

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€ |

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€ |
| Calzone | Fiambre,Bacon, Cogumelos, Cebola,Natas,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€ |

| | |
|-------------------------------------|--------|
| Maminha Maturada d.Australia (350g) | 14.90€ |
|-------------------------------------|--------|

Todos os pratos de Carne sao acompanhados
com Salada Mista, Arroz e Batata Frita

Snacks

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 | 7.00€ |
| Tiros de Choco | | 7.00€ |

Sobremesas

| | | |
|-------------------|-------------------|-------|
| Waffel | | 3.00€ |
| Waffel com Gelado | | 4.50€ |
| Crepes Chocolate | Com ou sem Gelado | 6.00€ |
| Petite Gateau | | 6.00€ |
| Gelado Açai | | 4.00€ |
| 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€ |

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€ |
| Calzone | Ham,Bacon,Mushrooms,Cream | 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€ |

Rumpskirt Steak (Aged Australian Wagyu) 350g 14.90€

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

Snacks

TOASTS

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

Snacks

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

Desserts

| | | |
|----------------------|---------------------|-------|
| Waffle | | 3.00€ |
| Waffle with Icecream | | 4.50€ |
| Chocolate Crepe | With Icecream 4.50€ | 4.50€ |
| Petite Gateau | | 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€ |
| Famouse 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