



MeetiNG

BAR

**PEQUENO-ALMOÇO  
BREAKFAST**

- Panqueca Simples com Mel e Canela - **3.00**  
*Simple pancake with honey and cinnamon*
- Panqueca com Nutella, Morangos e Chantilly - **3.80**  
*Pancake with Nutella, strawberries and whipped cream*
- Iogurte Alpro com Granola e Mirtilos e Recheio de Frutos Vermelhos - **3.50**  
*Alpro Yogurt with Granola and Blueberries and Red Fruit Stuffing*
- Bowl de Açaí com Frutas e Granola - **4.30**  
*Acai Bowl with Fruits and Granola*
- Ovos mexidos - **2.00**  
*Scrambled eggs*
- Baguete Gourmet - **0.50**  
*Gourmet Baguette*
- Baguete 6 Cereais - **0.80**  
*Baguette 6 Cereals*
- Croissant Folhado ou Brioche - **1.20**  
*Croissant Puff or Brioche*

- Torrada - **1.40**  
*Toast*
- Meia Torrada - **0.80**  
*Half Toast*
- Tosta Fiambre ou Queijo - **1.60**  
*Ham or Cheese Toast*
- Tosta Mista - **2.20**  
*Cheese and ham toast*
- Croissant Folhado c/fiambre ou queijo - **2.00**  
*Croissant Puff with ham or cheese*
- Croissant Misto - **2.60**  
*Cheese and ham Croissant*
- Dose de Nutella - **0.70**  
*Dose of Nutella*
- Dose Manteiga ou Compota - **0.50**  
*Dose of butter or jam*
- Fatia de Bolo Caseiro - **2.20**  
*Homemade Cake Slice*
- Chá - **1.40**  
*Tea*

**ALMOÇO  
LUNCH**

**MENU EXECUTIVO**

- Prato do Dia, água e café - **7.50**  
*Daily dish, water and coffee*
- Sopa, prato do dia, água e café - **8.50**  
*Daily dish, soup, water and coffee*
- Prato do dia, água, sobremesa e café - **9.00**  
*Daily dish, water, dessert and coffee*
- Sopa, Prato do dia, água, sobremesa e café - **10.00**  
*Daily Dish, Soup, water, dessert and coffee*

**COUVERT**

- Cesto pão, azeitonas, manteiga ou paté - **2.50**  
*Selected bread, olives, butter or pâté*

**ENTRADAS**

- Creme de Legumes - **1.50**  
*Vegetable Cream*

**CARNE**

- Prego no Prato - **7.50**  
*Tenderloin beef with egg, fries and salad or rice*
- Hambúrguer no Prato - **6.00**  
*Hamburger with egg, fries and salad or rice*

**VEGETARIANO**

- Crepe Recheado e Salada - **7.50**  
*Stuffed Crepe with salad*

**SALADAS**

- Salada de Atum - **5.50**  
*Tuna Salad*
- Salada de Frango - **5.50**  
*Chicken Salad*
- Salada de Manga com Três Queijos - **5.50**  
*Mango Salad with a selection of Cheese*

**SANDES**

- Prego no Pão - **3.50**  
*Beef Fillet "Prego" sandwiches*
- Tosta Mista - **2.20**  
*Hot toast with ham and cheese*
- Baguete de Atum/Delícias do Mar / Frango - **3.00**  
*Tuna /chicken /seafood baguette*

**SOBREMESA5**

- Cheesecake - **3.5**
- Sobremesa do Dia - **2.45**  
*Dessert of the Day*
- Fruta da Época - **1.8**  
*Seasonal Fruit*
- Bolo De Maça - **3.00**  
*Apple Cake*
- Doce da Ju - **2.5**  
*Ju's dessert*

*Monica Alves*