

HORARIO 09H00-17H00

PT

CA ALMALUS FE



ESCOLHAS SAUDÁVEIS

COM UM TOQUE ESPECIAL

SUMOS FRESCOS

Do Dia Mix de Frutas	5€
AlmaLusa Maçã, limão, espinafre, pepino, ananás	5€
Laranja Espremido na hora	5€
Hydro Abacate, menta, lima, maçã	7€
Detox Cenoura, gengibre, melancia, tomilho	5€
Morning after Tomate, molho Worcestershire, tabasco, gengibre, limão, sal e pimenta	7€

SMOOTHIES

AlmaLusa Smoothie Leite de amêndoa, banana, maçã, frutos silvestres, cacau	7€
Wellness Smoothie Leite de amêndoa, amêndoa, espinafre, abacate	7€
Detox Smoothie Pepino, limão, gengibre, manga, abacate	7€
So Natural Shoots Gengibre, abacate, romã	7€

PEQUENO-ALMOÇO

Sumo de laranja natural, iogurte com granola, croissant com manteiga ou compota	9€
logurte com compota caseira	3€
Croissant simples	2€
Croissant com compota	3€
Pão alentejano torrado (manteiga ou compota)	4€
Tosta de abacate, tomate seco, ovo escalfado e espinafres	6€
Pastelaria do dia	2€
Panquecas (chocolate/compota/mel/manteiga de amendoim)	3€

Os nossos pratos podem conter glúten, laticínios, frutos secos entre outros.

Em caso de alergias, por favor contacte o nosso staff.

Preços em Euros. IVA incluído à Taxa e vigor.

PARA COMEÇAR

Sopa do dia	5€
Gaspacho	5€
Humus de grão, crudités	9€
Guacamole, nachos, molho cheddar	9€
Croquete rabo de boi, pickle mostarda (3un.)	7€

PARA CONFORTAR

Baguel de salmão fumado, queijo creme com endro, cebola, alface	17€
Focaccia de frango crocante, molho cocktail, alface	16€
Wrap de legumes, nata azeda, falafel, alface iceberg com crudités de pepino, cenoura	13€
Wrap de salmão fumado, queijo creme, limão, espinafres	14€
Wrap de frango crocante, molho cocktail, alface	13€
Prego de novilho em pão alentejano, manteiga d'ervas, presunto, rúcula	13€
Hambúguer de novilho em brioche, compota de cebola, queijo amanteigado, molho BBQ, alface, tomate	19€

SALADAS

Salada de quinoa, legumes assados, bimi cozido, frutos secos, espinafres	14€
Salada de burrata, tomate saloio, pesto de coentros, rúcula	14€
Salada de camarão, chutney abacaxi e caril, alface iceberg, amendoim, tomate cherry	18€

SUPLEMENTOS

Batatas fritas chips	3€
Salada verde	4€

SOBREMESAS

Gelado Artesanal by Artisaní	5€
Fruta fresca laminada	5€
Pavlova, couli de fruta exótica	7€

MENUS GRAB & GO

Todos os itens da carta podem ser Grab & Go

Menu salada 1 sumo natural + 1 salada à escolha	19€
Menu wrap 1 sumo natural + 1 wrap à escolha + 1 chips <i>ou</i> 1 salada verde	20€
Menu sandes 1 sumo natural + 1 sandes à escolha (focaccia prego hambúguer) + 1 chips <i>ou</i> 1 salada verde	22€

CAFETARIA

Espresso	1,75€
Americano	2,5€
Latte Macchiato	3€
Cappuccino	3€
Chá/Infusões	3€

ÁGUAS MINERAIS E REFRIGERANTES

Água sem gás 1lt	4€
Água com gás 1lt	4€
Água healsi 25cl	2€
Castello 25cl	2€
Coca Cola	4€
Coca Cola Zero	4€
Ice Tea	4€
7up	4€
Fanta Laranja	4€
Água Tónica	4€
Ginger Ale	4€
Ginger Beer	4€

VINHO BRANCO

Autocarro 28, Setúbal Arinto, Galego Dourado	COPO GARRAFA 6€ 26€
Quinta de Chocapalha, Lisboa Chardonnay	33€
Piloto Collection, Setúbal Sauvignon Blanc	35€
Dardas Avesso, Monção Vinho verde - Avesso	30€

VINHO ROSÉ

Quinta de Saes, Minho Alfrocheiro, Tinta Roriz, Jaen, Baga	COPO GARRAFA 6€ 26€
Arvad Negra Mole, Algarve Tinta Negra Mole	35€
M de Minuty, Cote de Provence Syrah, Grenache, Cinsault	45€

VINHO TINTO

Autocarro 27, Setúbal Cabernet Sauvignon, Touriga Nacional, Aragonés	COPO GARRAFA 6€ 26€
José de Sousa, Alentejo Aragonez, Trincadeira, Grand Noir	30€
Quinta do Gradil, Lisboa Syrah	35€
Pintas Character, Douro Touriga Nacional	42€

HEALTHY CHOICES

WITH A TWIST

FRESH JUICES

Today's Fruit mix	5€
AlmaLusa Apple, lemon, spinach, cucumber, and pineapple	5€
Orange Freshly squeezed	5€
Hydro Avocado, mint, lime, and apple	7€
Detox Carrot, ginger, watermelon, and thyme	5€
Morning after Tomato, Worcestershire sauce, tabasco, ginger, lemon, salt and pepper	7€

SMOOTHIES

AlmaLusa Smoothie Almond milk, banana, apple, wild berries, and cocoa	7€
Wellness Smoothie Almond milk, almond, spinach, and avocado	7€
Detox Smoothie Cucumber, lemon, ginger, mango, and avocado	7€
So Natural Shoots Ginger, avocado, and pomegranate	7€

BREAKFAST MENU

Natural orange juice, yoghurt and granola, croissant bread with butter or jam	9€
Yoghurt and homemade granola	3€
Croissant	2€
Croissant and jam	3€
Toasted Alentejo rustic bread with butter or jam	4€
Avocado toast, sun-dried tomato, poached egg and spinach	6€
Pastries of the day	2€
Pancakes (chocolat/jam/honey/peanut butter)	3€

Our dishes may have gluten, dairy, nuts and others.
In case of any allergies, please contact our staff.
Prices in Euros. VAT included.

TO START

Daily vegetable soup	5€
Gazpacho soup	5€
Chickpeas hummus and crudités	9€
Guacamole, nachos, cheddar sauce	9€
Oxtail croquette with pickled mustard (3 uni)	7€

FOR COMFORT

Smoked salmon bagel, dill cream cheese, onion, lettuce	17€
Chicken sandwich on focaccia bread, lettuce, tomato	16€
Roast vegetable wrap, sour cream, falafel, iceberg lettuce with cucumber, carrot crudités	13€
Smoked salmon wrap, cream cheese, lemon, spinach	14€
Chicken wrap, cocktail sauce, lettuce	13€
Beef steak sandwich on local bread, herb butter, smoked ham, arugula	13€
Beef burger on brioche bread, onion compote, buttery local cheese, BBQ sauce, lettuce, tomato	19€

SALADS

Quinoa salad, roasted vegetables, cooked bimi, dried fruits, spinach	14€
Burrata salad, saloio tomatoes, coriander pesto, rocket	14€
Shrimp salad, pineapple and curry chutney, iceberg lettuce, peanuts, cherry tomatoes	18€

SUPPLEMENTS

French fries	3€
Green salad	4€

DESSERTS

Artisanal ice cream by Artisani	5€
Laminated fresh fruit	5€
Pavlova with exotic fruit coulis	7€

GRAB & GO MENUS

All menu items can be Grab & Go

Salad menu 1 fresh juice + 1 salad	19€
Wrap menu 1 fresh juice + 1 wrap + 1 chips or 1 green salad	20€
Bread menu 1 fresh juice + 1 bread (Focaccia Beef steak sandwich Beef burger) + 1 chips or 1 green salad	22€

COFFEE SHOP

Espresso	1,75€
Americano	2,5€
Latte Macchiato	3€
Cappuccino	3€
Tea/Infusions	3€

MINERAL WATERS & SOFT DRINKS

Still water 1lt	4€
Sparkling water 1lt	4€
Healsi tetra pack water 25cl	2€
Castello 25cl	2€
Coca Cola	4€
Coca Cola Zero	4€
Ice Tea	4€
7up	4€
Fanta Orange	4€
Tonic water	4€
Ginger Ale	4€
Ginger Beer	4€

WHITE WINE

Autocarro 28, Setúbal Arinto, Galego Dourado	COPO	GARRAFA	6€		26€
Quinta de Chocapalha, Lisboa Chardonnay			33€		
Piloto Collection, Setúbal Sauvignon Blanc			35€		
Dardas Avesso, Monção "Green" wine - Avesso			30€		

ROSÉ WINE

Quinta de Saes, Minho Alfrocheiro, Tinta Roriz, Jaen, Baga	COPO	GARRAFA	6€		26€
Arvad Negra Mole, Algarve Tinta Negra Mole			35€		
M de Minuty, Cote de Provence Syrah, Grenache, Cinsault			45€		

RED WINE

Autocarro 27, Setúbal Cabernet Sauvignon, Touriga Nacional, Aragonés	COPO	GARRAFA	6€		26€
José de Sousa, Alentejo Aragonez, Trincadeira, Grand Noir			30€		
Quinta do Gradil, Lisboa Syrah			35€		
Pintas Character, Douro Touriga Nacional			42€		

OPENING HOURS 9AM-5PM

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ALMALUS CAFE

