

COMIDA

Pequeno almoco

09H00-12H00

Happy Muesli1	Flocos de aveia,noz,frutas,leite e mel	5.00€
Happy Muesli2	Crunchy Muesli,Frutas,noz,yoghurt,mel	5.00€
Mediterraneo	Ovos mexidos,bacon,tomate,pao,cebola	7.00€
English Breakfast	Ovos,Bacon,feijão,Pão torrado	7.50€

Vegetariano

Falafel <small>(c.Salada e Molho Yogurte)</small>	Pastéis de Grão,Coentros e Alho Francês	8.00€
Hamburguer Veggie	Courgette,Cenoura,Aveia,Quark,Ovo	7.00€
Wrap Vegetariano	Tofu fumado,Alface,Cenoura,Pepino, Rúcula,Abacate	6.00€
Pizza Vegetariana	Tomate,Pimento,Rucula,Espinafre,Cebola,Mascarpone	9.90€
Tigela Açaí,	Açaí,Muesli,Morango,Banana	7.50€

Infantil

Pizza Margherita		6.00€
Nuggets de Frango		4.00€
Esparquete c.molho de Tomate		4.00€
Cachorro	Com Queijo e Batata Frita	4.50€

Pizzas

12H - 19H

Margherita	Molho Tomate,Queijo Mozzarella	8.00€
Siciliana	Atum,Cebola,Azeitonas,Pimento	9.90€
Presunto	Presunto, Rúcula, Queijo Mascarpone	9.90€
Diavolo	Salame Picante,Pimento, Cebola	9.90€
Frango	Frango, Ananás	9.90€
Queijos	Queijo Cabra,Roquefort, Feta	9.90€
Calzone	Fiambre,Bacon, Cogumelos, Cebola,Natas	11.00€
Salmão	Salmão Fumado,Tomate,Alcaparras,Cebola	11.00€
Lizandro	Base d. Azeite e Alho,Presunto,Manjeriçã, Tomate	9.90€
Ingrediente Extra		1.00€

Saladas

Mista	Alface,Tomate,Cebola, Rúcula,Cenoura,Couve Roxa	6.00€
Grega	Alface,Feta,Tomate, Pepino,Azeiton.,Ceb.Roxa,Orégano	8.00€
NaOnda	Alface,Queijo Cabra,nozes, Tomate, Mel,Rucula,C.Rova,Cenoura	8.50€
Frango	Alface,Frango assado,Tomate,Cenoura, Rúcula,Couve Roxa	8.00€
Tropical	Alface,Atum,Cebola,Ovo,Manga,Azeiton.T.Cherry	8.00€
Salada de Massa	Presunto, Parmesão, Rúcula, Tomate,Azeitonas	7.50€

Wraps

Atum	Pasta d.Atum,Alface,Pepino,Alcaparras	6.00€
Salmão Fumado	Pasta Salmão,Abacate,Alface,Cenoura	7.00€
Vegetariano	Tofu Fumado,Alface,Cenoura, Pepino, Rúcula,Abacate	6.00€
Frango	Frango,Pimento,Alface,Molho d.Manga,Caril	6.00€

Hamburguers

Hamburger Simples	Alface, Tomate	7.00€
Cheeseburger	Alface,Tomate, Queijo Cheddar	7.50€
NaOnda	Alface,Tomate,Bacon, Ovo, Cheddar	8.50€
Hamburger XL	Alface, Tomate,Bacon, Ovo, Cheddar	9.50€
Vegetariano	Alface, Tomate	7.00€

Inclui Batata Frita

Burger e de: Courgette,Cenoura,Aveia,Quark,Aveia,Ovo,Queijo

Pratos do Dia

Sopa do Dia	3.00€
Bitoque	8.50€
Salmão Grelhado	11.90€
Francesinha	8.50€
Esparguete a Carbonara	8.00€
Esparguete c.molho tomate	7.00€

Snacks

09.00H-19.30H

SANDES

Sanduíche d.Queijo	3.00€	
Sanduíche d. Fiambre	3.00€	
Sanduíche Mista	Queijo,Fiambre	4.00€
Sanduíche d. Atum	Pasta d.Atum,Alface,Tomate	5.00€
Sanduíche d. Frango	Pasta d.Frango, Alface,Tomate	5.00€
Sanduíche d. Salmão 1	Pasta Salmão, Alface, Tomate	5.50€
Sanduíche d.Salmão 2	Salmão Fumado,Abacate,Pepino	7.00€
Sanduíche NaOnda	Presunto, Alface,Tomate,Philadelphia	5.50€

TOSTAS

Tosta Mista	Queijo,Fiambre	4.50€
Tosta Atum	Pasta d.Atum,Tomate	5.00€
Tosta Frango	Pasta d.Frango	5.00€
Tosta Salmão	Pasta d.Salmão,Tomate	5.90€
Torrada	3.00€	
Snack NaOnda	Palitos de Mozzarella e Palitos de Jalapeno com Queijo	6.00€

Sobremesas

Bolo à Fatia	3.00€	
Sobremesa da Taça	2.50€	
Waffel	2.80€	
Waffel com Gelado	4.00€	
Crepes Chocolate	Com ou sem Gelado	4.50€
Petite Gateau	5.00€	
Gelado Açai	4.00€	
Gelados FINI	Gelado Artesanal	3.00€

BEBIDAS

Cafés

Café/Descafeinado	1.00€
Garoto	1.00€
Abatanado	1.20€
Galão	1.50€
Meia de Leite	1.40€
Café com Natas	2.00€
Leite Ucal	1.70€
Chocolate Quente	1.70€
Cappucino	2.50€
Latte Macchiato	2.50€
Irish Coffee	7.00€

ÁGUAS

Garrafa 0.5l	1.50€
Água das Pedras	2.00€
Frize limão	2.00€
Castello	2.00€

Sumos Naturais

Laranja	3.50€
Morango	4.00€
Manga	4.00€
Ananás	4.00€
2 Frutas	4.50€
Açaí	5.00€
Limonada	3.00€

Batidos

Morango	4.50€
Ananás	4.50€
Manga	4.50€
Banana	4.50€
Chocolate <small>c.Chantilly</small>	4.50€

Refrigerantes

Ginger Ale/Água Tônica	2.00€
Néctares Compal	2.00€
Bebidas d. Lata	2.00€
Leaf/Ice Tea Organic	2.50€
RedBull	3.00€

Aperitivos

Martini	3.00€
Porto Corrente	3.00€
Porto Vintage	4.00€
Moscatel	3.50€

Gins

Big Boss	7.50€
Big Boss Pink	7.50€
Bulldog	7.50€
Hendricks	8.50€
Bombay Sapphire	6.00€
Gordons	5.50€

Caipirinhas

Caipirinha	6.00€
Caipiroska	6.00€
Morangoska	6.00€
Mojito	6.50€
Caipiroska Preta	6.00€

Aguardentes/Licores

Aguardente Velha	5.00€
Aguardente Corrente	4.00€
Licor Beirão	3.50€
Baileys	3.50€
Amêndoa Amarga	3.00€

Longdrinks

Cuba Libre	6.00€
Vodka laranja/limão	6.00€

Cervejas

Imperial (0.25lt)	1.50€
Caneca (0.5lt)	3.50€
Superbock	2.00€
Estrela Damm	2.00€
Estrela Preta	1.50€
Estrela Malt	1.50€
Estrela Free	1.50€
Daura sem Gluten	3.50€
Inedit 0.75lt	7.00€
Kirin Ichiban	2.50€
Somersby	2.50€
Corona	3.50€
Superbock Green	2.00€

Whiskies

Irish

Jameson	4.50€
Bushmills	5.00€
Cutty Sark	4.00€
Johnny W. Red	4.00€
Famouse Grouse	4.00€

Whiskies Velhos

Cutty Sark 12anos	6.50€
Johnny W.Black	6.50€

Vinhos

Copo Branco (Monte Velho)	2,80€
Copo Tinto (Monte Velho)	3.30€
Copo Vinho Verde (Alveleda Verde)	2.80€
Copo Rose (Defesa)	3.50€
Copo Sangria Tinto	2.50€
Sangria Tinto	12.00€
Sangria Branca	12.00€
Sangria Frutos Vermelhos	14.00€
Espumante Nacional (Garrafa)	12.00€

Solicite a lista de Vinhos

IVA de 13% e 23 % incl.

FOOD

Breakfast

09am-12.00pm

Happy Muesli1	Porridge,milk,walnuts,fruits,honey	5.00€
Happy Muesli2	Crunchy Muesli,Fruits,yoghurt,	5.00€
Mediterraneo	Scrambled eggs,bacon,tomatoe,bread	7.00€
English Breakfast	Eggs,baked beans,bacon,toasted bread	7.50€

Vegetarian

Falafel (w.Salad+Yogurtsauce)	Chickpeas,cilandro, french garlic	8.00€
Hamburguer Veggie	Zuchini,quark,carrot,oatmeal,cheese	7.00€
Wrap Vegetariano	Smoked Tofu,lettuce,vegetables	6.00€
Vegetarian Pizza	Tomatoe,Rucula,Onion,Spinache,Red Pepper,Mascarpone	9.90€
Tigela Açai,	Açai,Muesli,Strawberry,Banana	7.50€

Kids

Pizza Margaritha		6.00€
Chicken Nuggets		4.00€
Spagetthi w.Tomatosauce		4.00€
Hotdog	With Cheese +Potato Chips	4.50€

Pizzas

12pm-19pm

Margaritha		8.00€
Siciliana	Tuna,onion, red pepper,olives	9.90€
Presunto	Prosciutto,Mascarpone,Rucula	9.90€
Diavolo	Spicy Salame,red pepper,red onion	9.90€
Chicken	Chicken,Pineapple	9.90€
Cheese	Goat Cheese, Roquefort, Feta	9.90€
Calzone	Ham,Bacon,Mushrooms,Cream	11.00€
Salmon	Smoked Salmon, Tomato,Capers, Tomato	11.00€
Lizandro	Prosciutto,Garlic,Basil,Olive Oil	9.90€
Extra Topping		1.00€

Salads

All Salads come with green and red Leaf Lettuce

Mixed	Tomato,Onion,Rucula	6.00€
Greek	Feta,red onion,cucumber,olives	8.00€
NaOnda	Goat Cheese,Walnut,Tomatoes,Honey,Rucula	8.50€
Chicken	Roasted chickenbreast, Tomato,Rucula	8.00€
Tropical	Tuna,onion,olives,mango,boiled egg	8.00€
Pasta Salad	Prosciutto,Parmesan,Rucula,Olives	7.50€

Wraps

Tuna	Tunacream,Lettuce,Cucumber,Capers	6.00€
Smoked Salmon	Salmoncream,Avocado,Lettuce	7.00€
Vegetarian	Smoked Tofu,Lettuce,Carrot	6.00€
Chicken	Chicken,red pepper,lettuce,mango	6.00€

Hamburgers

Hamburger Simple	Lettuce, Tomato	7.00€
Cheeseburger	Cheddar, Tomato, Lettuce	7.50€
NaOnda	Cheddar, Bacon, Egg, Lettuce, Tomato	8.50€
Hamburger XL	Cheddar, Bacon, Egg, Lettuce, Tomato	9.50€
Vegetarian	Zuchini, quark, carrot, oatmeal, cheese	7.00€

Daily Dishes

Soup of the day (vegetables)	3.00€
Bitoque, fine veal meat, fried egg, mixed Salad	8.50€
Grilled Salmon Filet, mixed Salad	11.90€
Francesinha	8.50€
Spagetthi Carbonara	8.00€
Spagetthi w. Tomato Sauce	7.00€

Snacks

09am - 7.30pm

SANDWICHES

Cheese	3.00€	
Ham	3.00€	
Ham and Cheese	4.00€	
Tuna	Tunacream,Lettuce,Tomato	5.00€
Chicken	Chickencream,Lettuce,Tomato	5.00€
Salmon 1	Salmoncream,Lettuce,Tomato	5.50€
Salmon 2	Smoked Salmon,Avocado,Cucumber	7.00€
NaOnda	Prosciutto,Lettuce,Tomato,Philadelphia	5.50€

TOASTS

Ham and Cheese	4.50€	
Tuna	Tunacream,Tomato	5.00€
Chicken	Chickencream	5.00€
Salmon	Salmoncream	5.90€
Torrada	Toasted Bread	3.00€
Snack NaOnda	Mozzarella Sticks and Jalapeno Sticks with Cheese	6.00€

Desserts

Cake of the Day	3.00€	
Dessert of the Day	2.50€	
Waffle	2.80€	
Waffle with Icecream	4.00€	
Chocolate Crepe	With Icecream 4.50€	4.00€
Petite Gateau	4.50€	
Açaí Icecream	4.00€	
FINI	Handmade Icecream from Porto	3.00€

DRINKS

Coffees

Espresso	1.00€
Espresso Machiato	1.20€
American Coffee	1.20€
Coffee with Milk	1.50€
Coffe with Cream	2.00€
Chocolate Milk (Ucal)	1.70€
Hot Chocolate	1.70€
Cappucino	2.50€
Latte Macchiato	2.50€
Irish Coffee	7.00€

Waters

Bottle 0.5l	1.50€
Sparkling Water	2.00€
Lemon Spark.Water	2.00€

Natural Juices

Orange	3.30€
Strawberry	4.00€
Mango	4.00€
Ananás	4.00€
2 Fruits	4.50€
Açaí	5.00€
Lemonade	3.00

Milkshakes

Strawberry	4.50€
Ananás	4.50€
Mango	4.50€
Banana	4.50€
Chocolate w.Cream	4.50€

Softdrinks

Ginger Ale/Tonic water	2.00€
Néctares Compal	2.00€
Cola/Fanta/7up	2.00€
Leaf/Ice Tea Organic	2.50€
RedBull	3.00€

Aperitifs

Martini	3.00€
Porto Corrente	3.00€
Porto Vintage	4.00€
Moscatel	3.50€

Gins

Big Boss	7.50€
Big Boss Pink	7.50€
Bulldog	7.50€
Hendricks	8.50€
Bombay Sapphire	6.00€
Gordons	5.50€

Caipirinhas

Caipirinha	6.00€
Caipiroska	6.00€
Morangoska	6.00€
Mojito	6.50€
Black Caipiroska	6.00€

Aguardentes/Licores

Old Brandy	5.00€
Brandy	4.00€
Licor Beirão	3.50€
Baileys	3.50€
Amêndoa Amarga	3.00€

Longdrinks

Cuba Libre	6.00€
Vodka laranja/limão	6.00€

Beers

Imperial (0.25lt)	1.50€
Caneca (0.5lt)	3.50€
Superbock	2.00€
Estrela Damm	2.00€
Estrela Preta (black)	1.50€
Estrela Malt	1.50€
Estrela Free	1.50€
Daura Glutenfree	3.50€
Inedit 0.75lt	7.00€
Kirin Ichiban	2.50€
Somersby	2.50€
Corona	3.50€
Superbock Green	2.00€

Whiskies

Irish

Jameson	4.50€
Bushmills	5.00€
Cutty Sark	4.00€
Johnny W. Red	4.00€
Famouse Grouse	4.00€

Old Whiskies

Cutty Sark 12 y.o.	6.50€
Johnny W.Black	6.50€

Wines

Glas of White (Monte Velho)	2.80€
Glas of Red (Monte Velho)	3.30€
Glas Vinho Verde (Alveleda Verde)	2.80€
Glas Rose (Defesa)	3.50€
Glas Sangria	2.50€
Sangria Red	12.00€
Sangria White	12.00€
Sangria Red Fruits	14.00€
Portugues Prosecco (Bottle)	12.00€

Ask also for our Winelist

VAT Included