

DISHES

Sweet potato with scrambled egg, salad and avocado/salmon	12,50€ / 13,50€
Vegan sweet potato with salad and avocado slices	12,50€
Bowl of salmon, poached egg, salad and pesto sauce	13,50€

QUESADILLAS

Choose from mango or pesto sauces

Surfie with mozzarella, salmon, avocado cream and basil	12,00€
Bemysself with mozzarella and homemade tomato sauce	9,00€
Alegre-me with mozzarella, tomato sauce, bacon and scrambled egg	10,50€
Vegan with vegan cheese and homemade tomato sauce	9,50€
Tuna with mozzarella, homemade tomato sauce and tuna	10,50€



SPECIALS

Natural yogurt bowl with fruit and granola / vegan	7,00€ / 7,50€
Papaya with natural yogurt, fruit and granola / vegan	8,50€ / 9,00€
Açaí bowl with natural yogurt, fruit and granola / vegan	8,50€ / 9,00€
Açaí bowl with pitaya, natural yogurt, fruit and granola / vegan	8,50€ / 9,00€
Vegan frozen bowl of açai with pitaya, fruit and homemade granola	9,00€
French toast with fruit, red fruit jam and honey	7,50€

TOASTS

You can switch to gluten-free bread (+ 0,50€)
Not recommended for coeliacs due to cross-contamination

Hal toast with butter	1,20€
Toast with butter	1,80€
Toast with scrambled egg	4,50€
Smile with scrambled egg, bacon, salad and honey	7,50€
Alegre-me with avocado cream, poached egg, salad and honey or pesto	8,00€
Vegan with avocado, banana and peanut / almond butter	8,50€ / 10,00€
Salmão with scrambled egg and honey or pesto	11,00€

Our gluten-free products are not recommended for coeliacs due to the possibility of cross-contamination.

BRUNCH 19,00€

- Yogurt with granola, fruit and honey.
- Toast with scrambled, fried or poached egg and one option: bacon and honey or avocado and pesto or salmon (+ 2,50€).
- Pancakes with fruit and honey, maple syrup, fruit jam or dulce de leche.
- Daily natural juice or latte / tea / american coffee / cappuccino and coffee.

MINI BRUNCH 13,50€

- Yogurt with granola, fruit and honey.
- Toast with your egg choice: poached, scrambled or fried.
- Simple pancakes with fruit and fruit jam, dulce de leche or honey.
- Daily natural juice.

VEGAN BRUNCH 19,50€

- Vegetable yogurt with granola, fruit and maple syrup.
- Toast with peanut/almond butter (+ 1,00€), avocado and fruit.
- Vegan pancakes.
- Daily natural juice / American coffee / latte or cappuccino.

HOW ABOUT AN EXTRA?

Extras - Bacon (2,00€), salmon (4,00€), avocado (3,00€), bread (1,00€), egg (1,00€) fruit (3,00€).

Brunch extras - Vegetable yogurt (0,50€), large juice (1,00€ mini brunch only), orange juice (0,50€), gluten-free (0,50€).

TIMELESS CLASSICS WITH NEW FLAVORS

We have something special for you. Now you can make your own pancakes and crepes with the flavors you love most, and pair them with that drink that fills your soul! What are you waiting for? Give it a try!

Alegre-me
ALIMENTAÇÃO SAUDÁVEL TODOS OS DIAS

PANCAKES

Options with ice cream: vanilla flavor
Extras (+ 1,50€): nutella, hazelnut cream, pistachio or salted caramel

Simple with honey, dulce de leche, maple syrup, jam or cinnamon	4,50€
Forest with red fruits, ice cream, jam and honey	7,50€
Banoffee with dulce de leche, banana, vanilla ice cream and cocoa	7,50€
Proteic with fruit, greek yogurt, protein cocoa and maple syrup	8,00€
Surfie with fruit, spekulatius and maple syrup	7,50€
Vegan with jam or spekulatius, granola, red fruits and banana	8,00€
Salted with butter, maple syrup or honey, fried egg and bacon	9,50€

CREPES

Options with ice cream: vanilla flavor
Extras (+ 1,50€): nutella, hazelnut cream, pistachio or salted caramel

Simple coconut and cinnamon sugar topping	4,50€
Napoli with greek yogurt, fruit and toasted granola	7,50€
Genova with ice cream, fruit and cocoa cream	8,00€
Amazonia with açai, red fruits, jam and coconut	8,00€



MAKE YOUR OWN PANCAKE OU CREPE!

MENU 1

1 Pancake / Crepe
1 Topping
1 Drink

6,00€

FRUITS

Banana / Blueberry / Raspberry / Kiwi / Mango / Seasonal fruit

MENU 2

2 Pancakes / Crepes
1 Fruit + 2 Toppings
1 Drink

7,50€

TOPPINGS

Nutella / Almond or peanut butter or speculoos / Granola
Yogurt / Dulce de leche / Maple / Honey / Carob syrup
Jam / Pistachio or hazelnut cream / Caramel / Salted caramel

MENU 3

3 Pancakes / Crepes
1 Fruit + 2 Toppings
1 Drink

8,50€

DRINKS

Cappuccino / Latte / Golden milk / Americano / Espresso
Abatanado / Juice of the day

HAPPY DAY!

Extras: decaf (0,10€), vegetable milk (0,50€)

Espresso	0,85€
Double espresso	1,50€
American coffee	1,50€
Galão	1,80€
Glass of milk	1,20€

OUR TEAS

Consult all the options with our staff

Sunshine wake-up	2,50€
Daylight detox	3,00€
Sunset relax	2,50€
Captain Kombucha	2,75€

SWEETEN THE DAY

Brownie simple	1,50€
Brownie with an ice cream topping	3,50€
Nuts cake with cocoa (gluten-free)	3,50€
Scone with blueberry filling	1,40€
Date with peanut butter filling	1,50€



NATURAL JUICES

Of de day	3,00€
Orange	3,50€
Tropical pineapple, papaya and mango	4,50€
Green detox pineapple, lemon, ginger and mint	4,50€

#BEGREEN

Bring your reusable cup and save 0,20€ on your drink

OTHER DRINKS

BEERS

Super bock mini (0,25L)	1,00€
Super bock média (0,33L)	1,50€
Super bock stout (0,33L)	1,50€
Murmúrio amber ale (0,33L)	3,50€

DRINKS BY GLASS

Vale barris red or white	1,70€
Reserva premium red or white	3,60€
Doc Horácio Simões moscatel	2,75€

WATERS

Eden spring water (0,50L)	1,00€
Eden spring water (1L)	1,50€
Engarrafada spring water (0,50L)	1,10€
Pedras sparkling water	1,50€

COCKTAILS

Mimosa	4,50€
Aperol spritz	6,50€
Sangria alegre-me	16,00€

Alegre-me
ALIMENTAÇÃO SAUDÁVEL TODOS OS DIAS



THE NEW MILKSHAKES WITH A COZY TOUCH

The perfect combination of milk, fruit and happiness!
We introduce our new Strawberry and Nutela milkshakes.

FAVORITE CLASSICS

Extras: decaf (0,10€), vegetable milk (0,50€)

Cappuccino	2,00€
Caramel latte	3,30€
Chocolate latte	3,30€
Hot chocolate	3,80€

ICED CLASSICS

Extras: decaf (0,10€), vegetable milk (0,50€)

(iced) Coffee with milk and cream	2,70€
(iced) Caramel latte	3,30€
(iced) Chocolate latte	3,30€
(iced) Affogato	3,80€



SMOOTHIES

Red with red fruits, banana, pineapple and vegetable milk	4,50€
Green with avocado, apple, oats, pineapple and vegetable milk	4,50€
Smile with superfood mix, banana, oats and vegetable milk	5,00€
Surfie with banana, açai, oats, superfood mix and vegetable milk	5,00€
Alegre-me with banana, raspberry, oats, superfood mix and vegetable milk	5,00€
Healthy with spinach, oats, apple, lime, spirulina, maca, banana, mint and vegetable milk	5,50€

NUTELA MILKSHAKE	5,00€
ALEGRE-ME MILKSHAKE	5,00€
STRAWBERRY MILKSHAKE	5,00€

We only use slow-fermented bread and daily fresh products.
The menu is made with organic products, available to buy in our bulk grocery store and online at alegre-me.com