



Cereais com Leite

cereals with milk

2,90 €

Granola com Leite

Granola with milk

3,50 €

Pode escolher um dos seguintes cereais:

(You can choose one of the following cereals:)

- Fibras (Fibers)
- Corn Flakes
- Chocolate

Pode escolher um dos seguintes leites

(You can choose one of the following milks):

- Leite de vaca meio gordo (cow milk)
- Leite de soja (soy milk) **+1,00€**
- Leite sem lactose (lactose free milk) **+0,70€**



**logurte Natural com
(Plain Yogurt with):**

-Granola 2,80 €
-Cereais (Cereals) 2,20 €

*** extra fruta (extra fruit) 1€**
com mel ou maple syrup
with honey or maple syrup

Pode escolher um dos seguintes cereais:
(You can choose one of the following cereals:)

- Fibras (Fibers)
- Corn Flakes
- Chocolate



Panqueca simples (com açúcar e canela) 3,10 €
Simple Pancake (with sugar or cinnamon)

Panqueca com chocolate 3,90 €
Pancake with chocolate

Panqueca com iogurte natural, banana, morango e maple syrup 4,20 €
Pancake with plain yogurt, banana, strawberry and maple syrup

2,10 €

100% Fruta/Fruit

Sumos Naturais Natural Juices

Cenoura / Maça (Carrot / Apple)

Laranja / Maçã (Orange / Apple)

Laranja / Cenoura (Orange / Carrot)

