



GROCERY SHOP- FRUIT SHOP- COFFEE SHOP- SHARING SPACE

NO DOUBTS 100% VEGAN

Timetable:

Monday, Thursday, Friday das 9h às 20h

Wednesday das 10h às 20h

Saturday das 10h às 19h

Sunday das 11.30h às 19h

Day off:

Tuesday

THE COFFEE SHOP CLOSES ONE HOUR BEFORE THE CLOSING OF
STORE

WE ONLY ACCEPT PORTUGUESE CARDS

WE HAVE COMPLAINT BOOK

NOTES:

- EVERYTHING IS VEGAN
- WE COOK EVERYTHING IN THE MOMENT
- PLEASE WARN US IF YOU HAVE ANY FOOD INTOLERANCE
- EVERYTHING AVAILABLE TO TAKE-AWAY:

TAKE-AWAY:

- TAKE-AWAY CUPS:
 - SMALL 0,20€
 - LARGE 0,30€
- BOWL FOR SOUP: 0,50€
- BOX FOR SALAD: 1,50€
- BOX FOR SANDWICHES: 0,70€

**IT IS FORBIDDEN THE
CONSUMPTION OF PRODUCTS THAT ARE NOT
FROM THIS STORE.**

WI-FI ONLY FOR CUSTOMERS



Hot Drinks

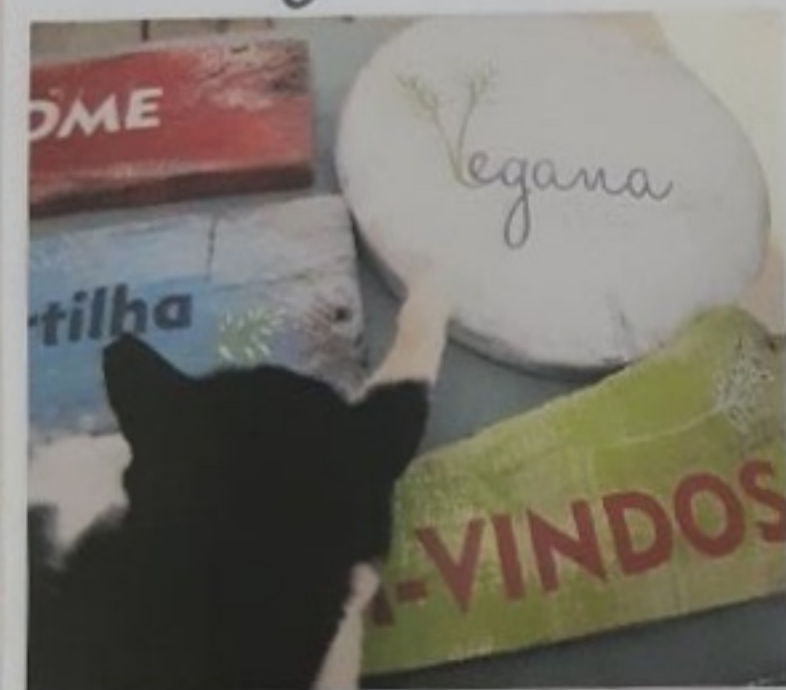
- Organic expresso 0.80€
- American organic expresso 0.90€
- Small organic barley cup 0.90€
- Large organic barley cup 1.10€
- Small cup of lemon tea 0.80€
- Large cup of lemon tea 1.00€
- Small white coffee (Soy/Rice) 0.90€
- White coffee (Soy/Rice) 1.20€
- Long white coffee (Soy/Rice) 1.30€
- Glass of vegetal drink (Soy/Rice) 1.30€
- Glass of Macarroba (Soy/Rice) 2.20€
- Glass of Macaccino (Soy/Rice) 2.40€
- Golden drink 2.30€
- Tea - one cup 1.50€*
- Tea - two cups 1.80€*

*With Soya or Rice Milk, plus 0,70€

CRUELTY
FREE

Craft Beer

- Burguesa Belgian Dubbel 0.33cl 2.70€
- Burguesa Strong Bitter 0.33cl 2.60€
- Burguesa American Oatmeal Stout 0.33cl 2.90€
- Burguesa Barleywine 0.33cl 3.10€
- Burguesa Imperial IPA 0.33cl 3.10€
- Burguesa Scotch Ale 0.33cl 2.75€
- Colossus Adamanteia 0.33cl 3.00€
- Colossus Wonderlust 0.33cl 3.00€
- Colossus Vasco 0.33cl 3.10€





ANIMAL FRIENDLY



Water

- Mineral water 1.5L 1.00€
- Mineral water 0.50cl 0.70€
- Sparkling water 0.25cl 0.80€
- Natural coconut water 330ml 1.70€
- Cup of water 0.40€

Toasts

- Toast 1.40€
- Half toast 0.70€
- Toast with vegetal butter 2.20€
- Half toast with vegetal butter 1.10€
- Toast with chocolate cream 3.00€
- Half toast with vegetal cream 1.50€

Sandwiches

Note: When you read Cheese, Ham, Bacon, Chorizo, Meat, Steak, Sausage and Smoked sausage we are referring to vegan alternatives.

- Marmalade or Banana 2.00€
- Cheese with marmalade 2.90€
- Chesse with banana and marmalade 3.60€
- Chocolate cream with banana 3.50€
- Grilled cheese toast 3.00€
- Grilled cheese and ham toast 3.40€
- Grilled cheese and chorizo toast 3.40€



Grilled cheese and tofu toast 3.60€
 Grilled cheese and bacon toast 3.60€
 Grilled cheese, ham, chorizo and bacon toast 5.90€
 Steak in bread (cheese, ham and meat) 5.10€

Add Francesinha sauce to your toast for just 1.50€

Special Sandwiches

Which contains cheese, lettuce, arugula, tomato and carrot:*

Ham 5.00€
 Chourizo 5.00€
 Smoked sausage 5.00€
 Tofu with olives 6.00€
 Tofu fillet 6.00€
 Schnitzel 6.00€
 Hamburguer em pão 5.20€

* With nachos and special sauce add 2.00€

1) Extra ingredients 0.50€
 2) Option glúten free bread 1.00€

On the plate!

Salads with:

Options: Hamburguer, Schnitzel, Nuggets or Tofu fillet 5.50€

Salads

Small mix salad
 (lettuces, beet, onion, mushrooms, carrot, corn, cucumber, arugula, tomato and seeds) 3.50€

Mix salad
 (lettuces, beet, onion, mushrooms, carrot, corn, cucumber, arugula, tomato and seeds) 6.50€



**Animals are
Friends not Food**





Vegana by Tentúgal Sugestions



Vegana By Tentúgal salad
(lettuces, beet, onion, mushrooms, carrot, corn,
cucumber, arugula, tomato and seeds + tofu,
cheese, chickpeas, fruit and croutons) 14.00€

Seitanas on bread 3.50€

Vegana by Tentúgal Seitanas on bread
(cheese and potato straws) 5.00€

Vegana by Tentúgal special toast
(cheese, ham, chorizo, bacon and Francesinha
sauce) 7.40€

Vegana by Tentúgal hotdog
(cheese, ham, bacon, sausage, potato straws and
fried onion) 6.00€

Every sunday (or by order) we have Francesinha
11.50€, Hotdog with Francesinha sauce 10€ and
Oven potatoes 1.50€

**Not Tested
on
Animals**

Snacks

Lupine with olives 1.50€

Peanut w/salt 1.50€

Peanut w/ piri-piri 1.50€

Nachos with special sauce 2.00€

Vegan nuggets 4.50€

Vegan shrimps 4.50€

Soup

Soup of the day 1.60€



Bon appétit!