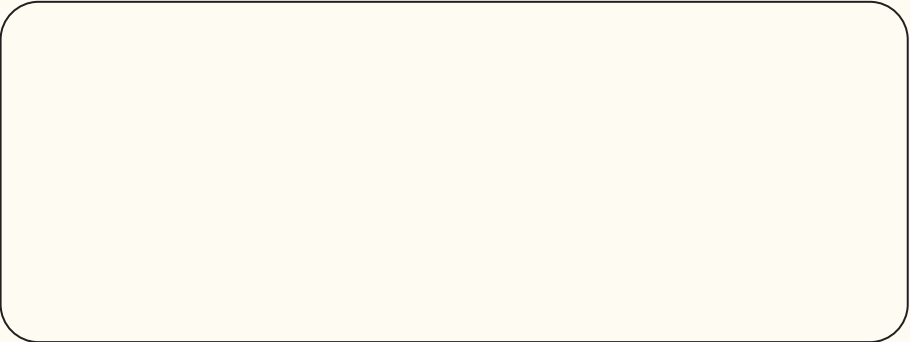


THIS WEEK'S SUGGESTIONS



QUESADILLAS

Choose from mango or pesto sauces

Surfie with mozzarella, salmon, avocado cream and basil	13,00€
Bemyself with mozzarella and homemade tomato sauce	9,50€
Alegre-me with mozzarella, tomato sauce, bacon and scrambled egg	11,50€
Vegan with vegan cheese and homemade tomato sauce	10,00€
Tuna with mozzarella, homemade tomato sauce and tuna	12,00€

DISHES AND BOWLS

Sweet potato with scrambled egg, salad and avocado/salmon	13,00€ / 14,00€
Vegan sweet potato with salad and avocado slices	13,00€
Bowl of salmon, poached egg, salad and pesto sauce	14,00€
Yogurt bowl small with fruit and granola / vegan	5,00€ / 5,50€
Yogurt bowl with fruit and granola / vegan	8,00€ / 8,50€
Papaya with natural yogurt, fruit and granola / vegan	10,00€ / 10,50€
Açaí bowl with natural yogurt, fruit and granola / vegan	8,50€ / 9,00€
Açaí bowl with dragon fruit, natural yogurt, fruit and granola / vegan	8,50€ / 9,00€
Vegan frozen bowl of açai with dragon fruit, fruit and homemade granola	9,50€
French toast with fruit, red fruit jam and honey	8,50€

TOASTS

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

Half a toast with butter	2,50€
Toast with butter	3,50€
Toast with scrambled egg	5,50€
Smile with scrambled egg, bacon, salad and honey	8,00€
Alegre-me with avocado cream, poached egg, salad and honey or pesto	8,50€
Vegan with avocado, banana and peanut / almond butter	9,00€ / 10,50€
Salmão with scrambled egg and honey or pesto	11,50€

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

BRUNCH 19,50€

- 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.
- 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.

MINI BRUNCH 14,00€

- 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.
- Extras - Bacon (2,00€), salmon (4,00€), avocado (3,00€), bread (1,50€), egg (1,50€).
  - Brunch extras - Vegetable yogurt (0,50€), large juice (1,00€ mini brunch only), orange juice (0,50€), gluten-free (0,50€).

VEGAN BRUNCH 20,00€

- 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 (1,50€), egg (1,50€).
- 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!



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	5,00€
Forest with red fruits, ice cream, jam and honey	8,00€
Banoffee with dulce de leche, banana, vanilla ice cream and cocoa	8,00€
Proteic with fruit, greek yogurt, protein cocoa and maple syrup	9,00€
Surfie with fruit, speculatus and maple syrup	8,00€
Vegan with jam or speculatus, granola, red fruits and banana	8,50€
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 cinnamon powder and coconut sugar	5,50€
Napoli with greek yogurt, fruit and toasted granola	8,00€
Genova with ice cream, fruit and cocoa cream	8,50€
Amazonia with açai, red fruits, jam and coconut	8,50€



MAKE YOUR OWN TASTY PANCAKE!

FRUITS

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

MENU 2

2 Pancakes  
1 Fruit + 2 Toppings  
1 Drink

8,00€

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  
1 Fruit + 2 Toppings  
1 Drink

9,00€

DRINKS

Cappuccino / Latte / Golden milk / Americano / Espresso  
Abatanado / Flavoured latte (+ 1,50€) / Smoothie (+ 3,00€)  
Orange juice (+ 1,50€) / Juice of the day (+ 1,00€)  
Milkshake (+ 3,00€)



HAPPY DAY!

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

Espresso	0,90€
Double espresso	1,65€
American coffee	1,50€
Galão	2,50€
Glass of milk	1,90€

OUR TEAS

Consult all the options with our staff

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

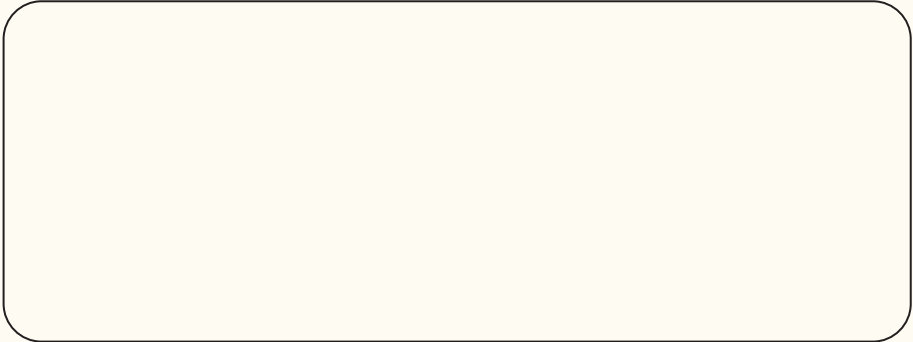
MAKE YOUR DAY EVEN SWEETER

Brownie simple	1,60€
Brownie with an ice cream topping	3,60€
Nuts cake with cocoa (gluten-free)	3,50€
Scone with blueberry filling	1,50€
Date with peanut butter filling	1,50€
Cupcake vegan	1,50€

NATURAL JUICES

Of de day small/big	2,00€ / 3,00€
Orange small/big	2,50€ / 3,50€
Tropical pineapple, papaya and mango	4,50€
Green detox pineapple, lemon, ginger and mint	4,50€

THIS WEEK'S SUGGESTIONS



BEERS

Super bock mini (0,25L)	1,25€
Super bock média (0,33L)	1,80€
Super bock stout (0,33L)	1,80€

DRINKS BY GLASS

Vale barris red or white	2,50€
Reserva premium red or white	4,50€
Doc Horácio Simões moscatel	3,90€

COCKTAILS

Mimosa	4,50€
Aperol spritz	6,50€

SODAS

Coca-cola zero can (033L)	1,90€
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WATERS

Eden spring water (0,50L)	1,40€
Eden spring water (1L)	2,00€
Bottled spring water (0,50L)	1,50€

Pedras sparkling water	1,80€
Lemon Frize sparkling water	2,00€



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	2,50€
Caramel latte	3,50€
Chocolate latte	3,50€
Hot chocolate	4,00€
Golden milk	2,80€

ICED CLASSICS

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

(iced) Coffee with milk and cream	3,20€
(iced) Caramel latte	3,50€
(iced) Chocolate latte	3,50€
(iced) Affogato	4,00€



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€
PEANUT BUTTER MILKSHAKE	5,00€
SPECULOOS 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](https://alegre-me.com)