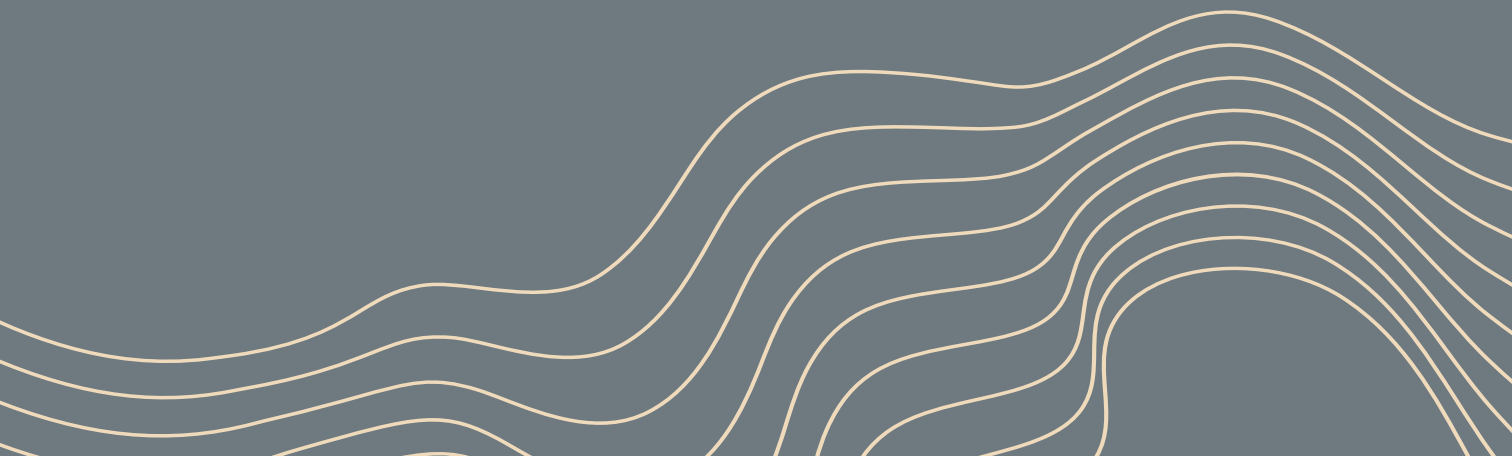


EN



Breakfast



Classics

IRISH

Eggs, bacon, sausage, mushrooms, roasted tomato, baked beans, hash browns and toast.



13.00 €

IRISH VEGGIE

Eggs, mushrooms, roasted tomato, baked beans, hash browns, onion and toast.



11.00 €

EGGS YOUR WAY

Eggs with bacon or sausages and toast of your choice.



9.00 €



How would you like your **eggs**: fried, scrambled, poached, or boiled?

PANCAKE

Pancake with fruit and topping options: honey, Nutella, chocolate, or strawberry.



9.00 €

Specialties

SEASONAL FRUIT CRUMBLE

Seasonal fruit baked with oats and honey (yoghurts available on the buffet).



8.50 €

AVOCADO TOAST

Seed bread, avocado puree, tomato, poached eggs and sesame seeds.



9.00 €

EGGS BENEDICT

Madeira traditional bread, cured ham, smoked salmon, mushrooms, poached eggs and hollandaise sauce.



10.00 €

OMELETTE

Choose your filling:
• cheese • ham • mushrooms • tomato • onion • pepper



9.00 €
+ 1.00 €
each

Café

SMOOTHIE BOWL	 	9.50 €
Seasonal fruit, homemade granola, chia seeds and sliced almonds.		
AÇAÍ BOWL		10.00 €
Açaí, homemade granola, seasonal fruit and honey.		
GRILLED CHEESE TOASTIE	 	5.00 €
Choose your preferred bread: sliced, traditional, or gluten-free. Also available as a sandwich option.		
Extras: • ham • tomato • tuna		+ 1.50 € each
HAM & CHEESE CROISSANT	 	3.50 €
Butter or wholegrain croissant with cheese and ham.		
CHOCOLATE CROISSANT	  	3.00 €
Butter croissant with chocolate filling.		
PLAIN CROISSANT		2.50 €
Butter or wholegrain croissant.		
BUTTERED TOAST	 	3.00 €
Choose your bread as you prefer: sliced, homemade, or gluten-free. Add butter and homemade jam.		
CUSTARD TART	  	2.00 €
ASSORTED PASTRIES	  	2.00 €
CAKE OF THE DAY	   	4.80 €

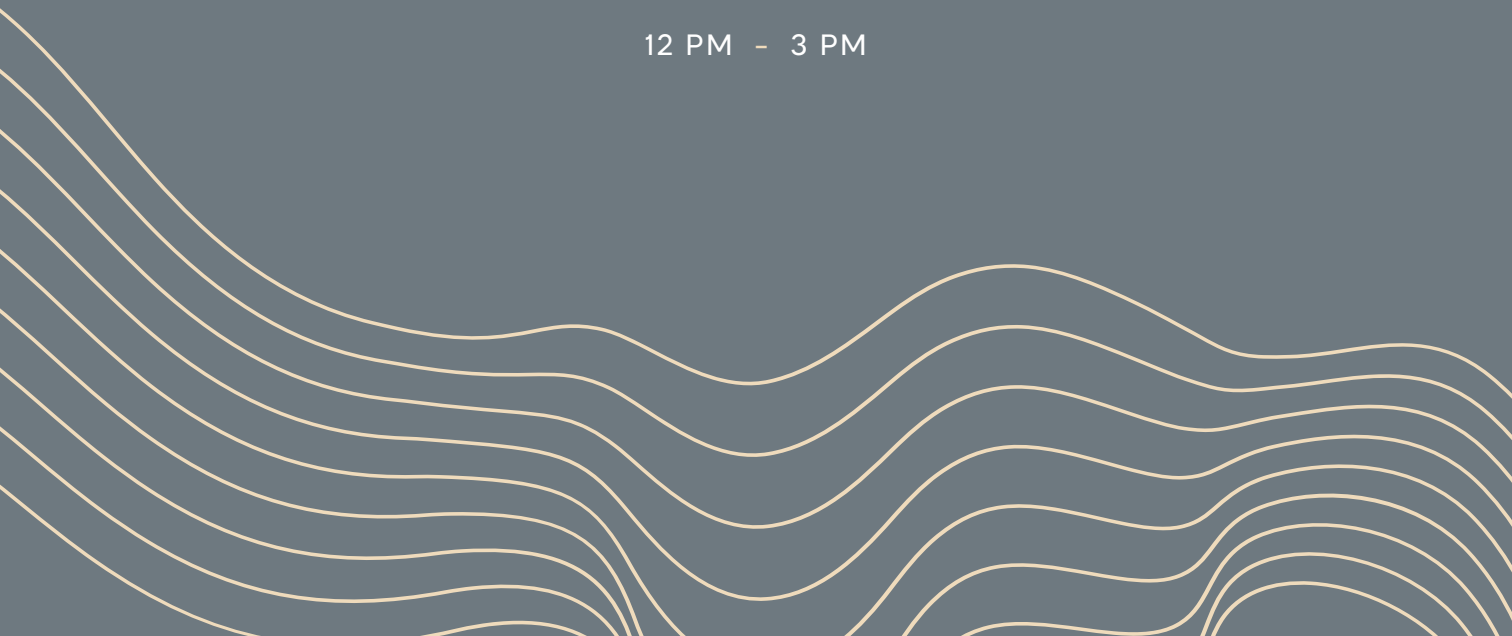
EN



Lunch

LUNCH HOURS

12 PM - 3 PM



Burgers, sandwiches and wraps

TUGA GOURMET BURGER	    	14.50 €
Caco bread with Alentejo beef, prosciutto, egg, tomato, lettuce, and mustard.		
BLACK ANGUS BURGER	   	14.00 €
Black Angus, cheddar cheese, bacon, tomato, lettuce and mustard.		
SPICY CHICKEN	   	10.00 €
Chicken breast, kale salad, lettuce, mayonnaise and spicy sauce.		
GRILLED CHEESE TOASTIE	 	6.50 €
Choose your preferred bread: sliced, traditional, or gluten-free. Also available as a sandwich option.		
Extras: • ham • tuna		+ 1.50 € cada
Extras: • onion • tomato		+ 1.00 € cada
CHAR GRILLED PORTOBELLO SANDWICH	 	11.00 €
Caco bread, grilled portobello, rocket, vegan cheese, and garlic mayonnaise.		
OMELETTE	  	11.00 €
Plain omelette with chips.		
Choose your filling: • cheese • ham • mushrooms • tomato • onion • pepper		+ 1.00 € cada
"BIFANA" TRADITIONAL PORK SANDWICH	 	7.00 €
Pork steak, Mafra bread, and typical bifana sauce.		
CHICKEN WRAP	  	10.50 €
Chargrilled chicken breast, tomato, lettuce, cucumber and garlic mayonnaise.		
FALAFEL AND AVOCADO WRAP	 	10.50 €
Homemade falafels, smashed avocado, tomato, kale, cucumber, and vegan mayonnaise.		

Pizzas

MARGHERITA	 	11.00 €
Tomato, mozzarella and oregano.		
AL TONNO	 	13.00 €
Tomato, mozzarella, tuna, onion, olives and oregano.		

PROSCIUTTO	 	13.00 €
Tomato, mozzarella, ham or prosciutto, mushrooms and oregano.		
VEGETARIANA	 	12.00 €
Tomato, mozzarella, mushrooms, onion, pepper, roast tomato and oregano.		

Snacks

CHICKEN WINGS	   	11.00 €
Choose your seasoning: plain, teriyaki sauce, or piri-iri. Served with garlic mayonnaise and vegetable sticks.		
GARLIC PRAWNS	  	16.00 €
Prawns sautéed with garlic, white wine and herbs.		
CHIPS		4.00 €
French fries or sweet potato fries.		
DIPS	  	1.00 €
• special mayonnaise (garlic or chorizo) • yoghurt • tartar • vegan		

Healthy choices

CHICKEN CEASAR SALAD	  	14.00 €
Grilled chicken breast, parmesan, bacon, lettuce, croutons, crispy onion and Ceasar dressing.		
THE GREEN LOUNGE SALAD	   	17.00 €
Garlic prawns, mango, lettuce, cucumber, cilantro and croutons.		
FALAFEL SALAD	 	11.00 €
Crispy falafels, coleslaw, cucumber, red onion and yoghurt sauce.		
SMOKED SALMON SALAD	   	17.00 €
Smoked salmon, lettuce, cherry tomato, cucumber, avocado, feta cheese and vinaigrette.		
TUNA POKE	    	15.00 €
Sushi rice, tuna, avocado, edamame, pepper, cherry tomatoes, sweetcorn, sesame, and Sriracha mayonnaise.		

VEGAN POKE

13.00 €

Sushi rice, tofu, avocado, edamame, pepper, cherry tomato, corn, sesame seeds and Sriracha maionaise.

TUNA TATAKY

13.50 €

Tuna, mango, red onion, and red chili.

Desserts

CHOCOLATE & ORANGE

6.00 €

Orange roll, chocolate mousse, olive oil brownie and fleur de sel.

FINI ARTISANAL ICE CREAMS

4.00 €

Please ask our staff to know the available flavours.

SEASONAL FRUIT

4.00 €

Sweet crepes

CHOCO CRAZE CREPE

9.50 €

Nutella, chocolate ice cream, chantilly and M&M's.

FRUITY CREPE

9.50 €

Banana, strawberry, strawberry ice cream, honey and chantilly.

MAKE YOUR CREPE

5.00 €

Extra ingredients:

+ 1.00 €

• sugar & cinnamon • strawberry • banana • honey • chantilly

cada

Extra toppings:

+ 2.00 €

• Nutella • vanilla ice cream • chocolate ice cream • strawberry ice cream

cada

• M&M's • Maltesers

Allergens



Lactose



Sesame seeds



Sulphites



Soy



Celery



Molluscs



Peanuts or peanut derivatives



Gluten



Nuts



Egg



Fish



Crustaceans



Mustard

No dish, food or beverage, including the couvert, can be charged if not requested or if made unusable by the consumer.
As predicted by the Decree- Law no 10/2015.

Consult our allergen table and please inform our staff of any allergy or intolerance for your own well being.

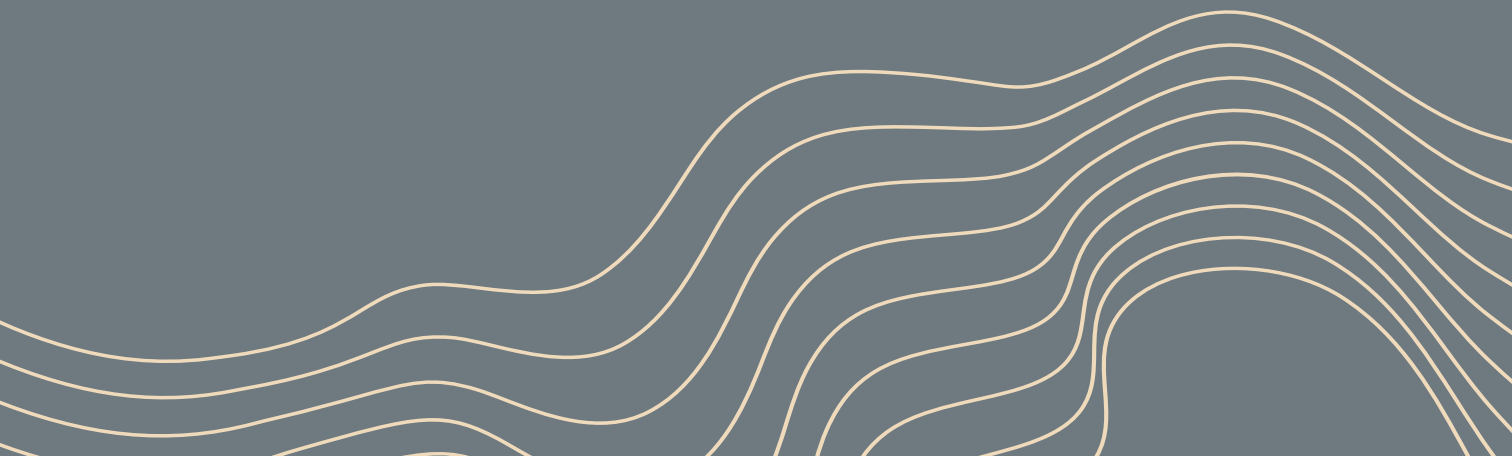
This establishment has a complaints book.

VAT is included at the legal rate.

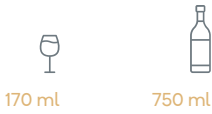
PT • EN



Vinhos • Wines



Tintos • Reds



CAIADO Alentejo Alicante Bouchet, Trincadeira, Aragonez	5.00 €	17.00 €
ARVAD Algarve Touriga Nacional, Alicante Bouschet e Cabernet Sauvignon	—	24.00 €
AL-RIA - CASA SANTOS LIMA Algarve 100% Negra Mole	—	23.00 €
NEGRA MOLE - ARVAD Algarve Negra Mole	—	25.00 €
CLARETE - MORGADO DO QUINTÃO Algarve 100% Negra Mole	—	32.00 €
ÀS CLARAS Algarve Touriga Nacional, Negra Mole	—	18.00 €
BARRANCO LONGO - TINTO PRIVATE SELECTION Algarve Aragonês e Alicante Bouschet	—	21.00 €
JOÃO CLARA - RESERVA Algarve Syrah, Alicante Bouschet, Touriga Nacional	—	38.00 €
VICENTINO Alentejo (Costa Vicentina) Syrah	—	22.00 €
MONTE DAS SERVAS Alentejo Aragonez, Alicante Bouschet, Trincadeira e Syrah	5.00 €	18.00 €

	170 ml	750 ml
CALADESSA - HERDADE DA CALADA Alentejo, DOC  Syrah	7.00 €	25.00 €
ESPORÃO RESERVA Alentejo  Aragonez, Trincadeira, Cabernet Sauvignon, Alicante Bouschet	—	38.00 €
DONA MARIA - JULIO BASTOS Alentejo  Petit Verdot	—	46.00 €
M.O.B. LOTE 3 Dão  Touriga Nacional, Alfrocheiro e Jaen	—	21.00 €
QUINTA DOS CASTELARES - VINHO BIOLÓGICO Douro  Touriga Nacional, Touriga Franca, Tinta Roriz	—	22.00 €
PIRR Alentejo  Alicante, Touriga Nacional, Touriga Franca, Aragonez, Trincadeira	6.00 €	22.00 €
ENCOSTA DA ESTRELA - DOC Dão  Jaen, Tinta Roriz, Tinta Pinheira	5.00 €	18.00 €
JOÃO CLARA TINTO DE ANFORA - NEGRA MOLE Algarve  Touriga Nacional, Negra Mole	—	48.00 €
EUPHORIA Algarve  Touriga Nacional, Aragonez, Cabernet Sauvignon	6.00 €	21.00 €
ADEGAMÃE - VINHO BIOLÓGICO Lisboa  Caladoc, Syrah	—	19.00 €
HERDADE DOS OUTEIROS ALTOS - BIOLÓGICO, VEGAN, SEM SULFITOS Alentejo  Aragonez, Alfrocheiro, Trincadeira, Touriga Nacional, Alicante Bouschet	—	38.00 €

	170 ml	750 ml
MÃOS - RESERVA	—	56.00 €
Douro, DOC		
 Touriga Nacional, Tinta Roriz		

Brancos • Whites

CAIADO	5.00 €	17.00 €
Alentejo		
 Roupeiro, Arinto, Antão Vaz		
ARVAD	—	22.00 €
Algarve		
 Alvarinho, Arinto, Sauvignon Blanc		
WHITE - MORGADO DO QUINTÃO	—	34.00 €
Algarve		
 Crato Branco		
BARRANCO LONGO - GRANDE ESCOLHA	6.00 €	21.00 €
Algarve		
 Arinto, Encruzado		
VILLA ALVOR	—	23.00 €
Algarve		
 Sauvignon Blanc		
MORGADO DA SERRA DE MONCHIQUE	—	19.00 €
Algarve		
 Sauvignon Blanc		
MORGADO DA SERRA DE MONCHIQUE	5.00 €	19.00 €
Algarve		
 Chardonnay		
PIRR	6.00 €	22.00 €
Alentejo		
 Verdelho, Sauvignon Blanc, Alvarinho, Arinto		
MÃOS	—	27.00 €
Douro, DOC		
 Gouveio, Rabigato, Viosinho, Códega do Larinho		

	170 ml	750 ml
QUINTA DOS CASTELARES - VINHO BIOLÓGICO Douro, DOC  Códega do Larinho, Rabigato, Gouveio	—	21.00 €
EUPHORIA Algarve  Arinto, Alvarinho	6.00 €	22.00 €
JOÃO CLARA Algarve  Arinto, Alvarinho, Verdelho	—	24.00 €
CASA SANTOS LIMA - PINOT GRIS Lisboa  Pinot Gris	5.00 €	18.00 €
PAXÁ - SAUVIGNON BLANC Algarve  Sauvignon Blanc	6.00 €	22.00 €
PAXÁ - CHARDONNAY Algarve  Chardonnay	—	22.00 €
ADEGAMÃE - VINHO BIOLÓGICO Lisboa  Viosinho, Alvarinho, Arinto, Fernão Pires	—	19.00 €

Verdes

QUINTA DE SOALHEIRO - ALLO Minho  Alvarinho, Loureiro	5.00 €	20.00 €
CAPELA DA TAPADA - GRANDE ESCOLHA Minho  Loureiro	5.00 €	18.00 €
QUINTA DE SOALHEIRO Minho  Alvarinho	—	24.00 €

	170 ml	750 ml
MUROS DE MELGAÇO - ANSELMO MENDES	—	28.00 €
Melgaço		
 100% Alvarinho		

Rosés

CAIADO	5.00 €	17.00 €
Alentejo		
 Castelão, Aragonez, Touriga Nacional		
PIRR	6.00 €	22.00 €
Alentejo		
 Touriga Nacional, Aragonez, Pinot Gris e Gewürztraminer		
BARRANCO LONGO	6.00 €	21.00 €
Algarve		
 Aragonez e Touriga Nacional		
JOÃO CLARA	—	24.00 €
Algarve		
 Negra Mole		
EUPHORIA	6.00 €	21.00 €
Algarve		
 Touriga Nacional, Castelão, Aragonez		
QUINTA DOS CASTELARES - VINHO BIOLÓGICO	—	21.00 €
Douro, DOC		
 Touriga Nacional		
MUSKET	—	34.00 €
Alentejo		
 Antão Vaz, Roupeiro, Arinto, Viosinho, Trincadeira		

Colheita tardia • Late harvest

JOÃO CLARA	24.00 €
Algarve	

375 ml 

Champanhe e Espumante

Champagne & Sparkling Wine



GEORGE XV - VINHO GASIFICADO, BRUT

5.00 € 18.00 €

França

SIDÓNIO DE SOUSA - ESPUMANTE BRUT

6.00 € 21.00 €

Bairrada, Portugal

 Bical, Maria Gomes, Arinto

Método Tradicional • Traditional Method

SIDÓNIO DE SOUSA - ESPUMANTE ROSÉ

— 21.00 €

Bairrada, Portugal

 Baga

Método Tradicional • Traditional Method

BELISSIMO BRUTO NATURAL

5.00 € 22.00 €

Algarve, Portugal

 Negra Mole

Método Tradicional • Traditional Method

QUÊ 02 BARRANCO LONGO - GRANDE RESERVA BRUTO NATURAL

— 29.00 €

Algarve, Portugal

 Arinto, Chardonnay

Método Tradicional • Traditional Method

MOËT & CHANDON - IMPÉRIAL BRUT

— 85.00 €

Epernay, France

 Pinot Noir, Pinot Meunier, Chardonnay

VEUVE CLICQUOT PONSADIN - CUVÉE BRUT

— 95.00 €

Reims, France

 Pinot Noir, Chardonnay, Pinot Meunier

CHAMPAGNE RUINART - BRUT

— 120.00 €

Champagne, France

 Chardonnay, Pinot Noir, Meunier

Sangria



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SANGRIA

Tinta / Branca / Rosé • Red / White / Rosé

18.00 €

SANGRIA

Espumante • Sparkling Wine

22.00 €

INFORMAÇÃO • INFORMATION



Neste estabelecimento aplicamos taxa de rolha.
In this establishment, we apply a corkage fee.

10.00 €