



The Food for Real

Apto para celíacos.
Somos certificados pela APC
(Associação Portuguesa de Celíacos)



MINI BRUNCH 7.5

Sumo, tosta/tapioca com ovo/hummus, iogurte com granola, fruta, bolo ou panacota vegan e café

+ iogurte vegetal 0.5

Apenas de segunda a sexta (de 10h à 12h)

Juice, toast/tapioca with egg/hummus, yogurt with granola, fruit, cake or panacota vegan and coffee.

+ Add vegan yogurt 0.5

*Only from monday to friday (10/12h)

STARTERS FOR REAL

SOPA DO DIA 2.5

Soup of the day

I'M VEGETABLE PIE/ I'M CHICKEN PIE 2.2

Empada de vegetais/galinha

DUPLA DE HUMMUS 4.9

Hummus e hummus de beterraba com palitinhos de cenoura

Hummus and beet hummus with carrot sticks

DUPLA DE PÃO DE QUEIJO 3.5

Double cheese bread (15min)

+ Recheio de fiambre ou goiabada 1.0

+ Add ham or guava

I'M VEGAN BREAD 4.0

Mix de mini pães veganos com legumes da estação 6 uni. (15 min)

Mix of small seasoned veggies breads 6 unt. (15 min)

MENU PEQUENO ALMOÇO 5.5

Café, sumo e tapioca mista

Coffee, juice, ham and cheese tapioca

SMOOTHIES, IOGURTES & BOWLS

Smoothies, yogurts and bowls

AÇAÍ SMOOTHIE COM BANANA 4.0

Açaí smoothie with banana

AÇAÍ BOWL 6.8

Com fruta e granola

With fruit and granola

IOGURTE, GRANOLA E FRUTA 3.5

Yogurt, granola and fruit

BANANA BERRIES SMOOTHIE 4.0

Leite de coco, chia, banana e berries

Coconut milk, chia, banana and berries

SMOOTHIE DO DIA 4.0

DETOX SMOOTHIE 4.0

Espinafre, limão, gengibre, maçã e beterraba

Spinach, lemon, ginger, apple and beet

MATCHA SMOOTHIE 4.5

Abacaxi, água de coco, banana, matcha e gengibre.

Pineapple, coconut water, banana, matcha and ginger

+ Chia ou iogurte vegano 0.5

+ Chia or vegan yogurt

LUNCH

PRATO DO DIA 6.8

Special of the day

*only from monday to friday

MIX VEGAN 7.0

Caponata, hummus, quinoa, mix de folhas e I'M SALTY GRANOLA

Caponata, hummus, quinoa, mix of fresh leaves and I'M SALTY GRANOLA

MEXICAN WAY 7.0

Guacamole, tofu com azeitona, mix de folhas frescas e I'M SALTY GRANOLA

Guacamole, tofu with olive, mix of leaves and I'M SALTY GRANOLA

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Os preços incluem a taxa de IVA em vigor



TUNA 7.0
Atum, massa GF, azeitona, cenoura em lascas, mix de folhas frescas e I'M SALTY GRANOLA
Tuna, pasta GF, olive, carrots slices, mix of fresh leaves and I'M SALTY GRANOLA

FRANGO CAPRESE 7.5
Massa GF ao molho pesto, com frango desfiado, tomate, mozzarella fresca, mix de folhas verdes e I'M SALTY GRANOLA
Pasta GF with pesto sauce, chicken, tomato, fresh mozzarella, mix of fresh leaves and I'M SALTY GRANOLA

FRANGO CARIOCA 7.5
Frango desfiado com cenoura, milho, uva passas ao molho de mostarda e mix de folhas frescas com I'M SALTY GRANOLA
Chicken with carrot, corn, raisins with mustard sauce, mix of fresh leaves and I'M SALTY GRANOLA

MENU

SOPA+TAPIOCA+CHÁ 7.5
Soup+ tapioca+ tea

SOPA+TAPIOCA+SALADA+CAFÉ 9.0
Soup+ tapioca+ salad+ coffee

PRATO DO DIA+CHÁ 7.5
Special of the day + tea

PRATO DO DIA + 8.8
SUMO DO DIA + CAFÉ
Special of the day +Juice of the day +coffee

TAPIOCA, CREPIOCA & TOSTA

Salgadas MISTA 4.0
(ham and cheese)

OVOS 4.0
(scrambled eggs)

ATUM COM TOMATE 5.0
(Tuna and tomato)

CAPRESE 5.0
Mozzarella fresca, molho pesto e tomate
Fresh mozzarella, pesto sauce and tomato

CAPONATA 5.0
Beringela, courgette, cebola, tomate e pimentos
Eggplant, zucchini, onion, tomato and peppers

HUMMUS COM TOMATE SECO 5.0
Hummus with dry tomato

FRANGO COM AZEITONA 5.0
Chicken, cheese and olives

FRANGO AO CURRY 5.0
Chicken, cheese and curry

GUACAMOLE 5.5
Guacamole



Doces NUTELLA 5.0
Nutella

GOIABADA COM QUEIJO 5.0
Guava and cheese

BANANA, MANTEIGA DE AMENDOIM E COCO 5.0
Banana, peanut butter and coconut
+ Adicional de salada/salad **1.5**
+ Adicional de ingrediente/ingredients **1.0**
+ meio/meio, half/half **1.5**

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SOBREMESAS

I'M BANANA CAKE 	2.0
I'M BROWNIE	2.5
FATIA DE BOLO DO DIA <i>Slice of the day cake</i>	2.2
BRIGADEIRO	0.7

BEBIDAS

CAFÉ 	0.7
<i>Coffee</i>	
ABATANADO 	0.8
<i>Long coffee</i>	
DESCAFEINADO 	0.8
<i>Decaffeinated</i>	
GALÃO OU MEIA DE LEITE	1.5
<i>Coffee with milk</i>	
+ adicional de leite vegetal 	1.0
+ <i>Add vegetal milk</i>	
CHÁ 	1.5
<i>Tea</i>	
CAPUCCINO	2.0
<i>Capuccino</i>	
CAPUCCINO VEGANO 	2.5
<i>Capuccino vegan</i>	
GOLDEN MILK 	3.0
<i>Leite de amêndoas com curcuma e especiarias</i> <i>Almond milk with curcuma and spices</i>	
SUMOS NATURAIS DA ESTAÇÃO 	2.0
<i>Natural season juices</i>	
SUMO MIX 	3.0
<i>Mix juices</i>	
ÁGUA 50cl 	1.2
<i>Water</i>	
ÁGUA COM GÁS 	1.3
<i>Sparkling water</i>	
CERVEJA SEM GLÚTEN 	3.0
<i>Beer glúten free</i>	

BRUNCH

*Somente aos sábados

*Only on saturday

BRUNCH TRADICIONAL **13.0**

Suco, iogurte com fruta e granola, salada, tosta/ tapioca de abacate ou queijo creme com ovos e crocante de peito de peru, dadinhos de tapioca com mel, sopa e bolo do dia.

Juice, yogurt with fruit and muesli, tapioca or toast with crispy turkey, eggs and avocado or eggs and cream cheese, tapioca dice with red onion chutney, soup and cake of the day

BRUNCH VEGAN **14.0**

Suco, iogurte com fruta e granola, salada, hummus com palitinho de cenoura, tapioca de guacamole, mix de pão de batata doce e mandioca, sopa e banana cake

Juice, vegan yogurt with fruit and granola, salad, hummus, mix vegan bread - sweet potato and cassava, soup, guacamole tapioca and banana cake

+ Upgrade de tosta ou tapioca **1.5**
+ *Toast or tapioca upgrade*

+ Pão de queijo **1.75**
+ *Cheese bread*

Happy Hour das 16 às 18h:
Smoothie ou Bebida quente + Tapioca = desconto de 15%

 *vegan*

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