

## - Especial pequeno-almoço - (não servido entre 12h e 14h)

|                                                                                          |       |
|------------------------------------------------------------------------------------------|-------|
| <b>Taça fruta</b>                                                                        | 4.50  |
| Fruta, iogurte grego, granola caseira e mel                                              |       |
| <b>Iogurte com chia e fruta</b>                                                          | 2.90  |
| <b>Kit LeMatin</b>                                                                       | 4.10  |
| 1/2 sumo laranja + croissant folhado ou 1/2 torrada forma + café expresso                |       |
| <b>Pequeno-almoço Executivo</b>                                                          | 5.50  |
| 1/2 sumo laranja + bebida quente + pão/croissant + fiambre e queijo ou manteiga/compota) |       |
| <b>Brunch</b>                                                                            | 13.10 |
| 1/2 sumo laranja + bebida quente (café,meia de leite ou chá)                             |       |
| Copo iogurte com fruta, granola caseira e mel                                            |       |
| Ovos mexidos com queijo e fiambre                                                        |       |
| Pão (simples ou sementes) ou croissant com manteiga e compota                            |       |

## - Ovos -

|                                                                  |      |
|------------------------------------------------------------------|------|
| Ovos mexidos/estrelados com bacon em tosta massa mãe             | 5.20 |
| Omelete de fiambre ou queijo c/ tosta de pão massa mãe ou salada | 5.80 |
| Omelete mista com salada ou tosta de massa mãe ou salada         | 6.20 |

## - Croissants recheados -

|                                       |      |
|---------------------------------------|------|
| Rúcula, tomate e mozzarella           | 5.50 |
| Filadélfia, salmão fumado e cebolinha | 5.50 |
| Abacate e ovo estrelado               | 5.50 |
| Rúcula, fiambre e ovo mexido          | 5.50 |

## - Tartines em pão massa mãe -

|                                        |      |
|----------------------------------------|------|
| Filadélfia, salmão fumado e alcaparras | 5.50 |
| Ovos mexidos com cogumelos             | 5.50 |
| Abacate e ovo estrelado                | 5.50 |

## - Pão -

|                              |       |
|------------------------------|-------|
| Pão com manteiga*            | 1.50  |
| Pão queijo fiambre*          | 1.95  |
| Pão misto*                   | 2.20  |
| *Pão cereais ou centeio      | +0.20 |
| *Pão nozes e abóbora         | +0.50 |
| *Pão Baguete                 | +0.40 |
| Meia torrada forma           | 1.50  |
| Torrada forma                | 2.20  |
| Tosta queijo fiambre         | 2.50  |
| Tosta mista                  | 3.10  |
| Meia torrada pão massa mãe   | 1.80  |
| Torrada pão massa mãe        | 2.50  |
| Tosta mista em pão massa mãe | 3.40  |
| Dose extra manteiga compota  | 0.40  |

## - Sumos naturais e leites -

|                                             |      |
|---------------------------------------------|------|
| Sumo laranja natural peq                    | 2.20 |
| Sumo laranja natural                        | 3.00 |
| Limonada                                    | 2.00 |
| Smoothie (banana e morango; fruta tropical) | 3.00 |
| Copo de leite                               | 1.20 |
| Leite com chocolate                         | 1.70 |
| Bebida vegetal                              | 1.70 |
| Sumo Innocent                               | 2.80 |
| Iogurte Pastoret                            | 1.60 |

## - Cafeteria -

|                                  |       |
|----------------------------------|-------|
| Café *                           | 1.00  |
| Carioca de café                  | 0.90  |
| Café duplo *                     | 1.90  |
| Café Americano *                 | 1.80  |
| Cevada                           | 1.00  |
| Cevada dupla                     | 1.60  |
| Carioca de limão                 | 1.00  |
| Chá (limão, preto, verde, ervas) | 1.70  |
| Chá frio   água aromatizada      | 1.50  |
| Pingo                            | 1.10  |
| Meia de leite **                 | 1.60  |
| Galão **                         | 1.70  |
| Cappuccino **                    | 2.50  |
| Iced Latte **                    | 2.50  |
| Chocolate quente                 | 2.80  |
| Extra leite                      | +0.30 |
| * descafeinado                   | +0.10 |
| ** bebida vegetal                | +0.30 |

## - Pastelaria -

|                              |      |
|------------------------------|------|
| Croissant brioche            | 1.60 |
| Croissant folhado            | 1.45 |
| Croissant c/ creme ovo       | 1.75 |
| Croissant c/ chocolate       | 1.65 |
| Croissant com manteiga       | 1.90 |
| Croissant com queijo/fiambre | 2.30 |
| Croissant misto              | 2.60 |
| Pastel nata                  | 1.30 |
| Pastel feijão                | 1.40 |
| Queque   Bolo arroz          | 1.30 |
| Miniaturas                   | 0.70 |
| Cookies                      | 2.30 |
| Pão com chouriço             | 1.40 |
| Lanche                       | 1.80 |
| Rissol   empada              | 1.60 |

## - Sanduiches e Paninis com chips batata doce -

|                                                                           |      |
|---------------------------------------------------------------------------|------|
| <b>Atlas*</b>                                                             | 6.50 |
| Baguete com guacamole, atum, ovo, rúcula e tomate                         |      |
| <b>Campesina*</b>                                                         | 6.50 |
| Baguete com pesto, frango, grana padano, rúcula e tomate                  |      |
| <b>Nórdica*</b>                                                           | 8.00 |
| Baguete com queijo creme, salmão fumado, pepino, cebola roxa e rúcula     |      |
| <b>Tosta rústica*</b>                                                     | 6.50 |
| Pão massa mãe com queijo, tomate e orégãos                                |      |
| <b>Panini Caprese*</b>                                                    | 8.00 |
| Baguete aquecida com pesto, tomate e mozzarella                           |      |
| <b>Panini Prosciutto*</b>                                                 | 8.50 |
| Baguete aquecida com azeite de ervas, pimento grelhado, rúcula e presunto |      |
| <b>Cachorro misto com chips batata doce*</b>                              | 4.50 |
| Pão baguete com salsicha, queijo e fiambre                                |      |

## - Bebidas -

|                                      |       |
|--------------------------------------|-------|
| Água sem gás 0,33l                   | 1.10  |
| Água sem gás 1,5l                    | 1.70  |
| Água das Pedras                      | 1.60  |
| Pedras Sabores                       | 1.80  |
| Coca-Cola, Sumol, Ice Tea            | 1.90  |
| Compal                               | 1.80  |
| Pleno                                | 1.80  |
| Somersby                             | 2.40  |
| Cerveja Mini                         | 1.30  |
| Cerveja preta/sem alcool             | 1.80  |
| Cerveja 0.33                         | 1.60  |
| Copo vinho Cabriz                    | 2.50  |
| Garrafa Cabriz (branco, rose, tinto) | 11.00 |

## - Saladas -

|                                                                                                       |      |
|-------------------------------------------------------------------------------------------------------|------|
| <b>Mediterrâneo *</b>                                                                                 | 8.50 |
| atum, tomate, pepino, grão de bico, cebola roxa e ovo cozido, com molho de azeite, limão e salsa      |      |
| <b>César abacate *</b>                                                                                | 8.50 |
| frango, alface, abacate, queijo grana padano e croutons com molho César                               |      |
| <b>Fresca de Feta *</b>                                                                               | 8.50 |
| quinoa, espinafres, maçã, queijo feta, nozes pecan e alperces secos, com molho de azeite, limão e mel |      |

## - Quiches e pratos -

|                                                                   |              |
|-------------------------------------------------------------------|--------------|
| Sopa do dia (sem batata)                                          | 2.00         |
| Fatia de quiche caseira (alho francês e bacon ou vegetariana)     | 3.50         |
| <b>Quiche caseira com salada *</b>                                | 6.50         |
| <b>Prato do dia *</b>                                             | 7.70         |
| <b>* Opção Menu (c/ chá frio/água aromatizada ou água + café)</b> | <b>+1.50</b> |
| <b>** Opção Menu com sopa</b>                                     | <b>+3.40</b> |
| Extra salmão fumado                                               | +3.50        |
| Extra chips /salada                                               | +2.90        |

## - a melhor parte -

|                          |      |
|--------------------------|------|
| Sobremesa copo           | 2.30 |
| Tarte Banoffee           | 2.90 |
| Cheesecake               | 3.20 |
| Tarte amendoa            | 2.60 |
| Tarte amendoa florentina | 3.10 |
| Tarte limão merengada    | 3.00 |
| Pavlova                  | 3.30 |
| Bolo caseiro             | 2.90 |
| Bolo chocolate           | 2.90 |
| Bolo bolacha             | 2.90 |
| Brownie/ bolo mousse     | 3.20 |
| Bolo vegan               | 3.40 |
| Salada de fruta          | 2.50 |

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Password pavlova23

## - Breakfast special - (not available from 12 am to 2 pm)

|                                                                                  |       |
|----------------------------------------------------------------------------------|-------|
| <b>Fruit Bowl</b>                                                                | 4.50  |
| Fruit, greek yogurt, home made granola and honey                                 |       |
| <b>Yogurt with chia seeds and fruit</b>                                          | 2.90  |
| <b>Kit LeMatin</b>                                                               | 4.10  |
| orange juice (small) + french croissant + espresso                               |       |
| <b>Executive breakfast</b>                                                       | 5.50  |
| orange juice + hot drink + toast or croissant + cheese and ham or butter and jam |       |
| <b>Brunch</b>                                                                    | 13.10 |
| 1/2 orange juice + espresso, tea or flat white                                   |       |
| Yogurt with fruit and home made granola                                          |       |
| Scrambled eggs with cheese and ham                                               |       |
| Bread or croissant with butter and jam                                           |       |

## - Eggs -

|                                                         |      |
|---------------------------------------------------------|------|
| Scrubled/fried eggs with bacon with sourdough toast     | 5.20 |
| Omelet with cheese or ham with sourdough toast or salad | 5.80 |
| Omelet w/ cheese and ham w/ sourdough toast or salad    | 6.20 |

## - Savory Croissants -

|                                        |      |
|----------------------------------------|------|
| Arugula, tomato and mozzarella         | 5.50 |
| Cream cheese, smoked salmon and chives | 5.50 |
| Avocado and scrubled or fried egg      | 5.50 |
| Arugula, ham and scrambled egg         | 5.50 |

## - Sourdough tartines -

|                                        |      |
|----------------------------------------|------|
| Cream cheese, smoked salmon and capers | 5.50 |
| Scrambled eggs with mushrooms          | 5.50 |
| Avocado and boiled or fried egg        | 5.50 |

## - Bread -

|                                     |       |
|-------------------------------------|-------|
| Bread with butter*                  | 1.50  |
| Bread with cheese or ham*           | 1.95  |
| Bread with cheese and ham*          | 2.20  |
| * Cereal or whole bread             | +0.20 |
| * Pumpink and walnuts bread         | +0.50 |
| * Baguette                          | +0.40 |
| Toast with butter                   | 1.50  |
| Doble toast with butter             | 2.20  |
| Cheese or ham toast                 | 2.50  |
| Cheese and ham toast                | 3.10  |
| Sourdough toast with butter         | 1.80  |
| Sourdough doble toast with butter   | 2.50  |
| Sourdough toast with cheese and ham | 3.40  |
| Extra butter or jam                 | 0.40  |

## - Juices & dairy -

|                                           |      |
|-------------------------------------------|------|
| Orange juice small                        | 2.20 |
| Orange juice                              | 3.00 |
| Lemonade                                  | 2.00 |
| Smoothie (banana and strawberry; tropical | 3.00 |
| Milk 0.25l                                | 1.20 |
| Chocolate milk                            | 1.70 |
| Vegetable drink 0.25L                     | 1.70 |
| Innocent juice                            | 2.80 |
| Yogurt Pastoret                           | 1.60 |

## - Cafeteria -

|                             |       |
|-----------------------------|-------|
| Espresso*                   | 1.00  |
| Doble espresso*             | 1.90  |
| Americano*                  | 1.80  |
| Barley (small)              | 1.00  |
| Barley (large)              | 1.60  |
| Tea (black, green, herbals) | 1.70  |
| Iced tea                    | 1.50  |
| Macchiato**                 | 1.10  |
| Flay white**                | 1.60  |
| Latte**                     | 1.70  |
| Cappuccino **               | 2.50  |
| Iced Latte **               | 2.50  |
| Hot chocolate               | 2.80  |
| Extra milk                  | +0.30 |

\* decaf +0.10

\*\* vegetable drink +0.30

## - Pastry -

|                               |      |
|-------------------------------|------|
| Croissant brioche             | 1.60 |
| French croissant              | 1.45 |
| Egg cream croissant           | 1.75 |
| Chocolate croissant           | 1.65 |
| Croissant with butter         | 1.90 |
| Croissant with cheese or ham  | 2.30 |
| Croissant with cheese and ham | 2.60 |
| Pastel nata                   | 1.30 |
| Pastel feijão                 | 1.40 |
| Muffin                        | 1.30 |
| Miniature pastry              | 0.70 |
| Cookies                       | 2.30 |
| Chorizo bread                 | 1.40 |
| Lanche                        | 1.80 |
| Croquette   chicken pie       | 1.60 |

## - Sandwiches and Paninis with Sweet Potato Chips -

|                                                                             |      |
|-----------------------------------------------------------------------------|------|
| <b>Atlas*</b>                                                               | 6.50 |
| Baguette with guacamole, tuna, egg, arugula, and tomato                     |      |
| <b>Campesina*</b>                                                           | 6.50 |
| Baguette with pesto, chicken, Grana Padano, arugula, and tomato             |      |
| <b>Nórdica*</b>                                                             | 8.00 |
| Baguette with cream cheese, smoked salmon, cucumber, red onion, and arugula |      |
| <b>Tosta rústica*</b>                                                       | 6.50 |
| Sourdough bread with cheese, tomato, and oregano                            |      |
| <b>Panini Caprese*</b>                                                      | 8.00 |
| Warm baguette with pesto, tomato, and mozzarella                            |      |
| <b>Panini Prosciutto*</b>                                                   | 8.50 |
| Warm baguette with herb olive oil, grilled pepper, arugula, and prosciutto  |      |
| <b>Hot Dog*</b>                                                             | 4.50 |
| Toasted baguette with sausage, cheese, and ham                              |      |

## - Drinks -

|                                         |       |
|-----------------------------------------|-------|
| Still water 0.33L                       | 1.10  |
| Still water 1.5L                        | 1.70  |
| Sparkling water                         | 1.60  |
| Sparkling water flavored                | 1.80  |
| Soft drinks (Coke, Ice tea)             | 1.90  |
| Compal fruit juice                      | 1.80  |
| Pleno herbal tea                        | 1.80  |
| Somersby                                | 2.40  |
| Beer 0.20L                              | 1.30  |
| Stout beer/alcohol free beer            | 1.80  |
| Beer 0.33L                              | 1.60  |
| Wine glass Cabriz                       | 2.50  |
| Wine bottle Cabriz (white, rose or red) | 11.00 |

## - Salads -

|                                                                                                                       |      |
|-----------------------------------------------------------------------------------------------------------------------|------|
| <b>Mediterrâneo *</b>                                                                                                 | 8.50 |
| Tuna, tomato, cucumber, chickpeas, red onion, and boiled egg, served with olive oil, lemon, and parsley dressing      |      |
| <b>César abacate *</b>                                                                                                | 8.50 |
| Chicken, lettuce, avocado, Grana Padano cheese, and croutons with Caesar dressing                                     |      |
| <b>Fresca de Feta *</b>                                                                                               | 8.50 |
| Quinoa, spinach, apple, feta cheese, pecan nuts, and dried apricots, served with olive oil, lemon, and honey dressing |      |

## - Quiches & Dishes -

|                                                         |      |
|---------------------------------------------------------|------|
| <b>Soup of the day (no potatoes)</b>                    | 2.00 |
| Slice of Homemade Quiche (leek and bacon or vegetarian) |      |
|                                                         | 3.50 |
| <b>Home made quiche with salad *</b>                    | 6.50 |
| <b>Dish of the day *</b>                                | 7.70 |

|                                                                 |              |
|-----------------------------------------------------------------|--------------|
| <b>* Menu Option (with iced tea or flavored water + coffee)</b> | <b>+1.50</b> |
| <b>* Menu Option with Soup</b>                                  | <b>+3.40</b> |

|                     |       |
|---------------------|-------|
| Extra smoked salmon | +3.50 |
| Extra chips /salad  | +2.90 |

## - the best part -

Daily choice of home made desserts

|                                          |      |
|------------------------------------------|------|
| Banoffee pie                             | 2.90 |
| Cheesecake                               | 3.20 |
| Almond pie with salted caramel           | 2.60 |
| Florentine cake (almond and apple)       | 3.10 |
| Lemon merengue pie                       | 3.00 |
| Chocolate pavlova                        | 3.30 |
| Carrot and walnut cake w/ cream frosting | 2.90 |
| Chocolate fudge cake                     | 2.90 |
| Brownie                                  | 3.20 |
| Fruit salad                              | 2.50 |