

ORGANIC CAFÉ

ÓBIO

ALL DAY
Organic food & drinks

Meals

Óbio soup (V/GF)	2.0€
Black pork (GF)	8.5€
Black pork, potato and sautéed vegetables	
Cheese Portobello	7.5€
Stuffed with cheese, oat, and almond	
Alheira Portobello	7.5€
Stuffed with alheira (V) and poached egg	
Alheira puff pastry (V)	7.0€
Alheira puff pastry with green leaf and caramelized apple	
Mushroom egg (GF)	6.0€
Mushroom omelette, tomato and Cheese, green leaf	
Óbio salad (V/GF)	5.5€
Tomato, onion, chickpeas, red beans, pepper and walnut	
Sea salad (GF)	6.5€
Marinated salmon, tomato, pepper, onion, fruit, cucumber and coconut	

Toasts

½ Toast with olive oil	1.0€
½ Toast with marmelade	1.5€
½ Eggs on toast	2.0€
Scrambled or poached	
Eggs on toast	3.5€
Scrambled or poached	
Herbal cheese toast	5.5€
Fresh cheese paste, tomato, green leaf and walnut	
Green toast (Vegan)	5.5€
Sautéed pepper, look and walnuts	
Salmon toast	6.5€
Marinated salmon, tomato and fruit	
Extra egg	1.0€
VAT included	

Pratos

Sopa Óbio (V/GF)	2.0€
Porco Preto (GF)	8.5€
Flour porco preto, batatas e legumes sazonais	
Portobello Queijo	7.5€
Recheado com queijo, aveia e amêndoas	
Portobello Alheira	7.5€
Recheado com alheira vegana e ovo escalfado	
Folhado de alheira (V)	7.0€
Folhado de alheira, maça caramelizada e salada	
Ovo cogumelo (GF)	6.0€
Omelette de cogumelo com tomate e queijo	
Salada Óbio (V/GF)	5.5€
Tomate, cebola, grão de bico, feijão, pimentão e nozes	
Salada do mar (GF)	6.5€
Salmão marinado, pimentão, tomate, cebola, pepino, fruta e lascas de coco	

Tostas

½ Tosta de azeite	1.0€
½ Tosta de compota	1.5€
½ Tosta de ovo	2.0€
Mexido ou escalfado	
Tosta de ovo	3.5€
Mexido ou escalfado	
Tosta de queijo	5.5€
Queijo, tomate, verduras e noz	
Tosta verde (Vegan)	5.5€
Pimentão e legumes sazonais	
Tosta de salmão	6.5€
Tomate, queijo, salmão e fruta	
Extra ovo	1.0€
VAT incluído	

Brunch

Óbio brunch	13.5€
Natural juice, N. toast, egg, alheira (V), yogurt with granola, cake and espresso	
Mini brunch	7.5€
Natural juice, N. toast and yogurt with granola	
Porridge (V/GF)	4.0€
With fruit, cinnamon and peanut praline	
Egg alheira	3.5€
Poached egg, mushrooms with alheira (V) and green leaf	
Yogurt bowl (GF)	4.0€
With granola and season fruit	
Fruit bowl (V/GF)	4.0€
With granola and season fruit	
Olives (V/GF)	2.0€

Desserts

Traditional Sweet	1.0€
Queijada	
Slice of cake	2.0€
Ice cream (GF)	1.5€
Pistachio	
Peanut butter	
Chocolate	
Passion fruit (Vegan)	

GF - Gluten Free
V - Vegan

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Brunch

Óbio brunch	13.5€
Sopa natural, N. toast, ovo e alheira (V), iogurte c/ granola, bolo e café	
Mini brunch	7.5€
Sopa natural, N. toast de compota e iogurte c/ granola	
Papas de aveia (V/GF)	4.0€
Com fruta da estação, canela e praliné de amêndoas	
Ovo e alheira	3.5€
Ovo escalfado, cogumelos, alheira (V) e folhas verdes sazonais	
Iogurte (GF)	4.0€
Com granola e fruta da estação	
Taça de fruta (V/GF)	4.0€
Com granola e fruta da estação	
Azeitonas (V/GF)	2.0€

Doces

Queijada tradicional	1.0€
Fatia de bolo	2.0€
Bola de gelado (GF)	1.5€
Pistachio	
Manteiga de Amendoim	
Chocolate	
Maracujá (Vegan)	
GF - Gluten Free	
V - Vegan	

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Coffee

Espresso	1.0€
Double Espresso	1.8€
Americano	1.5€
Americano with milk*	2.0€
Latte*	2.0€
Cup of milk*	2.0€
Cappuccino*	2.5€
Hot chocolate*	2.0€
Lemon and ginger tea	2.0€
Lemon grass tea	2.5€
Peppermint tea	2.5€
Cinnamon basil tea	2.5€
Black tea	2.5€
Green tea	2.5€
Extra milk	0.5€
*Milk options	+0.5€
Oat / Almond	

VAT included

Cafeteria

Café / Pingo	1.0€
Café Duplo	1.8€
Americano	1.5€
Americano com Leite	2.0€
Café com leite	2.0€
Copo de leite	2.0€
Cappuccino	2.5€
Chocolate quente	2.0€
Infusão Limão e gengibre	2.0€
Infusão Erva príncipe	2.5€
Infusão Hortelã pimenta	2.5€
Infusão Manjerição canela	2.5€
Chá preto	2.5€
Chá verde	2.5€
Leite Extra*	0.5€
*Opções de leite	+0.5€
Aveia / Amêndoas	

IVA incluído

Drinks

Iced tea	1.0€
Natural Season Juice	3.0€
Lemonade	2.0€
Water 0.50L	1.0€
Sparkling water 0.33L	1.5€

Beer

Trindade (Portuguese craft beer)	
IPA / Lager / Wheat	3.5€
Heineken 0.25L	1.5€
Cider Bandida do Pomar	2.0€

Wines Douro

Red / White	glass/bottle
Qta. Dos Castelares	3.0€ 10.0€
Portowine	3.0€
Red/white	
Porto & tonic	6.0€
Gin & tonic	6.5€
Sangria	12€
Red/White	

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Bebidas

Infusão fria	1.0€
Sumo fruta da estação	3.0€
Limonada	2.0€
Água 0.50L	1.0€
Água com gás 0.33L	1.5€

Cervejas

Trindade (artesanal portuguesa)	
IPA / Lager / Wheat	3.5€
Heineken 0.25L	1.5€
Sidra Bandida do Pomar	2.0€

Vinhos Douro

Tinto / Branco	
Qta. Dos Castelares	copo/garrafa
	3.0€ 10€
Vinho do Porto	3.0€
Porto & Tonic	6.0€
Gin & Tonic	6.5€
Sangria	12€
Tinta/Branca	

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