

# Avocado's Brunch

## Hot 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 

**18,00€**

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

# Toasted & Toasts

## Toasted

**Bacon Please!**     **8,50€**

Toasted seeds bread with scrambled eggs, bacon and crispy onion

**Avo Good Time**    **8,00€**

Toasted seeds bread with smashed avocado and poached eggs

**Veganlicious**   **9,00€**

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

**Tofuska**    **9,00€**

Toasted seeds bread with scrambled tofu, turmeric and smashed avocado

**Freaky Salmon**      **12,50€**

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

[served with salad]

## Toasts

**Butter & Jam**    **4,00€**

Toast with butter and jam

**Peanuts**   **6,00€**

Toast with peanut butter, banana and chocolate nuggets

**Chocostraw**    **6,00€**

Toast with hazelnut chocolate cream and strawberries

# Pancakes

- Frutties**     **7,50€**  
Seasonal fruits and agave
- Hazel Dazzle**      **8,00€**  
Hazelnuts chocolate cream, berries and crunch hazelnuts
- Peanuts Mood**      **8,00€**  
Peanut butter, banana, crunch almonds and chocolate nuggets
- American Style**       **9,00€**  
Fried egg, bacon, crispy onion, maple syrup and poppy seeds
- Minilicious**     **9,00€**  
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**

Yogurt, granola, berries and agave

[VEGAN OPTION - plant-based yogurt+ 1,00€]

**8,00€**

### **Oat Sunrise**

Oat flakes, almond plant-based drink and cinnamon

TOPPING berries and maple syrup

**8,50€**

### **Oat Sunset**

Oat flakes, almond plant-based drink and cocoa

TOPPING banana, peanut butter and chocolate nuggets

**8,50€**

### **It's Açaí Baby!**

Açaí, red berries, banana, coconut plant-based drink

TOPPING banana, berries, granola and coconut chips

**8,50€**

## Desserts

### **Cookie or Energy Bar**

**2,00€**

**Avo Good Break** espresso and cookie or energy bar

**3,00€**

### **Daily Cake or Daily Dessert**

**4,50€**

### **Fruit Board**

**8,00€**

# To Start

**1/2 Daily Soup**

**1,95€**

**Daily Soup**

**3,00€**

## To Share

**Courgette Rolls**     

**7,00€**

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

**Dips Trilogy**  

**8,50€**

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

Served with seed crackers

**Vegan Tacos**   

**10,00€**

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

## Kids Menu

[up to 12 years old]

**Mexidinho**

**8,00€**

Scrambled eggs, wild rice and salad 

[VEGAN OPTION with tofu] 

**Fitoque** 

**8,00€**

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

**Kid's Burguer**  

**10,00€**

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

[VEGAN OPTION] Chickpea, sweet potato and curry burger

**Pankiddo**

**6,00€**

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**      **7,50€**

Scrambled eggs and bacon

**Vegan**     **10,00€**

Grilled portobello, pesto sauce, seasonal pickles, lettuce and mushrooms mayonnaise.

**Smoked Salmon**      **10,00€**

Smoked salmon, avocado, cream cheese and lettuce

[served with sweet potato chips]

## Wraps

**Chicken**     **8,00€**

grilled chicken, bacon, tomato, lettuce and garlic mayonnaise

**Vegan**   **10,00€**

Tofu, green apple, basil, lettuce and pineapple salsa

**Smoked Salmon**    **12,00€**

Smoked salmon, avocado, cream cheese and lettuce

[served with sweet potato chips]

# Bowls & Salads

## Bowls

**Chicken Bowl**     **14,00€**

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

**Mexican Vegan Bowl**     **15,00€**

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

**Shrimp Bowl**     **16,00€**

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

## Salads

**Chicken Salad**     **12,00€**

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

**Goat Cheese Salad**     **12,00€**

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

**Smoked Salmon Salad**      **15,00€**

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

**Tuna Salad**    **16,00€**

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

# Burgers

## **Chickpea, Sweet Potato and Curry** **12,00€**

**Burger**   

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

## **Beetroot and Black Beans Burger** **12,00€**

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

## **Mushrooms, Eggplant and Lentils Burger** **13,00€**

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

**13,00€**

**Club Sandwich**    

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

**11,00€**

[served with sweet potato chips]  
[option gluten-free bread +2,20€]

# **Drinks**

## **Coffees, Choco & Lattes**

Espresso | 1,20€  
Decaf coffee | 1,20€  
Espresso with milk | 1,40€  
Double espresso | 2,40€  
Double espresso with milk | 2,60€  
Long coffee | 1,70€  
Long coffee with milk | 1,90€  
Americano coffee | 2,20€  
Americano coffee with milk | 2,40€  
Flat white | 2,40€

Latte macchiato | 2,70€  
Cappuccino | 3,50€  
Golden latte | 3,70€  
Matcha latte | 4,50€  
Mocaccino | 4,00€  
Hot Chocolate | 3,50€  
Iced coffee | 2,20€  
Iced latte | 3,20€  
Iced matcha latte | 5,00€

[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 | 2,00€  
Teapot tea for 2 people | 2,70€

[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 | 2,20€  
Tisane bag 2 people | 2,90€

- . 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 | 3,00€
- Sparkling water 0.25cl | 2,00€
- Sparkling water 0.75cl | 3,00€
- Sparkling flavoured water | 2,50€
- Schweppes tonic | 2,00€

## ***Natural Juices***

- Daily Juice [ask the staff] | 4,00€
- Natural orange juice | 4,00€
- Beetroot, apple and lemon | 4,50€
- Pineapple and mint | 4,00€
- Orange, carrot, ginger and turmeric | 4,50€
- Ginger and mint lemonade | 4,00€
- Passion fruit, basil and lime lemonade | 5,00€

## ***Smoothies***

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

## ***Soft Drinks***

- Coca-cola zero | 2,50€
- Ginger ale 0.20cl | 2,00€
- Homemade ice tea | 3,00€
- Kombucha | 4,00€
- . Original; Ginger; Mint; Strawberry and hibiscus; Tropical citrus

# **Drinks**

## **Alcohol-free Cocktails**

<b>Mojito</b>	<b>6,00€</b>
Lime, mint and ginger ale	
<b>Piñacolada</b>	<b>6,00€</b>
Pineapple juice and coconut	
<b>Bagas</b>	<b>7,00€</b>
Red fruits, lime, mint and ginger ale	
<b>Morangocolada</b>	<b>7,00€</b>
Pineapple, coconut, strawberry and lime juice	

## **Cocktails with Alcohol**

<b>Mimosa</b>	<b>6,00€</b>
Natural orange juice and sparkling wine	
<b>Caipirinha</b>	<b>8,00€</b>
Lime e cachaça	
<b>Porto Tonic</b>	<b>6,00€</b>
White Porto wine and tonic water	
<b>Mojito</b>	<b>8,00€</b>
Peppermint, lime, rum and sparkling water	
<b>Piñacolada</b>	<b>8,00€</b>
Pineapple juice, coconut shake and rum	
<b>Aperol Spritz</b>	<b>8,00€</b>
Aperol, sparkling wine and sparkling water	
<b>Sex on the Beach</b>	<b>10,00€</b>
Natural orange juice, peach liqueur, vodka and grenadine	

# **Drinks**

## **Beer**

Craft beer | 3,90€  
Draught beer 1906 | 2,00€  
Estrella Galicia 0.0% | 2,00€  
Super Bock Stout | 2,00€  
Somersby | 3,50€

## **Wine**

Casa das Gaeiras bottle | 13,00€  
Glass of monthly wine | 5,50€  
Glass of house wine | 4,50€  
[OPTION] red OR white wine

## **Sangrias**

Wine Sangria  
[OPTION] Red or White  
Glass | 5,50€  
Jar | 14,00€

Sparkling Wine Sangria  
[OPTION] Red Fruit or Passion Fruit  
Glass | 7,00€  
Jar | 18,00€

## **Gins**

Bombay | 8,00€  
Nordés | 11,00€  
Sharish | 11,00€  
Hendrick | 12,00€

## **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 | €1,50€
  - Sauces | €0,50€
  - Peanut butter; chocolate and hazelnut cream or maple syrup | 1,50€
  - Agave 1,00€
  - Strawberry jam | 1,00€
  - Bread basket | 2,90€
  - Gluten-free bread basket | 3,20€
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- Change from bread to gluten-free bread | 2,20€
  - 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

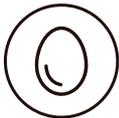
## Allergens



**GLUTEN**



**GLUTEN FREE**



**EGG**



**LACTOSE**



**SOYA**



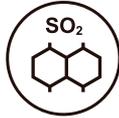
**SESAME**



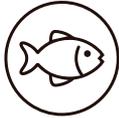
**NUTS**



**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 March 2026.

# Daily Menu

<b>Full Menu</b>	<b>15,00€</b>
[HALF PORTION] Soup, main course, dessert or cake, daily juice and coffee	
<b>Menu without dessert and coffee</b>	<b>12,00€</b>
<b>Daily Dish</b>	<b>10,00€</b>
<b>1/2 Daily Soup</b>	<b>1,95€</b>
<b>Daily Soup</b>	<b>3,00€</b>

Avocado

Coffee & Healthy Food

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**Enjoy your meal!**

**instagram**  
avocado\_coffee\_healthyfood

**wifi**  
avocadocoffee  
password: avocado19