

THE BREAKFASTS

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| O Inglês Completo! (bacon, sausage, beans, fried egg, has brown, mushroom, tomato & toast) | € 8.50 |
| Bacon Butty | € 3.50 |
| Bacon & Egg | € 4.50 |
| Sausage Sandwich & Egg | € 4.50 |
| Scrambled egg, tomato, mushroom & spinach (v) | € 4.50 |
| Poached, boiled eggs, scrambled or fried eggs | € 3.75 |

Pancake Verde

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| Pancake stuffed with spinach, poached egg & cheddar cheese (v) | € 4.50 |
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Pancake Rosa

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| Pancake stuffed with bacon, mushroom, & a poached egg | € 5.50 |
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Pancake Chocó

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| Pancake with Nutella | € 3.50 |
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Pancake Citrus & Sweet

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| Pancake with lemon & sugar | € 3.50 |
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Pancake Arco Iris

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| Pancake with honey, strawberries and Blueberries | € 4.50 |
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| Greek Yoghurt with a selection of fresh fruit & muesli on the side | € 3.50 |
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| Croissant with jam | € 3.00 |
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| Pao com Chocolate | € 3.00 |
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| Toast with butter & jam | € 1.50 |
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OMELETS

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| Cheese | € 4.00 |
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| Cheese & spring onion | € 4.00 |
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| Cheese & tomato | € 4.00 |
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| Cheese, tomato & spinach | € 4.00 |
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| Cheese, ham, bacon & mushroom | € 4.50 |
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THE LUNCHES

Pais Salad (v)

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| Mixed salad with goats cheese and a drizzle of honey & walnuts | € 9.50 |
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Protein Salad

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| Mixed salad with chicken & avocado | € 10.50 |
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Greek Salad

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| Mixed salad with feta and black olives | € 9.50 |
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Fazenda Salad

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| Mixed salad with cheese & ham | € 9.50 |
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Caprese Salad (v)

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| Tomato, basil and mozzarella | € 9.75 |
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Energy Salad

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| Mixed salad with beetroot, sweet corn, raw carrot, spring onion & almonds | € 9.00 |
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| Add chicken, tuna, ham, cheese, feta or goats cheese to your raw energy salad | € 2.00 |
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Asian Rice Noodle Salad

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| Cold rice noodles in an Asian aromatic dressing with spring onions, ginger, sweet corn and pepper | € 10.50 |
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Served with either prawn or chicken

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| Homemade Burgers served with caramelized onions, side salad & chips | € 10.50 |
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| Cheese Burger | € 12.00 |
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| Bacon & Brie burge | € 14.50 |
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| Side Orders (chips, coleslaw, homemade relish or bread rolls) | € 2.50 |
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TOASTIES

served with a garnish of salad and plain crisps

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| Cheese & Tuna, Cheese & Ham, Cheese & Tomato, Cheese & spring onion | € 4.50 |
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