

PT - EN

08H00 - 17H00 | 8AM - 5PM

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WWW.ALMALUSAHOTELS.COM

CA ALMALUS FE



ESCOLHAS SAUDÁVEIS

COM UM TOQUE ESPECIAL

SUMOS FRESCOS

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

SMOOTHIES

| | |
|---|----|
| AlmaLusa Smoothie Leite de amêndoa, banana, maçã, frutos silvestres e cacau | 7€ |
| Wellness Smoothie Leite de amêndoa, amêndoa, espinafre e abacate | 7€ |
| Detox Smoothie Pepino, limão, gengibre, manga e abacate | 7€ |
| So Natural Shots Gengibre, abacate e romã | 5€ |
| Sopa do dia de legumes | 5€ |

SALADAS

| | |
|--|-----|
| Pasta Fusilli, beringela, courgette, tomate seco, espinafre, pesto de manjeriço e falafel | 12€ |
| Caprese Mozzarella, tomate, pesto de manjeriço e nozes | 12€ |
| Veggie Feijão preto, quinoa, húmus de caril, abacate e cornichons | 12€ |
| Portuguesa Bacalhau fatiado, grão, tomate, cebola roxa, coentros, ovo cozido e sementes de abóbora | 13€ |
| Salmão fumado Salmão fumado, manga, edamame, húmus de beterraba | 13€ |

INGREDIENTES ADICIONAIS (1)

Frango, Salmão Fumado, Atum Conserva, Rosbife 3€

Pão fresco do dia 4€

MENU DE PEQUENO-ALMOÇO

| | |
|--|-----|
| Sumo de laranja natural, iogurte e granola, croissant, pão, manteiga e compota | 9€ |
| logurte e granola caseira | 5€ |
| Salmão fumado, abacate e tomate em tosta de massa mãe | 12€ |
| Rosbife, espinafre, tomate cherry, molho de mostarda em tosta de massa mãe | 12€ |

PASTELARIA DO DIA

| | |
|---------------------------|------|
| Croissant simples | 2€ |
| Croissant e compota | 2,5€ |
| Trança de chocolate | 2€ |
| Pastel de nata | 1,9€ |
| Caracol | 2€ |
| Bolo caseiro | 2,5€ |

PÃO FRESCO DO DIA QUE ACOMPANHA COM...

| | |
|---------------------|----|
| Bacon | 6€ |
| Abacate | 6€ |
| Salmão fumado | 7€ |
| Rosbife | 7€ |

WRAPS

| | |
|--|-------|
| Anchovas, pickles, cebola roxa, rúcula e iogurte | 10€ |
| Atum, pepino, maionese e alface | 10,5€ |
| Salmão fumado, queijo creme, limão e espinafre | 11€ |

PANINIS (PÃO DE MASSA MÃE)

| | |
|---|-----|
| Queijo de cabra, pesto de tomate, presunto e cebola caramelizada | 10€ |
| Frango grelhado, espinafre, húmus de caril e abacate fatiado | 11€ |
| Cenoura, courgette, beringela, pimento vermelho e molho de mostarda | 9€ |

SOBREMESAS

| | |
|---|----|
| Fruta fresca do dia | 3€ |
| Mousse de chocolate RoofTop, flor de sal, raspas de laranja e amêndoas tostadas | 3€ |
| Cheesecake de frutos vermelhos | 3€ |
| Muffin de laranja e pistachio | 2€ |
| Açaí bio, granola, mirtilos e sementes de papoila | 6€ |

BEBIDAS

CAFETARIA

| | |
|-----------------------|-------|
| Espresso | 1,75€ |
| Americano | 2,5€ |
| Latte Macchiato | 3€ |
| Cappuccino | 3€ |
| Moccaccino | 3€ |
| Chá Infusões | 3€ |
| Achocolatado | 3€ |

ÁGUAS MINERAIS E REFRIGERANTES

| | |
|-----------------------------------|-----------|
| Água sem Gás 50cl 75cl | 2€ 3,5€ |
| Água das Pedras 25cl 75cl | 1,5€ 4€ |
| Castello 25cl | 1,5€ |
| Coca Cola | 3,5€ |
| Coca Cola Zero | 3,5€ |
| Ice Tea Pêssego | 3,5€ |
| Ice Tea Limão | 3,5€ |
| 7up | 3,5€ |
| Fanta Laranja | 3,5€ |
| Água Tónica | 2€ |
| Ginger Ale | 3,5€ |
| Ginger Beer | 3,5€ |
| Sumo de tomate | 3,5€ |

CERVEJAS (GARRAFA)

| | |
|----------------------|------|
| Nacional | 2€ |
| Nacional Preta | 4€ |
| Nacional 0.0% | 4€ |
| Internacional | 4,5€ |

VINHOS

BRANCO

| | COPO | GARRAFA |
|--|------|---------|
| Herdade da Comporta | | |
| Arinto, Antão Vaz, Malvasia e Moscatel | 6€ | 32€ |

ROSÉ

| | COPO | GARRAFA |
|----------------------------|------|---------|
| Herdade da Comporta | | |
| Aragonez | 6€ | 32€ |

TINTO

| | COPO | GARRAFA |
|---|------|---------|
| Herdade da Comporta | | |
| Aragonez, Castelão, Alicante Bouschet | 6€ | 32€ |

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 Shots Ginger, avocado, and pomegranate | 5€ |
| Daily vegetable soup | 5€ |

SALADS

| | |
|--|-----|
| Pasta Salad Fusilli, aubergine, courgette, dry tomato, spinach, basil pesto, and falafel | 12€ |
| Caprese Salad <i>Mozzarella</i> , tomato, basil pesto, and nuts | 12€ |
| Veggie Salad Black beans, quinoa, curry hummus, avocado, and cornichons | 12€ |
| Portuguese Salad Sliced cod, chickpea, tomato, red onion, coriander, boiled egg, and pumpkin seeds | 13€ |
| Smoked Salmon Salad Smoked salmon, mango, edamame, and beetroot hummus | 13€ |

ADDITIONAL INGREDIENTS (1)

Chicken, Smoked Salmon, Tuna, Roast beef 3€

Fresh bread of the day 4€

BREAKFAST MENU

| | |
|--|-----|
| Natural orange juice, yoghurt and granola, croissant, bread, butter, and jam ... | 9€ |
| Yoghurt and homemade granola | 5€ |
| Smoked salmon, avocado, and tomato over sourdough toast | 12€ |
| Roast beef, spinach, cherry tomato, mustard sauce over sourdough toast | 12€ |

PASTRIES OF THE DAY

| | |
|-------------------------------|------|
| Croissant | 2€ |
| Croissant and jam | 2,5€ |
| Chocolate braid | 2€ |
| Portuguese custard tart | 1,9€ |
| Raisin Danish | 2€ |
| Homemade cake | 2,5€ |

BREAD OF THE DAY TO GO ALONG WITH...

| | |
|---------------------|----|
| Bacon | 6€ |
| Avocado | 6€ |
| Smoked salmon | 7€ |
| Roast beef | 7€ |

WRAPS

| | |
|---|-------|
| Anchovy, pickles, red onion, arugula, and yoghurt | 10€ |
| Tuna, cucumber, mayonnaise, and lettuce | 10,5€ |
| Smoked salmon, cream cheese, lemon, and spinach | 11€ |

PANINIS (SOURDOUGH BREAD)

| | |
|--|-----|
| Goat cheese, tomato pesto, smoked ham, and caramelised onion | 10€ |
| Grilled chicken, spinach, curry hummus, and sliced avocado | 11€ |
| Carrot, courgette, aubergine, red pepper, and mustard sauce | 9€ |

DESSERTS

| | |
|---|----|
| Fresh fruits of the day | 3€ |
| RoofTop chocolate mousse, with <i>fleur de sel</i> , orange zest, roasted almonds . | 3€ |
| Wild berries cheesecake | 3€ |
| Orange and pistachio muffin | 2€ |
| Bio <i>açaí</i> , granola, blueberries, and poppy seeds | 6€ |

BEVERAGES

COFFEE SHOP

| | |
|-----------------------|-------|
| Espresso | 1,75€ |
| Americano | 2,5€ |
| Latte Macchiato | 3€ |
| Cappuccino | 3€ |
| Mochaccino | 3€ |
| Tea Infusions | 3€ |
| Chocolate Milk | 3€ |

MINERAL WATER & SOFT DRINKS

| | |
|--------------------------------------|-----------|
| Still water 50cl 75cl | 2€ 3,5€ |
| Sparkling "Pedras" 25cl 75cl | 1,5€ 4€ |
| Castello 25cl | 1,5€ |
| Coca Cola | 3,5€ |
| Coca Cola Zero | 3,5€ |
| Ice Tea Peach | 3,5€ |
| Ice Tea Lemon | 3,5€ |
| 7up | 3,5€ |
| Fanta Orange | 3,5€ |
| Tonic Water | 2€ |
| Ginger Ale | 3,5€ |
| Ginger Beer | 3,5€ |
| Tomato juice | 3,5€ |

BEER (BOTTLE)

| | |
|----------------------|------|
| National | 2€ |
| National Black | 4€ |
| National 0.0% | 4€ |
| International | 4,5€ |

WINES

WHITE

| | GLASS | BOTTLE |
|---|-------|--------|
| Herdade da Comporta | | |
| Arinto, Antão Vaz, Malvasia, Moscatel | 6€ | 32€ |

ROSÉ

| | GLASS | BOTTLE |
|----------------------------|-------|--------|
| Herdade da Comporta | | |
| Aragonez | 6€ | 32€ |

RED

| | GLASS | BOTTLE |
|---|-------|--------|
| Herdade da Comporta | | |
| Aragonez, Castelão, Alicante Bouschet | 6€ | 32€ |