

- pão e pastelaria -

Pão com manteiga*	1.35	Croissant brioche	1.40
Baguete com manteiga	1.65	Croissant folhado	1.30
Meia torrada forma	1.40	Croissant c/ creme ovo	1.50
Torrada forma	2.10	Croissant c/ chocolate	1.50
Meia torrada pão massa mãe	1.70	Croissant com manteiga	1.60
Torrada pão massa mãe	2.30	Croissant com queijo/fiambre	2.10
Pão queijo fiambre*	1.75	Croissant misto	2.40
Pão misto*	2.10	Pastel nata	1.20
Baguete com queijo fiambre	2.10	Pastel feijão	1.30
Baguete mista	2.40	Queque Bolo arroz	1.20
Tosta queijo fiambre	2.20	Miniaturas	0.60
Tosta mista	2.50	Cookies	1.50
Tosta mista em pão massa mãe	2.80	Lanche	1.50
Dose manteiga compota	0.40	Rissol	1.40
*Pão cereais ou centeio	+0.10		
*Pão nozes e abóbora	+0.30		

- cafetaria -

Café	0.90
Café Americano	1.30
Cappuccino	1.80
Iced Latte	1.90
Café duplo	1.60
Abatanado descafeinado	1.40
Descafeinado	1.00
Pingo	1.00
Pingo especial *	1.10
Carioca de café	0.70
Meia de leite	1.50
Meia de leite especial *	1.70
Galão	1.60
Cevada	0.90
Cevada dupla	1.50
Chocolate quente	2.10
Carioca de limão	0.90
Chá de limão preto verde tisana	1.40
Extra leite	0.30

* descafeinado ou bebida vegetal

- outras bebidas -

Água sem gás 0,33l	0.95
Água sem gás 1,5l	1.60
Água das Pedras	1.40
Pedras Sabores	1.50
Coca-Cola, Sumol, Iced Tea	1.60
Kombucha Lipton	2.40
Compal	1.60
Pleno	1.50
Somersby	2.00
Cerveja Mini	1.20
Cerveja 0.33	1.50
Vinho a copo Cabriz	2.40
Garrafa vinho	9.50

- especial pequeno-almoço -

Taça de fruta com iogurte

Fruta, iogurte, granola caseira e mel

4.00

Kit LeMatin

1/2 sumo laranja, café expresso, croissant folhado ou 1/2 torrada

3.70

Pequeno-almoço executivo

1/2 sumo laranja, café ou 1/2 leite ou chá, croissant folhado ou 1/2 torrada com manteiga e compota

5.10

Brunch

1/2 sumo laranja

Copo iogurte com fruta e granola

Ovos mexidos com queijo e fiambre

Pão (simples, sementes) ou croissant com manteiga e compota

Café, 1/2 leite ou chá

12.90

- sumos naturais e leites -

Sumo laranja natural peq	1.70
Sumo laranja natural grd	2.70
Limonada	1.60
Smoothie (banana/morango; tropical)	2.90
Leite Vigor	1.10
Leite com chocolate Vigor	1.40
Leite Vigor Kéfir	1.50
Chá frio água aromatizada	1.40
Bebida vegetal	1.60
Sumo Innocent	2.60
Iogurte com chia, fruta e mel	2.80
Iogurte Pastoret	1.40

- a melhor parte-

Sobremesa copo	2.30
Tarte Banoffee	2.70
Cheesecake	2.90
Tarte amendoa	2.30
Tarte amendoa florentina	2.90
Tarte limão merengada	2.80
Pavlova	3.20
Bolo caseiro	2.50
Bolo chocolate	2.50
Bolo bolacha	2.80
Brownie/ bolo mousse	3.00
Bolo vegan	3.10
Salada de fruta	2.40

- ovos e quiches -

Ovos mexidos/estrelados em pão rústico com bacon ou salada	4.90
Omelete de fiambre ou queijo c/ salada ou tosta de pão rústico	5.10
Omelete mista com salada ou tosta de pão rústico	5.50

Quiche caseira com salada	6.00
Menu quiche (quiche c/ salada + chá do dia + café)	7.50
Menu quiche c/ sopa	8.70

- tartines -

Salmão fumado, queijo creme e alcaparras	4.50
ovos mexidos com cogumelos	
Abacate e ovo cozido estrelado	

- croissants recheados -

Rúcula, tomate e mozzarella	4.50
Filadélfia, salmão fumado e cebolinho	
Abacate e ovo estrelado	
Rúcula, fiambre e ovo mexido	

- Tostas pão massa mãe com chips batata doce -

Caprese	7.90
Pesto, tomate e mozzarella	

Prosciutto	7.90
Azeite de ervas, pimento grelhado, rúcula e presunto	

Menu tosta (tosta + chá frio+ café)	9.40
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Cachorro misto com chips batata doce	4.00
Pão baguete com salsicha, queijo e fiambre	

- saladas -

Mediterrâneo	7.70
atum, tomate, pepino, grão de bico, cebola roxa, ovo cozido, molho de azeite, limão e salsa	

César abacate	7.70
frango, alface, abacate, queijo grana padano e croutons com molho césar	

Fresca de Feta	7.70
quinoa, espinafres, maçã, queijo feta, nozes pecan e alperces secos, com molho de azeite, limão e mel	

Menú salada (salada + chá fio água aromatizada + café)	9.20
Menú salada com sopa	10.40
Extra salmão fumado	+ 3.00

- quentes -

Sopa do dia (sem batata)	1.90
Prato do dia	6.90
Menu do dia (prato + chá frio água aromatizada + café)	8.40
Menu do dia com sopa	9.60
Extra salada	2.50
Extra chips batata doce	3.00

- sanduiches com chips batata doce -

	Simple s	Menu*
Atlas*	6.10	7.60
guacamole, atum, ovo, rúcula e tomate		

Campesina*	5.90	7.40
pesto, frango, grana padano, rúcula e tomate		

Nórdica*	7.30	8.80
queijo creme, salmão fumado, pepino, cebola roxa e rúcula		

Tosta rústica*	5.50	7.00
pão rústico com queijo, tomate e orégãos		

*opção menú com chá frio e café



- Bread & Bakery-

Bread with butter*	1.35	Croissant brioche	1.40
Baguete with butter	1.65	Croissant puff pastry	1.30
Toast with butter	1.40	Croissant w/ egg cream	1.50
Doble toast with butter	2.10	Croissant w/ chocolate cream	1.50
Sourdough toast with butter	1.70	Croissant w/ butter	1.60
Sourdough doble toast with butter	2.30	Croissant w/ cheese or ham	2.10
Bread with cheese or ham *	1.75	Croissant w/ cheese and ham	2.40
Bread with cheese and ham*	2.10	Pastel nata	1.20
Baguete with cheese or ham	2.10	Pastel feijão	1.30
Baguete with cheese and ham	2.40	Muffin	1.20
Cheese or ham toast	2.20	Miniatures	0.60
Cheese and ham toast	2.50	Cookies	1.50
Cheese and ham sourdough toast	2.80	Lanche	1.50
		Rissol	1.40
Extra butter or jam	0.40		
*cereal or whole bread	+0.10		
* Pumpkin and nuts bread	+0.30		

- Cafeteria -

Espresso	0.90	Still water 0,33l	0.95
Americano	1.30	Still water 1,5l	1.60
Cappuccino	1.80	Sparkling water	1.40
Iced Latte	1.90	Sparkling water lemon	1.50
Double coffee	1.60	Coke, Sumol, Ice Tea	1.60
Americano decaf	1.40	Kombucha Lipton	2.40
Decaf espresso	1.00	Compal	1.60
Espresso with milk	1.00	Pleno herb tea	1.50
Espresso special*	1.10	Somersby	2.00
Cappuccino special*S	1.90	Beer mini	1.20
Hot chocolate	2.10	Beer 0.33	1.50
Tea (lemon, black, green, herbs)	1.40	Glass wine (white red rosé)	2.40
Extra milk	0.30	Wine bottle	9.50
* Decaf or oat milk			

- Other drinks -

- Breakfast specials -

Fruit bowl with iogurt	4.00
Fruit, yogurt, home made granola and honey	
Kit LeMatin	3.70
Orange juice (S), espresso, croissant or toast with butter	
Executive breakfast	5.10
Orange juice (S), espresso or cappucino or tea, croissant or toast with butter and jam	
Brunch	12.90
Orange juice (s)	
Yogurt with fruit, granola and honey	
Scrambled eggs, cheese and ham, toast	
White or whole cereal bread or croissant with butter and jam	
Esoresso, cappuccino or tea	

- Juices & dairy -

Orange juice (small)	1.70	- The best part -	
Orange juice	2.70	(daily choice of home made desserts)	
Lemonade	1.60	Tarte Banoffee	2.70
Smoothie (banana/strawberry; tropical)	2.90	Cheesecake	2.90
Plain milk	1.00	Almond pie	2.30
Chocolate milk	1.40	Florentine cake	2.90
Kéfir drink	1.50	Lemon merengue	2.80
Homemade iced tea	1.40	Pavlova	3.20
Vegetable drink	1.60	Carrot and nuts cake	2.50
Innocent fruit juice	2.60	Chocolate fudge cake	2.50
		Fruit salad	2.40
		Brownie	3.00
Yogurt Pastoret	1.40		

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- Eggs & Quiches -

Fried/scrambled eggs with bacon on sourdough toast	4.90
Ommelet with cheese or ham on sourdough toast	5.10
Ommelet with cheese and ham on sourdough toast	5.50

Homemade quiche with salad	6.00
Menu quiche (quiche w/ salad + iced tead + espresso)	7.50
Menu quiche with soup	8.70

- Tartines in sourdough toast -

Cream cheese, smoked salmon and capers on rustic toasted bread	4.50
Scrambled eggs with mushrooms on rustic toasted bread	
Avocado and fried/boiled eggs on rustic bread toast	

- Croissants sandwich-

Arugula, tomato and mozzarella	4.50
Cream cheese and smoked salmon with chive	
Avocado and scrambled eggs	
Arugula, scrambled eggs and ham	

- sourdough toast with sweet potato chips-

Caprese	7.90
Sourdough toast pesto, tomato and mozzarella	

Prosciutto	7.90
Sourdough toast with olive oil, grilled peppers, arugula and smoked ham	

Menu sourdough toast (toast + iced tea + espresso)	9.40
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Hot dog with chips	4.00
Hot dog with cheese and ham	



- Salads -

Mediterrâneo	7.70
Tuna, tomato, cucumber, chickpea, red onion, boiled egg, with olive oil and lemon dressing	

César Avocado	7.70
Chicken, lettuce, avocado, cheese grana padano, croutons and cesar dressing	

Feta fresh	7.70
Quinoa, spinaches, apple, feta cheese, pecan nuts and dry peaches w/ olive oil, honey and lemon dressing	

Menú salad (salad + iced tea + espresso)	9.20
Menú salad with soup	10.40
Extra smoked salmon	+ 3.00

- Hot plates -

Soup of the day (no potato)	1.90
Dish of the day	6.90
Menu dish of the day (dish + iced tea + espresso)	8.40
Menu dish of the day with soup	9.60
Extra salad	2.50
Extra chips	3.00

- Sandwiches with sweet potato chips -

	Simples	Menu*
Atlas*	6.10	7.60
Guacamole, tuna, boiled egg and tomato		

Campesina*	5.90	7.40
Pesto, chicken, grana padano, arugula and tomato		

Nórdica*	7.30	8.80
Cream cheese, smoked salmon, cucumber, arugul and red onion		

Tosta rústica*	5.50	7.00
Rustic bread toast with cheese, tomato and oreganos		

*menu with iced tea and espresso