

SOUL & SIP BREAKFAST AND BRUNCH

BOWLS

PURPLE PARADISE (MINI: 4.90€) 9.30€

Açaí, peanut butter, homemade granola, mixed berries, shredded coconut

CON-FUSION BOWLS (MINI: 4.50€) 8.50€

Açaí, yoghurt, banana, homemade granola, kiwi, mixed berries, honey, pumpkin seeds

COCONUT CLOUD (MINI: 4.00€) 7.70€

Yoghurt, banana, mixed, homemade granola berries, honey

RAINBOW RUSH FRUIT (MINI: 4.10€) 7.90€

Seasonal Fruits and mix berries Bowl

PASTRIES

CARROT CAKE 4.00 €

BANANA CAKE 3.80 €

CROISSANT WITH CHOCOLATE 3.10 €

CROISSANT 2.30 €

CROISSANT 3.90 €

(CROISSANT WITH CHEESE AND HAM)

TOST MISTA 3.90 €

(SOURDOUGH TOST WITH CHEESE AND HAM)

SANDWICH BUN 7.90 €

BUN BIROCHE, MARINADE CHICKEN, SMATCHED AVOCADO, FRY EGGS)

MAIN DISH

BLACK BENEDICT 11.00€

poached eggs, brioche, bacon, hollandaise, roasted potatoes, spinach, espargos, chives

OCEAN ROYAL 11.50€

poached eggs, brioche, salmon, hollandaise, roasted potatoes, fresh avocado, chives

MAC BENEDICT 11.00€

Poached eggs, brioche, mac crispy chicken, hollandaise, roasted potatoes, chives

SCRAMBLED EGGS 7.90€

Eggs, chives, toasted sourdough

Add bacon. + 3.00€

Add smoked salmon + 3.00€

OMELETTE 9.70€

eggs, cheese, onion, tomato, mushroom, spinach, toasted sourdough, salad

Add bacon. + 3.00€

Add smoked salmon + 3.00€

CHEDDAR CHEESE BURGER 10.00€

Brioche Bun, cheddar, chipotle mayo, Minced meat, Caramelized onions, french fries

TARTINE 10.00€

toasted sourdough, smoked salmon, halloumi, cream cheese, salad, boiled egg, pickle.

AVOCADO TOST 9.90€

Poached egg, avocado smash, pomegranate, pickle, feta cheese, beet humus, and cream avocado sauce

Add smoked salmon + 3.00€

Add bacon + 3.00€

Add salad +1.50€

AVOCADO CROST 10.50€

poached egg, avocado smash, roma, cheese, croissant, salad, Cheese
add smoked salmon + 3.00€

BURRITO 10.00 €

Homemade tortilla with chicken, beans, rice, mayonnaise, Chipotle, French Fries

CROQUETE BOWL 11.50 €

Homemade shrimp croquette, smashed avocado, pico de gallo, mayonnaise, chipotle, pomegranate, nachos

SHAKSUKA 11.00€

Tomato sauce blend with homemade spices with bell pepper
Accompanied with fried eggs, fresh avocado, feta cheese, micro green and toasted Sourdough

SHRIMP TACO (3 TACOS) 10.00€

Corn Tortilla, shrimp, cabbage
Accompanied by mayones, chipotle on top & lime on the side

FRENCH TOAST 8.50€

Brioche, ice cream, cone, seasonal fruits

With Acai +2.00 €

PANCAKE 7.50€

Pancakes with caremelo/chocolate and seasonal fruits

SOUL STACK 9.70€

Pancakes with bacon, sunny side fried egg, maple syrup, smashed avocado

add salmao fumado +3.00€

BREAKFAST PLATTER 13.00 €

Eggs of choice (2), Bacon or Grilled Halloumi, Sourdough toast,
Croissant, roasted baby potatoes, smashed avocado, cream cheese, butter

BRUNCH 21.00 €

MINI BOWL + MAIN DISH FROM MENU + TEA OR COFFEE + JUICE OR SMOOTHIE

ADD ONS

Potatoes	3.00€	sliced	avocado	2.50€	Bread	+0.90€
French Fries	3.00 €	smoked salmon		3.00€	jam	+ 0.50€
Fried Eggs/ poached eggs	2.40€	Bacon		3.00€	Peanut butter	+ 0.80€
					gluten free bread	+1.30€

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SOUL_AND_SIP

soulsip.pt@gmail.com

00351-920819901

iva included

MENU DRINK

COFFEE



ESPRESSO	1.50€
Double Espresso	2.50€
Americano	2.70€
Latte	3.20€
Cappuccino	3.40€
flat white	4.00€
Espresso Macchiato	2.10€
Hot chocolate	4.00€
Mocha	4.50€
Iced Americano	2.90€
Ice Latte	3.40€

TEA



Macha latte	4.00€
Iced matcha latte	4.20€
Chai Latte	3.90€
Dirty chai latte	4.10€
English Breakfast Tea	4.00€
Mint Tea	4.00€
Green Tea	4.00€
Jasmine Tea	4.00€
Hibiscus Tea	4.00€

ADICIONAL

vanilla syrup	+0.50€	Almond milk	+ 0.50€	coffee shot.	+0.90€
caramel syrup	+0.50€	OAT MILK	+0.50€	sugar syrup	+0.30€
maple syrup	+0.50€	Normal Milk	+0.30€	Decafe	+0.50€

JUICES/SMOOTHIES



ORANGE JUICE NATURAL	3.70€
APPLE JUICE	4.20€
MANGO TANGO	4.50€
Mango, Milk, Yogurt, Cinnamon Powder	
FRESH DETOX	4.60€
Beetroot Juice, Carrot Juice, Apple Juice, Ginger, Lemon Juice	
BERRY BOMB	4.50€
Mix Berries, Banana, Milk	

AVOCADO THUNDER	4.60€
Avocado, baby spinach, apple juice, kiwi, fresh lemon juice	
SUNSET SQUEEZE	4.70€
Orange juice, apple juice, kiwi, mint, mango, lemon juice	
STRAWBERRY LEMONADE	3.20€
GINGER BOOST	3.40€

SOFT DRINKS



Water	2.00€
Water with gas	2.20€
Soda drinks	2.20
Red Bull	2.50 €

MOCKTAILS

ORANGE MOJITO	5.70€
APPLE LIME MOCKTAILS	5.70€
VIRGIN MOJITO	3.50 €

WINES (GLASS)

White Wine / Red Wine / Sparkling / Rose / Sparkling	3.50 €
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BEERS / CIDAR

Sagres 33cl.	2.50 €
Somerby	2.00 €

COCKTAILS



MIMOSA	6.00€
APEROL SPRITZ	6.00€
BLOODY MAR	6.00€
MARGARITA	6.00€



SOUL & SIP

BREAKFAST AND BRUNCH

TAÇAS

- PURPLE PARADISE (MINI: 4.90€) 9.30€**
Açaí, manteiga de amendoim, granola, frutos vermelhos, coco ralado
- CON-FUSION BOWLS (MINI: 4.50€) 8.50€**
Açaí, iogurte, banana, kiwi, frutos vermelhos, mel, sementes de abóbora
- COCONUT CLOUD (MINI: 4.00€) 7.70€**
Iogurte, banana, frutos vermelhos, granola, mel,
- RAINBOW RUSH FRUIT (MINI: 4.10€) 7.90€**
Frutas da época

PASTELARIA

- BOLO DE CENOURA 4.00 €**
- BOLO DE BANANA 3.80 €**
- CROISSANT COM CHOCOLATE 3.10 €**
- CROISSANT SIMPLES 2.30 €**
- CROISSANT MISTO 3.90 €**
(MISTO DE QUEIJO E FIAMBRE)
- TOSTA MISTA 3.90 €**
(MISTO DE QUEIJO E FIAMBRE)
- SANDWITCH BUN 7.90 €**
(BUN BRIOCHE, SALADA ICEBERG, FRANGO MARINADO, ABACATE, OVOS FRITOS)

PRATO PRINCIPAL

- BLACK BENEDICT 11.00€**
Ovos escalfados, brioche, bacon, molho holandês, batatas assada, espinafres, espargos, cebolinho
- OCEAN ROYAL 11.50€**
Ovos escalfados, brioche, salmão, abacate fresco, molho holandês, batatas assada, cebolinho
- MAC BENEDICT 11.00€**
Ovos escalfados, brioche, Mac frango Crocante, molho holandês, maionese de chipotle, batatas assada, cebolinho
- OVOS MEXIDOS 7.90€**
Ovos, cebolinho, pão torrado, salada
add bacon +3.00€
add salmão fumado +3.00€
- OMELETE 9.70€**
Ovos, queijo, cebola, tomate, Cogumelos, espinafre, pão torrado, salada
add bacon +3.00€
add salmão fumado +3.00€
- CHEDDAR CHEESE BURGER 10.00€**
Pao Brioche bun, queijo cheddar, maionese de chipotle, hambúrguer de vitela, cebola caramelizada, batata frita
- TOSTA DE ABACATE 9.90€**
Pao torrado, Ovos escalfado, pasta de abacate, tomate, romã, rabanete, feta, pickle, húmus e molho abacate.
add bacon +3.00€
add salmão fumado +3.00€
Add salada +1.50€

- AVOCADO CROST 10.50€**
Croissant, Ovo escalfado, pasta de abacate, romã, queijo parmesão, salada
(Add smoked salmon + 3.00€)
- BURRITO 10.00 €**
Tortilha caseira de trigo, frango, feijão, arroz, maionese de chipotle, batata fritas
- CROQUETE BOWL 11.50 €**
Croquetes caseiros de camarão, pasta de abacate, roma, pico de gallo, maionese de chipotle, ervas
- SHAKSHUKA 11.00€**
Molho de tomate com especiarias caseiras e pimentos, ovos, abacate fresco, queijo feta, ervas micro e pão torrado
- TACOS DE CAMARÃO (3 TACOS) 10.00€**
Tortilha de milho, camarão, couve, maionese de chipotle, lima
- TARTINE 10.00€**
Pão torrado, salmão fumado, halloumi grelhado, queijo creme, ovo cozido, salada.
- FRENCH TOAST 8.50€**
Brioche, gelado baunilha, fruta fresca, compota
Com Acai + 2.00 €
- PANQUECAS 7.50€**
Panquecas com Caramelo/chocolate e frutas vermelhas.
- SOUL STACK 9.70€**
Panquecas com bacon, ovos fritos, xarope de açúcar e pasta de abacate.
Add salmão fumado +3.00€

BREAKFAST PLATTER 13.00 €

ovos a sua escolha(2), bacon ou halloumi grelhado, pão, Croissant, batatinhas assadas, pasta de abacate, queijo cream, manteiga,

MENU BRUNCH 21.00€

MINI BOWL	+	MAIN DISH FROM MENU	+	TEA OR COFFEE	+	JUICE OR SMOOTHIE
Batata assada	3.00€	Abacate fatiado	2.50€	Pao		+0.90€
Batata frita.	3.00 €	salmon fumado	3.00€	jam		+ 0.50€
Ovos Fritos/ Escalfado(2).	2.40€	Becon	3.00€	Manteiga de amendoim		+ 0.80€
				pao sem gluten		+1.30€

ADD ONS

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MENU DRINK

CAFÉS



Espresso	1.50€
Duplo Espresso	2.50€
Americano	2.70€
Latte	3.20€
Cappuccino	3.40€
Flat White	4.00€
Espresso Macchiato	2.10€
Chocolate Quente	4.00€
Mocha	4.50€
Iced americano	2.90€
Ice Latte	3.20€

CHÁS & INFUSÕES

Matcha Latte	4.20€
Iced Matcha Latte.	4.40€
Chai Latte	3.90€
Dirty chai latte	4.10€
Chá preto inglês.	4.00€
Chá de hortelã	4.00€
Chá verde	4.00€
Chá de jasmim	4.00€
Chá de hibisco	4.00€



ADICIONAL

Xarope de Baunilha	+ 0.50€	Leite de Amêndoa	+ 0.50€	Shot de Café	+ 0.90€
Xarope de Caramel.	+ 0.50€	Leite de Aveia.	+ 0.50€	Dcafe	+ 0.50€
Xarope de Ácer	+ 0.50€	Leite Normal	+ 0.30€	Xarope de Açúcar	+ 0.30€

SUMOS & SMOOTHIES

SUMO DE LARANJA NATURAL 3.70€

SOMO DE MACA VERDE 4.20€



MANGO TANGO 4.50€

Manga, Leite, Iogurte, Canela em pó

FRESH DETOX 4.60€

Sumo de beterraba, sumo de cenoura, sumo de maçã, gengibre, sumo de limão

BERRY BOMB 4.50€

Frutos vermelhos, banana, leite

AVOCADO THUNDER 4.60€

Abacate, espinafre baby, sumo de maçã, kiwi, sumo de limão fresco

SUNSET SQUEEZE 4.70€

Sumo de laranja, sumo de maçã, kiwi, hortelã, manga, sumo de limão

LEMONADE DE MORANGO 3.20€

GINGER BOOST 3.40€

MOCKTAILS

Laranja Mojito 5.70€

Maca Lima Mocktails 5.70€

Virjin Mojito 3.50 €

VINHOS (COPO)

Vinho branco / rosé / Tinto /
espumante
3.50 €



CERVEJAS/SIDRA

Sagres 33cl. 2.50 €

Somersby 2.00 €



SOFT DRINKS

Água 2.00€

Água com Gás 2.20€

Coco cola / Zero 2.20€

Red Bull 2.50 €



COCKTAILS

Mimosa 6.00€

Aperol Spritz 6.00€

Bloody Mary 6.00€

Margarita 6.00€



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