

# COMIDA

## Pequeno almoco

10H00-12H00

Happy Muesli1	Flocos de aveia,noz,frutas,leite e mel	6.00€
Happy Muesli2	Crunchy Muesli,Frutas,noz,yoghurt,mel	6.50€
Mediterraneo	Ovos mexidos,bacon,tomate,pao,cebola	8.50€
English Breakfast	Ovos,Bacon,feijão,Pão torrado	9.00€

## Vegetariano

Falafel <small>(c.Salada e Molho Yogurte)</small>	Pastéis de Grão,Coentros e Alho Francês	9.00€
Hamburguer Veggie	Burguer deCourgette,Cenoura,Aveia,Quark,Ovo	8.00€
Wrap Vegetariano	Húmus de Grão,Alface,Cenoura,Pepino, Rúcula,Abacate	6.80€
Pizza Vegetariana	Tomate,Pimento,Rúcula,Espinafre,Cebola,Mascarpone,Q.Mozzarella	10.50€
Tigela Açaí/Pitaya	Açaí ou Pitaya,Granola,Morango,Banana	8.00€

## Infantil

Pizza Margherita		6.50€
Nuggets de Frango		5.00€
Esparguete c.molho de Tomate		5.00€
Cachorro	Com Queijo e Batata Frita	4.50€

## Pizzas

Margherita	Molho Tomate,Queijo Mozzarella	8.90€
Siciliana	Atum,Cebola,Azeitonas,Pimento,Q.Mozzarella	10.50€
Presunto	Presunto, Rúcula, Queijo Mascarpone,Q.Mozzarella	11.50€
Diavolo	Salame Picante,Pimento, Cebola,Q.Mozzarella	10.80€
Frango	Frango, Ananás,Q.Mozzarella	10.50€
Queijos	Queijo Cabra,Roquefort, Feta,Q.Mozzarella	11.00€
Calzone	Fiambre,Bacon, Cogumelos, Cebola,Natas,Q. Mozzarella	12.50€
Salmão	Salmão Fumado,Tomate,Alcaparras,Cebola,Q.Mozzarella	12.50€
Lizandro	Base d. Azeite e Alho,Presunto,Manjericão,Tomate,Q.Mozzarella	11.00€
Ingrediente Extra		1.00€

## Saladas

Mista	Alface,Tomate,Cebola, Rúcula,Cenoura,Couve Roxa	7.00€
Grega	Alface,Feta,Tomate, Pepino,Azeiton.,Ceb.Roxa,Orégano	8.90€
NaOnda	Alface,Queijo Cabra,nozes, Tomate, Mel,Rucula,C.Roxa,Cenoura	9.50€
Frango	Alface,Peito d.Frango c.Caril,Tomate,Cenoura, Rúcula,Couve Roxa	9.00€
Tropical	Alface,Atum,Cebola,Ovo,Manga,Azeitonas.T.Cherry	8.90€

## Wraps

Atum	Pasta d.Atum,Alface,Pepino,Alcaparras	7.00€
Salmão Fumado	Pasta Salmão,Abacate,Alface,Cenoura	7.50€
Vegetariano	Húmus de Grão,Alface,Cenoura, Pepino,Abacate	6.80€
Frango	Alface,Molho d.Manga,Peito d.Frango c/Carril	7.00€

## Hamburguers

Inclui Batata Frita

Hamburger Simples	Alface, Tomate	7.50€
Cheeseburger	Alface,Tomate, Queijo Cheddar	8.50€
NaOnda	Alface,Tomate,Bacon, Ovo, Cheddar	9.50€
Hamburger XL	Hamb.de Vitela d.Açores,Alface, Tomate,Bacon,	11.00€
Hamburger Lizandro	Hamb.de Maminha Aust.Matur.,Alface, Cheddar	11.50€
Vegetariano	Alface, Tomate	8.00€

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

## Pratos do Dia

Sopa do Dia	3.50€
Bitoque	9.90€
Salmão Grelhado	12.90€
Francesinha	10.80€
Esparguete a Carbonara	9.00€
Esparguete c.molho tomate	9.00€

Maminha Maturada d.Australia (350g)	14.90€
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Todos os pratos de Carne sao acompanhados  
com Salada Mista, Arroz e Batata Frita

## Snacks

### SANDES

Sanduiche d. Queijo		3.50€
Sanduiche d. Fiambre		3.60€
Sanduiche Mista	Queijo,Fiambre	4.50€
Sanduiche d. Atum	Pasta d.Atum,Alface,Tomate	6.00€
Sanduiche d. Frango	Pasta d.Frango, Alface,Tomate	6.00€
Sanduiche d. Salmão 1	Pasta Salmão, Alface, Tomate	6.00€
Sanduiche d.Salmão 2	Salmão Fumado,Abacate,Pepino	7.50€
Sanduiche NaOnda	Presunto, Alface,Tomate,Philadelphia	6.00€

### TOSTAS

Tosta Mista	Queijo,Fiambre	4.90€
Tosta Atum	Pasta d.Atum,Tomate	5.50€
Tosta Frango	Pasta d.Frango	5.50€
Tosta Salmão	Pasta d.Salmão,Tomate	6.50€

### Petiscos

Snack NaOnda	Palitos de Mozzarella e Pal. de Jalapeno com Queijo	7.00€
Tiros de Choco		7.00€

## Sobremesas

Bolo à Fatia		3.50€
Sobremesa da Taça		3.50€
Waffel		3.00€
Waffel com Gelado		4.50€
Crepes Chocolate	Com ou sem Gelado	6.00€
Petite Gateau		6.00€
Gelado Açaí		4.00€
Panqueca	Com Nutella ou Frutas ou Amendoim	6.00€
Crepe com Maça		6.00€

# BEBIDAS

## Cafés

Café/Descafeinado	1.30€
Garoto	1.30€
Abatanado	1.50€
Galão	1.70€
Meia de Leite	1.70€
Café com Natas	2.40€
Leite Ucal	2.50€
Chocolate Quente	2.50€
Cappucino	2.70€
Latte Macchiato	3.20€
Irish Coffee	7.00€

## ÁGUAS

Garrafa 0.5l	1.50€
Água das Pedras	2.20€
Frize limão	2.40€
Castello	2.20€

## Sumos Naturais

Laranja	4.00€
Morango	4.50€
Manga	4.50€
Ananás	4.50€
2 Frutas	5.50€
Açaí	6.00€
Limonada	3.50€

## Batidos

Morango	5.50€
Ananás	5.50€
Manga	5.50€
Banana	5.50€
Chocolate <small>c.Chantilly</small>	5.50€

## Refrigerantes

Ginger Ale/Água Tônica	2.20€
Néctares Compal	2.40€
Bebidas d. Lata	2.20€
RedBull	4.00€

## Aperitivos

Martini	4.00€
Porto Corrente	4.00€
Porto Vintage	4.50€
Moscatel	3.50€

## Gins

Big Boss	9.00€
Big Boss Pink	9.00€
Bulldog	9.00€
Hendricks	9.50€
Bombay Sapphire	7.50€
Gordons	7.00€

## Caipirinhas

Caipirinha	7.00€
Caipiroska	7.00€
Morangoska	7.00€
Mojito	7.00€
Caipiroska Preta	7.00€

## Aguardentes/Licores

Aguardente Velha	6.00€
Aguardente Corrente	4.00€
Licor Beirão	3.50€
Baileys	3.50€
Amêndoa Amarga	3.50€

## Longdrinks

Cuba Libre	7.00€
Vodka laranja/limão	6.00€

## Cervejas

Imperial (0.25lt)	1.70€
Caneca (0.5lt)	3.50€
Superbock	2.20€
Estrela Damm	2.20€
Estrela Preta	2.00€
Estrela Malt	2.00€
Estrela Free	2.00€
Daura sem Gluten	3.50€
Somersby	3.40€
Corona	3.80€

## Whiskies

### Irish

Jameson	5.50€
Bushmills	6.50€
Cutty Sark	4.50€
Johnny W. Red	4.50€
Famouse Grouse	5.00€

### Whiskies Velhos

Cutty Sark 12anos	6.50€
Johnny W.Black	7.50€

## Vinhos

Copo Branco (Monte Velho)	3.50€
Copo Tinto (Monte Velho)	4.00€
Copo Vinho Verde (Alveleda Verde)	4.00€
Copo Rose (Monte Velho)	4.00€
Copo Sangria Tinto	4.00€
Sangria Tinto	15.00€
Sangria Branca	15.00€
Sangria Frutos Vermelhos	17.00€
Espumante Nacional (Garrafa)	13.50€

Solicite a lista de Vinhos

# FOOD

## Breakfast

09am-12.00pm

Happy Muesli1	Porridge,milk,walnuts,fruits,honey	6.00€
Happy Muesli2	Crunchy Muesli,Fruits,yoghurt,	6.50€
Mediterraneo	Scrambled eggs,bacon,tomatoe,bread	8.50€
English Breakfast	Eggs,baked beans,bacon,toasted bread	9.00€

## Vegetarian

Falafel (w.Salad+Yogurtsauce)	Chickpeas,cilandro, french garlic	9.00€
Hamburguer Veggie	Zuchini,quark,carrot,oatmeal,cheese	8.00€
Wrap Vegetariano	Chickpea Humus,lettuce,vegetables	6.80€
Vegetarian Pizza	Tomatoe,Rucula,Onion,Spinache,Red Pepper,Mascarpone	10.50€
Tigela Açai/Pitaya	Açai or Pitaya,Granola,Strawberry,Banana	8.00€

## Kids

Pizza Margaritha		6.50€
Chicken Nuggets		5.00€
Spagetthi w.Tomatosauce		5.00€
Hotdog	With Cheese +Potato Chips	4.50€

## Pizzas

Margaritha		8.90€
Siciliana	Tuna,onion, red pepper,olives	10.50€
Presunto	Prosciutto,Mascarpone,Rucula	11.50€
Diavolo	Spicy Salame,red pepper,red onion	10.80€
Chicken	Chicken,Pineapple	10.50€
Cheese	Goat Cheese, Roquefort, Feta	11.00€
Calzone	Ham,Bacon,Mushrooms,Cream	12.50€
Salmon	Smoked Salmon,Tomato,Capers, Tomato	12.50€
Lizandro	Prosciutto,Garlic,Basil,Olive Oil	11.00€
Extra Topping		1.00€

## Salads

All Salads come with green and red Leaf Lettuce

Mixed	Tomato,Onion,Rucula	7.00€
Greek	Feta,red onion,cucumber,olives	8.90€
NaOnda	Goat Cheese,Walnut,Tomatoes,Honey,Rucula	9.50€
Chicken	Roasted chickenbreast, Tomato,Rucula	9.00€
Tropical	Tuna,onion,olives,mango,boiled egg	8.90€

## Wraps

Tuna	Tuna cream, Lettuce, Cucumber, Capers	7.00€
Smoked Salmon	Salmon cream, Avocado, Lettuce	7.50€
Vegetarian	Chickpea Humus, Lettuce, Carrot	6.80€
Chicken	Chicken, red pepper, lettuce, mango	7.00€

## Hamburgers

Hamburger Simple	Lettuce, Tomato	7.50€
Cheeseburger	Cheddar, Tomato, Lettuce	8.50€
NaOnda	Cheddar, Bacon, Egg, Lettuce, Tomato	9.50€
Hamburger XL	Veal (Acores) Cheddar, Bacon, Egg, Lettuce, Tomato	11.00€
Hamburger Lizandro	Aged Rump Skirt (Australian Wagyu), Cheddar, Lettuce, Tomato	11.50€
Vegetarian	Burger : Zucchini, quark, carrot, oatmeal, Lettuce, Tomato, Cheddar	8.00€

## Daily Dishes

Soup of the day (vegetables)	3.50€
Bitoque, fine veal meat, fried egg, mixed Salad	9.90€
Grilled Salmon Filet, mixed Salad	12.90€
Francesinha	10.80€
Spagetthi Carbonara	9.00€
Spagetthi w. Tomato Sauce	9.00€
Rumpskirt Steak (Aged Australian Wagyu) 350g	14.90€

All meat dishes are served with a Mixed Salada, Rice and Potatochips

## Snacks

### SANDWICHES

Cheese		3.00€
Ham		3.00€
Ham and Cheese		4.50€
Tuna	Tunacream, Lettuce, Tomato	5.50€
Chicken	Chickencream, Lettuce, Tomato	5.50€
Salmon 1	Salmoncream, Lettuce, Tomato	6.00€
Salmon 2	Smoked Salmon, Avocado, Cucumber	7.50€
NaOnda	Prosciutto, Lettuce, Tomato, Philadelphia	6.00€

### TOASTS

Ham and Cheese		4.50€
Tuna	Tunacream, Tomato	5.50€
Chicken	Chickencream	5.50€
Salmon	Salmoncream	6.50€

### Snacks

Snack NaOnda	Mozzarella Sticks and Jalapeno Sticks with Cheese	7.00€
Fried Squid Stripes		7.00€

## Desserts

Cake of the Day		3.50€
Dessert of the Day		3.50€
Waffle		3.00€
Waffle with Icecream		4.50€
Chocolate Crepe	With Icecream	4.50€
Petite Gateau		6.00€
Açaí Icecream		4.00€
Pancakes	With Nutella or Fruits or Peanuts	6.00€
Crepe w. Applecrumble		6.00€



# DRINKS

## Coffees

Espresso	1.30€
Espresso Machiato	1.30€
American Coffee	1.50€
Coffee with Milk	1.70€
Coffe with Cream	2.40€
Chocolate Milk (Ucal)	2.50€
Hot Chocolate	2.50€
Cappucino	2.70€
Latte Macchiato	3.20€
Irish Coffee	7.00€

## Waters

Bottle 0.5l	1.50€
Sparkling Water	2.20€
Lemon Spark.Water	2.40€

## Natural Juices

Orange	4.00€
Strawberry	4.50€
Mango	4.50€
Ananás	4.50€
2 Fruits	5.50€
Açaí	5.50€
Lemonade	3.50€

## Milkshakes

Strawberry	5.50€
Ananás	5.50€
Mango	5.50€
Banana	5.50€
Chocolate w.Cream	5.50€

## Softdrinks

Ginger Ale/Tonic water	2.20€
Néctares Compal	2.40€
Cola/Fanta/7up	2.20€
Ice Tea (all flavors)	2.20€
RedBull	4.00€

## Aperitifs

Martini	4.00€
Porto Corrente	4.00€
Porto Vintage	4.50€
Moscatel	3.50€

## Gins

Big Boss	9.00€
Big Boss Pink	9.00€
Bulldog	9.00€
Hendricks	9.50€
Bombay Saphire	7.50€
Gordons	7.00€

## Caipirinhas

Caipirinha	7.00€
Caipiroska	7.00€
Morangoska	7.00€
Mojito	7.00€
Black Caipiroska	7.00€

## Aguardentes/Licores

Old Brandy	6.00€
Brandy	4.00€
Licor Beirão	3.50€
Baileys	3.50€
Amêndoa Amarga	3.50€

## Longdrinks

Cuba Libre	7.00€
Vodka laranja/limão	6.00€

## Beers

Imperial (0.25lt)	1.70€
Caneca (0.5lt)	3.50€
Superbock	2.20€
Estrela Damm	2.20€
Estrela Preta (black)	2.00€
Estrela Malt	2.00€
Estrela Free	2.00€
Daura Glutenfree	3.50€
Somersby	3.40€
Corona	3.80€

## Whiskies

### Irish

Jameson	5.50€
Bushmills	6.50€
Cutty Sark	4.50€
Johnny W. Red	4.50€
Famous Grouse	5.00€

### Old Whiskies

Cutty Sark 12 y.o.	6.50€
Johnny W. Black	7.50€

## Wines

Glas of White (Monte Velho)	3.50€
Glas of Red (Monte Velho)	4.00€
Glas Vinho Verde (Alveleda Verde)	4.00€
Glas Rose (Monte Velho)	4.00€
Glas Sangria	4.00€
Sangria Red	15.00€
Sangria White	15.00€
Sangria Red Fruits	17.00€
Portugues Prosecco (Bottle)	13.50€

Ask also for our Winelist