



O Botanista has prepared for you an intense and nourishing menu. Each dish will be cooked with all our team's warmth and the most authentic and natural ingredients.

All dishes are cooked when you make your request so we kindly ask for your patience. Our team is working... in the meantime you can taste some of our starters.

If you have any food allergies or intolerances, please inform the team before placing the order.

 Our gluten free options.




 BOTANISTA

STARTERS

Soup 3€
Please ask our team about today's soup.

MAIN COURSE


 Rawoltini 12€
Stuffed Courgette. Almond and olives cheese. Dry and fresh tomato sauce. Spinach. Basil pesto.

Azimute 13€
Moqueca. Chickpeas. Coconut milk. Mushrooms. Bulgour *. Kale. Caramelized Hokkaido pumpkin. Coriander.
* Oats for gluten-free version.

Sophia 15€
Homemade Ravioli. Tofu ricotta. Capers. Dry tomato sauce. Salted Crumble.

Botanista Pad Thai 12€
Rice noodles. Tofu. Vegetables. Tamarind, soy and peanuts sauce. Pak Choi Cabbage. Coriander. Peanut

Gaia 15€
Yam Gratin. Cocoa roti. Grilled mushroom.

 Notas de Viagem 15€
Tofu loin with sesame seed crust. Scales of Tempeh. Millet, carrots and mashed fennel. Asparagus. Red fruit reduction in red wine. Spinach and lemon foam.


Risotto 13€
Oat and barley grain risotto *. Shitake mushroom. Dry fig. Thyme. Parmesan.
*Oats for gluten-free version.


Botanista's Burger 12€
Lentil and quinoa burger. Naturally fermented brioche bread. Cucumber pickles. Arugula. Mozzarella. Tomato. Parsley mayonnaise. Accompanies rustic potatoes.

TO SHARE

Gyosas 6,5€
Vegetables. Ginger. Ponzu Sauce.

Botanical Focaccia 4,5€
Natural fermentation focaccia. Olive oil. Balsamic vinegar. Homemade butter flavoured with herbs.

 Bread Basket 6€
Selection of homemade gluten-free breads. Butter flavoured with herbs. Beet hummus. Jam.

 Say Cheese 15€
Cheeses selection *Eva*. Grilled vegetables. Homemade gluten-free rustic bread. Marinated black olive.

BREAD AND TOAST

Not Tuna 8€
Curcuma bread. Jackfruit. Smoked Tempeh. Smoked cheese. Tomato. Lettuce.

Camden 8€
Curcuma bread. Pleurothus mushroom. Mozzarella. Avocado. Spinach. Mustard aioli.

BRUSCHETTAS

Norte 7€
Hummus with miso. Bittersweet shallot. Sautéed mushrooms. Pinion and sultanas. Dill oil.

Raizes 5,5€
Beet hummus. Cress. Carrot confit. Salted granola.

Jade 5,5€
Babaganoush. Spinach. Marinated tofu. Yogurt sauce. Caramelized walnuts. Coriander sapling.

Nina 6,5€
Cocoa bread. Cream cheese. Banana flambéed in rum. Cocoa. Toasted almonds. Smoked coconut. Rum shot.

Tofu Mess 5,5€
Scrambled tofu. Avocado. Smoked Tempeh. Hollandaise sauce.

BOWLS

Olivia 8€
Fresh leaves. Cherry tomato. Radish. Avocado. Basil pesto. Almonds. Salted granola.

Bosque 9€
Peas and ginger puree. Baked orange sweet potatoes. Smoked Tempeh. Cress. Brussels sprouts. Salted granola.

SWEET BOWLS

Don't call me Granola! 8€
Yogurt. Homemade jam. Homemade granola. Grilled banana. Raspberries.

Açaí Bowl 8€
Acai. Banana. Blueberry. Raspberry. Kiwi. Homemade granola. Chia.

Dragon Bowl 8,5€
Pitaya. Banana. Pineapple. Coconut flakes. Homemade granola. Chia.

PANCAKES

Available every day until 7:30 pm.

Banoffee 6€
Pancake. Caramel. Banana. Whipped cream.

Snickers 6,5€
Caramel. Peanut Mousse. Chocolate.

Available on weekends until 7:30pm.

My Sweet Bacon 6,5€
Pancake. Smoked coconut. Jam. Raspberry.

Banana Split 7€
Pancake. Jam. Grilled banana. Homemade ice cream. Hot chocolate. Caramelized walnuts.

Franch Toast 6€
Homemade curcuma bread. Jam. Cream cheese. Caramelized walnuts. Raspberries.

BETWEEN SWEET AND SALTED

4 Tempos 8€
Cheese selection *Eva*. Cocoa and hazelnut truffle. Orange.

DESSERTS

Our pastries and sweets are sweetened with natural sugars such as agave, dates and coconut sugar. Only gluten-free flours are used.

It's a match! 4,5€
Chocolate mousse. Ginja de Alcobaça Liqueur. Caramelized walnuts.


Pumpkin Creme Brûlée 5€
Pumpkin. Almond tuile.

Roasted Red Fruits 5,5€
Roasted red fruits. Crumble. Vanilla icecream. Caramel.

The Brownie 5,5€
Brownie. Hazelnut. Hazelnut ice cream. Hot chocolate.

Slice of cake 4€
Every day we offer different desserts and pastry works. Take a look at our window display, you will love it!

HANDICRAFT VEGAN CHEESES

 Amélia 7,5€
Cashew. Miso. Nutritional Yeast. Salt flower. Probiotics. Herbs. Pine nuts.

Frida 7,5€
Cashew. Miso. Nutritional Yeast. Salt flower. Probiotics. Dried Tomato. Black sesame.

Maria 7€
Cashew. Miso. Nutritional Yeast. Salt flower. Probiotics. Smoked paprika.

