

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

[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

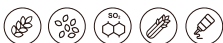
1,75€

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, **10,00€**
bacon, fried egg, tomato, lettuce and garlic mayonnaise

Club Sandwich

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

[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

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

Cocktails with Alcohol

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



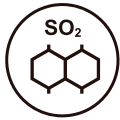
SESAME



NUTS



PEANUTS



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!

instagram

avocado_coffee_healthyfood

wifi

***avocadocoffee
password: avocado19***