

Avocado's Brunch

Hot Drink

Espresso, americano, coffee with milk or tea
[VEGAN OPTION] Coffee with plant-based drink

Natural Orange Juice

200ml

Yogurt

yogurt with granola, fruit, agave and cinnamon  
[VEGAN OPTION] Plant-based yogurt with granola, fruit, agave and
cinnamon  

Toasted

Poached egg with smashed avocado toasted   
OR Scrambled egg with smashed avocado toasted   
[VEGAN OPTION] Sautéed mushrooms with smashed avocado toasted  

Pancakes

Mini pancakes (5 units) with fruit, agave and chia seeds  
[VEGAN OPTION] Mini vegan pancakes (5 units) with fruit, agave and
chia seeds 

16,00€

[if you have any food intolerances,
please talk to a staff member]

Toasted & Toasts

Toasted

Bacon Please!     **7,00€**

Toasted seeds bread with scrambled eggs, bacon and crispy onion

Avo Good Time    **7,00€**

Toasted seeds bread with smashed avocado and poached eggs

Veganlicious   **7,50€**

Toasted seeds bread with seitan, mushrooms, spinach and cherry tomato

Tofuska    **7,50€**

Toasted seeds bread with scrambled tofu, turmeric and smashed avocado

Freaky Salmon      **11,00€**

Toasted seeds bread with smoked salmon, cream cheese, smashed avocado and poached egg

[served with salad]

Toasts

Butter & Jam    **3,50€**

Toast with butter and jam

Peanuts   **5,00€**

Toast with peanut butter, banana and chocolate nuggets

Chocostraw    **5,00€**

Toast with hazelnut chocolate cream and strawberries

Pancakes

- Frutties**     **6,50€**
Seasonal fruits and agave
- Hazel Dazzle**      **7,00€**
Hazelnuts chocolate cream, berries and crunch hazelnuts
- Peanuts Mood**      **7,00€**
Peanut butter, banana, crunch almonds and chocolate nuggets
- American Style**       **8,00€**
Fried egg, bacon, crispy onion, maple syrup and poppy seeds
- Minilicious**     **8,00€**
Mini pancakes (8 units) with yogurt, strawberries, salted caramel, cinnamon and poppy seeds

[VEGAN OPTION - except for the American Style pancake]

Sweet Bowls & Desserts

Sweet Bowls

Yo Granola   **7,00€**

Yogurt, granola, berries and agave
[VEGAN OPTION - plant-based yogurt+ 1,00€]

Oat Sunrise  **7,50€**

Oat flakes, almond plant-based drink and cinnamon
TOPPING plum and maple syrup

Oat Sunset  **7,00€**

Oat flakes, almond plant-based drink and cocoa
TOPPING banana, peanut butter and chocolate nuggets

It's Açaí Baby!  **7,50€**

Açaí, red berries, banana, coconut plant-based drink
TOPPING banana, berries, granola and coconut chips

Desserts

Cookie or Energy Bar **1,60€**

Avo Good Break espresso and cookie or energy bar **2,50€**

Daily Cake or Daily Dessert **4,50€**

Fruit Board **7,00€**

To Start

1/2 Daily Soup

1,75€

Daily Soup

3,00€

To Share

Courgette Rolls     

6,00€

White beans puree, lemon and chili flakes, mustard and seeds

Dips Trilogy  

7,00€

Chickpea hummus and vinegar salad, guacamole, cream cheese, rosemary and lemon.

Served with seed crackers

Vegan Tacos   

8,00€

Crispy tacos with tofu, pesto sauce, mushrooms, walnuts, spinach, and mushroom mayonnaise (4 units)

Kids Menu

[up to 12 years old]

Mexidinho

7,00€

Scrambled eggs, wild rice and salad 

[VEGAN OPTION with tofu] 

Fitoque 

7,00€

Chicken, fried egg, wild rice, sweet potato chips and salad

Kid's Burguer  

8,00€

Beef burger, cheddar cheese, bolo do caco (bread) and sweet potato chips

[VEGAN OPTION] Chickpea, sweet potato and curry burger

Pankiddo

5,50€

Mini pancakes (4 units) with strawberries, banana and agave    

[VEGAN OPTION] Mini vegan pancakes (4 units) with

strawberries, banana and agave  

Bagels & Wraps

Bagels

Space Ó       **6,50€**
Scrambled eggs and bacon

Vegan     **8,00€**
Grilled portobello, pesto sauce, seasonal pickles, lettuce and mushrooms mayonnaise.

Smoked Salmon      **8,00€**
Smoked salmon, avocado, cream cheese and lettuce

[served with sweet potato chips]

Wraps

Chicken     **7,00€**
grilled chicken, bacon, tomato, lettuce and garlic mayonnaise

Vegan   **9,00€**
Tofu, green apple, basil, lettuce and pineapple salsa

Smoked Salmon    **10,00€**
Smoked salmon, avocado, cream cheese and lettuce

[served with sweet potato chips]

Bowls & Salads

Bowls

Chicken Bowl     **12,00€**

Grilled chicken, wild rice, asparagus, salad, teriyaki sauce, seeds and balsamic

Mexican Vegan Bowl     **13,00€**

Wild rice, corn, kidney beans, fried corn, seitan or tofu, guacamole, salad, pineapple salsa, seeds and balsamic

Shrimp Bowl     **14,00€**

Shrimps, black rice, adzuki beans, avocado, mango, vegan mayonnaise and curry powder, seeds and balsamic

Salads

Chicken Salad     **9,00€**

Lettuce mix, grilled chicken, bacon, poached egg, cherry tomato, garlic mayonnaise, seeds and balsamic

Goat Cheese Salad     **9,00€**

Lettuce mix, goat cheese gratin, croutons, walnuts, figs and mustard and agave dressing

Smoked Salmon Salad      **13,00€**

Lettuce mix, quinoa, smoked salmon, avocado, tangerine, walnuts, cream cheese mousse, seeds and balsamic

Tuna Salad    **14,00€**

Lettuce mix, braised tuna, quinoa, adzuki beans, cherry tomatoes, pineapple salsa, seeds and balsamic

Burgers

Chickpea, Sweet Potato and Curry **9,00€**

Burger   

Spinach bolo do caco (bread), chickpea, sweet potato and curry burger, fresh spinach, avocado and vegan mayonnaise

Beetroot and Black Beans Burger **9,00€**

Bolo do caco (bread), beetroot and black beans burger, grilled courgette, lettuce and garlic mayonnaise

Mushrooms, Eggplant and Lentils Burger **10,00€**

Spinach bolo do caco (bread), mushrooms, eggplant and lentils burger, seasonal pickles, lettuce and mushroom mayonnaise

Beef Burger     

Bolo do caco (bread), beef burger, cheddar cheese, bacon, fried egg, tomato, lettuce and garlic mayonnaise **10,00€**

Club Sandwich    

Bolo do caco (bread), grilled chicken, bacon, fried egg, tomato, lettuce and garlic mayonnaise **8,00€**

[served with sweet potato chips]
[option gluten-free bread +1,70€]

Drinks

Coffees, Choco & Lattes

Espresso 1,00€	Latte macchiato 2,50€
Decaf coffee 1,10€	Cappuccino 3,00€
Espresso with milk 1,20€	Golden latte 3,50€
Double espresso 2,00€	Matcha latte 4,00€
Double espresso with milk 2,20€	Mocaccino 3,50€
Long coffee 1,50€	Hot Chocolate 3,00€
Long coffee with milk 1,70€	Iced coffee 2,00€
Americano coffee 2,00€	Iced latte 3,00€
Americano coffee with milk 2,20€	Iced matcha latte 4,50€
Flat white 2,20€	

[plant based options: almond; coconut; oat; soya +0,50€]

[lactose free milk option +0,50€]

Tea & Tisanes

Organic Tea Leaf

Teapot tea for 1 person | 1,80€

Teapot tea for 2 people | 2,50€

[OPTIONS] Green Tea; Chamomile; Lemon Balm; Verbena;
Peppermint; Earl Grey; Rooibos, Vanilla and Caramel; Green,
Lemon, White and Ginger

Organic Tisanes

Tisane bag 1 person | 2,00€

Tisane bag 2 people | 2,70€

- . Peppermint with spearmint, fenugreek, fennel seeds and elderflower
- . Chamomile with lavender buttons, hop leaves and valerian roots
- . Rooibos, acai and pomegranate
- . Lemongrass with apple, orange peel and spices
- . Green tea with cinnamon, ginseng, ginger and acai
- . Herbal tea with cinnamon, peppermint, licorice and lavender

Drinks

Water

- Still water 0.33cl | 1,00€
- Still water 0.50cl | 1,50€
- Still water 1l | 2,50€
- Sparkling water 0.25cl | 1,50€
- Sparkling water 0.75cl | 2,50€
- Sparkling flavoured water | 1,50€
- Schweppes tonic | 2,00€

Natural Juices

- Daily Juice [ask the staff] | 3,50€
- Natural orange juice | 3,50€
- Beetroot, apple and lemon | 4,00€
- Pineapple and mint | 3,70€
- Orange, carrot, ginger and turmeric | 4,00€
- Ginger and mint lemonade | 3,50€
- Passion fruit, basil and lime lemonade | 4,50€

Smoothies

- Banana, cocoa and coffee with almond plant-based drink | 4,50€
- Red fruits and banana with coconut plant-based drink | 4,50€
- Avocado, banana and spinach with almond plant-based drink | 5,00€
- Pineapple, banana and mango with coconut plant-based drink | 5,00€

Soft Drinks

- Coca-cola zero | 2,00€
- Ginger ale 0.50cl | 2,00€
- Homemade ice tea | 2,50€
- Kombucha | 4,00€
- . Original; Ginger; Mint; Strawberry and hibiscus; Tropical citrus

Drinks

Alcohol-free Cocktails

Mojito	5,00€
Lime, mint and ginger ale	
Piñacolada	5,00€
Pineapple juice and coconut	
Bagas	6,00€
Red fruit, lime, mint and ginger ale	
Morangocolada	6,00€
Pineapple, coconut, strawberry and lime juice	

Cocktails with Alcohol

Mimosa	5,00€
Natural orange juice and sparkling wine	
Caipirinha	6,50€
Lime e cachaça	
Porto Tonic	6,00€
White Porto wine and tonic water	
Mojito	7,00€
Peppermint, lime, rum and sparkling water	
Piñacolada	7,00€
Pineapple juice, coconut shake and rum	
Aperol Spritz	7,00€
Aperol, sparkling wine and sparkling water	
Sex on the Beach	8,00€
Natural orange juice, peach liqueur, vodka and grenadine	

Drinks

Beer

Craft beer | 3,70€
Draught beer 1906 | 2,00€
Estrella Galicia 0.0% | 2,00€
Super Bock Stout | 2,00€
Somersby | 3,00€

Wine

Casa das Gaeiras bottle | 12,00€
Glass of monthly wine | 4,50€
Glass of house wine | 3,50€
[OPTION] red OR white wine

Sangrias

Wine Sangria
[OPTION] Red or White
Glass | 4,00€
Jar | 13,00€

Sparkling Wine Sangria
[OPTION] Red Fruit or Passion Fruit
Glass | 6,00€
Jar | 18,00€

Gins

Bombay | 7,00€
Nordés | 10,00€
Sharish | 10,00€
Hendrick | 11,00€

Liqueurs

Ginja | 1,00€
Porto White | 4,00€
Porto Tawny | 4,00€
Licor Beirão | 4,00€

Notes

Extras

Shrimps or salmon | 3,00€

Chicken, tofu or seitan | 2,00€

Bacon | €1,50€

Egg | €1,00€

Wild rice; black rice or quinoa | €2,00€

Sweet potato chips | €2,50€

Avocado | €2,00€

Mango, pineapple or red fruits | €2,00€

Crackers | €1,00€

Sauces | €0,50€

Peanut butter; chocolate and hazelnut cream or maple syrup | 1,50€

Agave 1,00€

Strawberry jam | 1,00€

Bread basket | 2,00€

Gluten-free bread basket | 2,70€

Change from bread to gluten-free bread | 1,70€

Change from yogurt to plant-based yogurt | 1,00€

[no substitution of ingredients]

Take-Away

Boxes

Big | 0.70€

Medium | 0,50€

Small | 0,30€

Cups

Big | 0.50€

Medium | 0,30€

Small | 0,20€

Bag

Paper | 0.15€

Notes

Allergens



GLUTEN



GLUTEN FREE



EGG



LACTOSE



SOYA



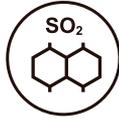
SESAME



NUTS



PEANUTS



SO₂
SULPHITES



FISH



CRUSTACEANS



MUSTARD



CELERY

Informations

- . Our kitchen closes 30 minutes before closing time.
- . No dish, food product or drink, including the couvert, can be charged for unless requested by the customer.
- . Prices in euros including VAT at the current rate. Table in force on 21 June 2024.

Daily Menu

Full Menu	13,00€
[HALF PORTION] Soup, main course, dessert or cake, daily juice and coffee	
Menu without dessert and coffee	11,00€
Daily Dish	9,00€
1/2 Daily Soup	1,75€
Daily Soup	3,00€

Avocado
Coffee & Healthy Food

Enjoy your meal!