKS

- Coca-Cola 2.5
- Coke Zero 2.5
- Guaraná 2.5
- Still Water 1.2
- Sparkling Water 1.8
- House Lemonade 3
- House Iced Tea 2.5
- Arnold Palmer 4.5
- House Orange Juice 3.5



SIGNATURE COCKTAILS

Mimosa 5€

Amarula Espresso Martini 8€

Port Tonic 5€

Gin & Tonic 8€

Don Pedro - Creamy blend of ice cream and
Amarula 8€

Aperol Spritz 8€

Hugo Spritz - Prosecco, St. Germain, Soda,
Mint & Lime 9.5€

Paloma Spritz - Tequila, grapefruit, soda &
Lime 7€

