

Pequenos-almoços Breakfast



Continental

SELECÇÃO DE PÃES: Pão integral, regional e saloio
SELECTION OF BREAD: Whole wheat, regional and farmhouse bread

PASTELARIA: Croissants, caracóis e muffins de frutas
PASTRY: Croissants, raisin pinwheels and fruit muffins

CHARCUTARIA: Fiambre e presunto
CHARCUTERIE: Ham and dry-cured ham

QUEIJOS: Ilha, flamengo e queijo fresco
CHEESES: Pico island, flamengo and fresh cheese

Compotas de frutas, mel, manteiga com e sem sal
Jams, honey, salted and unsalted butter

Frutas da época laminadas
Sliced seasonal fruits

SUMO DE FRUTA: Laranja, maçã e toranja
FRUITS JUICE: Orange, apple, grapefruit

CAFETARIA: Café, chá, leite e chocolate
CAFETERIA: Coffee, tea, milk and chocolate

Preço: 20,00€ por pessoa
Price: € 20,00 per person

QUEIJOS: Emmental, gruyère, ilha, flamengo e queijo fresco
CHEESES: Emmental, gruyère, Pico island, flamengo and fresh cheese

IOGURTES: Natural sem açúcar, natural açucarado, iogurte líquido
iogurte com polpa de manga, morango, cereja e maçã com canela
YOGHURTS: Natural, sweetened, liquid, yoghurt with mango,
strawberry, cherry, cinammon apple

QUENTES: Ovos mexidos, omeletes simples e composta, ovo cozido,
ovo benedict com pão de forma, ovo escalfado com pão de forma, bacon e
salsichas, tomate assado, legumes grelhados, cogumelos, quiches do dia
HOT DISHES: Scrambled eggs, plain and composed omelettes, boiled egg,
Benedict egg with bread, poached egg with bread, bacon and sausages,
roasted tomatoes, grilled vegetables, mushrooms, quiches of the day

Compotas de frutas, mel, manteiga com e sem sal
Jams, honey, salted and unsalted butter

Frutas da época laminadas
Sliced seasonal fruits

Verrine de fruta do dia
Fruit of the day verrine

Sumo natural do dia | Sumo natural de laranja
Fresh fruit juice of the day | Fresh orange juice

CAFETARIA: Café, chá, leite e chocolate
CAFETERIA: Coffee, tea, milk and chocolate

SALADAS: alface, rúcula, tomate cereja, cenoura, pepino, azeitonas verde e
preta

SALADS: Lettuce, rocket, cherry tomatoes, cucumber, carrots, green and
black olives

Preço: 25,00€ por pessoa
Price: € 25,00 per person

Morning Albatroz

SELECÇÃO DE PÃES: Pão integral, regional e saloio, com semente
SELECTION OF BREAD: Whole wheat, regional, farmhouse and seeds bread

PASTELARIA: Croissants, muffins, bolo do dia, caracóis,
pão de chocolate, chausson de maçã, pastéis de nata
PASTRY: Croissants, muffins, cake of the day, raisin pinwheels, chocolate,
napolitanas, apple turnovers, custard tarts

CEREAIS: All Bran, Corn Flakes, flocos de aveia, muesli e granola
CEREALS: All Bran, Corn Flakes, oat flakes, muesli and granola

CARNES FRIAS E FUMADAS: Fiambre, presunto, paio e salmão fumado
COLD MEATS AND SMOKED: Ham, dry-cured ham, country sausage and
smoked salmon

COM SUPLEMENTO ~ WITH SUPPLEMENT

PANQUECAS SIMPLES, maple syrup, chocolate e caramelo 5€
PLAIN PANCAKES, maple syrup, chocolate and caramel

PANQUECAS com frutos vermelhos 7€
PANCAKES with red fruits

Pequenos-almoços Breakfast



À la Carte

Sumo de laranja natural, sumo de ananás, sumo de toranja,
sumo de maçã 6€
Fresh orange juice, pineapple juice, grapefruit juice, apple juice

SELECÇÃO DE PÃES: Pão integral, regional e saloio 9€
SELECTION OF BREAD: Whole wheat, regional and farmhouse bread

PASTELARIA: Croissants, muffins, bolo de banana, bolo de laranja e
folhado de chocolate 9€
PASTRY: Croissants, muffins, banana cake, orange cake and
chocolate pastry

CEREAIS: All Bran, Corn Flakes, flocos de aveia, muesli e granola 8€
CEREALS: All Bran, Corn Flakes, oat flakes, muesli and granola

CARNES FRIAS E FUMADAS: Fiambre, presunto, paio e salmão
fumado 15€
COLD AND SMOKED CUTS: Ham, dry-cured ham, country sausage
and smoked salmon

QUEIJOS: Emmental, flamengo e queijo fresco 14€
CHEESES: Emmental, flamengo and fresh cheese

IOGURTES: Natural, magro e de frutas 5€
YOGHURT: Natural, low fat, fruits

QUENTES: Bacon, salsichas, panquecas e quiches 8€
HOT DISHES: Bacon, sausages, pancakes and quiches

OVOS ~ EGGS

Mexidos, cozidos, escalfados, estrelados 9€
Scrambled, boiled, poached, fried

Omelete simples 9€
Simple omelette

Mexidos com salmão fumado e cebolinho 13€
Scrambled with smoked salmon and chive

Omelete de claras com cogumelos e ervas 12€
Egg white omelette with mushrooms and herbs

Omelete com espinafres 12€
Spinach omelette

Omelete de queijo e fiambre 12€
Ham and cheese omelette

FRUTAS DA ÉPOCA LAMINADAS 10€
SLICED SEASONAL FRUITS

PANQUECAS SIMPLES maple syrup, chocolate e caramelo 9€
PLAIN PANCAKES maple syrup, chocolate and caramel

PANQUECAS com frutos vermelhos 12€
PANCAKES with red fruits

Bebidas ~ Beverages

Café expresso, descafeinado 3€
Express coffee, decaffeinated

Café Americano 5€
American Coffee

Cappuccino 5€

Chocolate quente "Valrhona" 5€
"Valrhona" hot chocolate

Chá Orgânico "Tea Forté", Earl Grey, Forte Breakfast, Camomila
citron 5€

Organic tea "Tea Forté", Earl Grey, Breakfast, Chamomile citron

Frutos Silvestres, sorbet de limão, hortelã de Fiji 6€
Wild berries, lemon sorbet, Fiji mint

Leite, leite magro e leite de soja 3€
Milk, low fat milk and soy milk