

COMIDA

Pequeno almoco

10H00-12H00

Happy Muesli1	Flocos de aveia,noz,frutas,leite e mel	6.00€
Happy Muesli2	Crunchy Muesli,Frutas,noz,yoghurt,mel	6.50€
Mediterraneo	Ovos mexidos,bacon,tomate,pao torrado,cebola	9.50€
English Breakfast	Ovos,Bacon,feijão,pão torrado	10.00€
NaOnda	Ovos mexidos,abacate,tomate,pão torrado,cebola	9.50€

Vegetariano

Falafel <small>(c.Salada e Molho Yoghurte)</small>	Pastéis de Grão,Coentros e Alho Francês	10.00€
Hamburguer Veggie	Burguer deCourgette,Cenoura,Aveia,Quark,Ovo	9.00€
Wrap Vegetariano	Húmus de Grão,Alface,Cenoura,Pepino, Rúcula,Abacate	8.00€
Pizza Vegetariana	Tomate,Pimento,Rúcula,Espinafre,Cebola,Mascarpone,Q.Mozzarella	11.00€

Entradas

Pao, Manteiga, Azeitonas	3.50€
Azeitonas	2.00€
Base de Pizza c. Manteiga de Alho	4.00€

Pizzas

Margherita	Molho Tomate,Queijo Mozzarella	9.90€
Siciliana	Atum,Cebola,Azeitonas,Pimento,Q.Mozzarella	11.00€
Presunto	Presunto, Rúcula, Queijo Mascarpone,Q.Mozzarella	12.50€
Diavolo	Salame Picante,Pimento, Cebola,Q.Mozzarella	11.50€
Frango	Frango, Ananás,Q.Mozzarella	11.50€
Calzone	Fiambre,Bacon, Cogumelos, Cebola,Natas,Q. Mozzarella	13.80€
Lizandro	Base d. Azeite e Alho,Presunto,Manjericão,Tomate,Q.Mozzarella	12.00€
Ingrediente Extra		1.00€

Saladas

Mista	Alface,Tomate,Cebola, Rúcula,Cenoura,Couve Roxa	8.00€
Grega	Alface,Feta,Tomate, Pepino,Azeiton.,Ceb.Roxa,ervas aromaticas	9.90€
NaOnda	Alface,Queijo Cabra,nozes, Tomate, Mel,Rucula,C.Roxa,Cenoura	10.50€
Frango	Alface,Peito d.Frango c.Caril,Tomate,Cenoura, Rúcula,	10.50€
Atum	Alface,Atum,Cebola,Ovo cozido,Manga,Azeitonas.T.Cherry	9.90€

Infantil

Pizza Margherita	6.50€
Nuggets de Frango	5.00€

Wraps

Atum	Pasta d. Atum, Alface, Pepino, Alcaparras	8.00€
Salmão Fumado	Pasta Salmão, Abacate, Alface, Cenoura	8.50€
Vegetariano	Húmus de Grão, Alface, Cenoura, Pepino, Abacate	8.00€
Frango	Alface, Molho d. Manga, Peito d. Frango c/Carril	8.00€

Hamburguers

Inclui Batata Frita

Hamburger Simples	Alface, Tomate	7.50€
Cheeseburger	Alface, Tomate, Queijo Cheddar	8.50€
NaOnda	Alface, Tomate, Bacon, Ovo, Cheddar	10.50€
Hamburger XL	Hamb. de Vitela d. Açores, Alface, Tomate, Bacon,	11.50€
Vegetariano	Alface, Tomate	9.00€

Burger e de: Courgette, Cenoura, Aveia, Ovo

Sopa do Dia		3.50€
Bitoque	Bife de Vaca, Batata frita, arroz, salada, ovo estrelado	10.90€
Salmão Grelhado	c. Salada mista	14.90€
Francesinha	c. Batata frita	10.80€
Maminha Maturada d. Australia	c. Batata Frita, arroz, Feijão preto	14.90€

Poke Bowls

Salmão	c. Abacate, Manga, Pepino, Morango, Sesamo, Cebola frita, Wakame, Teriyaki	12.90€
Atum	c. Abacate, Manga, Pepino, Morango, Sesamo, Cebola frita, Wakame, Teriyaki	12.90€
Vegetariano	c. Abacate, Manga, Pepino, Morango, Sesamo, Cebola frita, Wakame, Teriyaki	12.90€
Temaki Salmão	Manga ou Morango, Philadelphia	7.00€
Temaki Atum	Pepino, Philadelphia, pode vir c. Kimuchi	7.00€
Temaki Vegetariano	Microvegetais, Abacate, Morango ou Manga	7.00€
Tártaro de Salmão	Philadelphia, Sesamo, arroz, Wakame, Teriyaki, Kimuchi	9.90€

Snacks

TOSTAS

Tosta Mista	Queijo,Fiambre	4.90€
Tosta Atum	Pasta d.Atum,Tomate	5.50€
Tosta Frango	Pasta d.Frango	5.50€
Tosta Salmão	Pasta d.Salmão,Tomate	6.50€

Petiscos

Snack NaOnda	Palitos de Mozzarella	7.50€
Tiros de Choco		7.50€
Dose Batata	Com Maiones de Alho	4.00€

Tigela Açaí

Vegan	Açaí,Granola,Morango,Banana	8.00€
Açaí	Açaí,Granola,Morango,Banana	8.00€
Extras	Mel,Manteiga Amendoim,Leite Condensado	1€
	Leite em Po, Paçoca	

Sobremesas

Waffel		3.50€
Waffel com Gelado		4.50€
Crepes Chocolate	Com ou sem Gelado	6.00€
Petite Gateau		6.00€
Crepe com Maça		6.00€

BEBIDAS

Cafés

Café/Descafeinado	1.30€
Garoto	1.30€
Abatanado	1.50€
Galão	1.70€
Meia de Leite	1.70€
Café com Natas	2.40€
Leite Ucal	2.50€
Chocolate Quente	2.50€
Cappucino	2.70€

ÁGUAS

Garrafa 0.5l	1.50€
Água das Pedras	2.20€
Frize limão	2.40€

Sumos Naturais

Laranja	4.00€
Morango	5.50€
Manga	5.50€
Ananás	5.50€
2 Frutas	6.00€
Açaí	6.00€
Limonada	3.50€

Batidos

Morango	6.50€
Ananás	6.50€
Manga	6.50€
Banana	6.50€
Chocolate <small>c.Chantilly</small>	6.50€

Refrigerantes

Ginger Ale/Água Tônica	2.50€
Néctares Compal	2.40€
Bebidas d. Lata	2.50€
RedBull	3.50€

Aperitivos

Martini	4.00€
Porto Corrente	4.00€
Porto Vintage	4.50€
Moscatel	3.50€

Gins

Big Boss	9.50€
Big Boss Pink	9.50€
Bulldog	9.50€
Hendricks	10.50€
Bombay Sapphire	8.50€
Gordons	8.00€

Caipirinhas

Caipirinha	7.00€
Caipiroska	7.00€
Morangoska	8.00€
Mojito	8.00€
Caipiroska Preta	7.00€

Aguardentes/Licores

Aguardente Velha	6.00€
Aguardente Corrente	4.00€
Licor Beirão	3.50€
Baileys	3.50€
Amêndoa Amarga	3.50€

Longdrinks

Cuba Libre	8.00€
Vodka laranja/limão	7.50€

Cervejas

Imperial (0.25lt)	1.70€
Caneca (0.5lt)	3.50€
Superbock	2.50€
Estrela Damm	2.50€
Estrela Preta	2.20€
Estrela Malt	2.20€
Estrela Free	2.20€
Daura sem Gluten	3.50€
Somersby	3.50€
Corona	3.50€
Malquerida 0.2	1.95€
Malquerida 0.33	2.25€
Malquerida 0.5lt	4.50€
Estrela Inedit	3.50€

Whiskies

Irish

Jameson	5.50€
Bushmills	6.50€
Cutty Sark	4.50€
Johnny W. Red	4.50€
Famouse Grouse	5.00€

Whiskies Velhos

Cutty Sark 12anos	6.50€
Johnny W.Black	7.50€

Vinhos

Copo Branco (Monte Velho)	3.50€
Copo Tinto (Monte Velho)	4.00€
Copo Vinho Verde (Alveleda Verde)	4.00€
Copo Rose (Monte Velho)	4.00€
Copo Sangria Tinto	4.00€
Sangria Tinto	15.00€
Sangria Branca	15.00€
Sangria Frutos Vermelhos	17.00€
Espumante Nacional (Garrafa)	13.50€

FOOD

Breakfast

09am-12.00pm

Happy Muesli1	Porridge,milk,walnuts,fruits,honey	6.00€
Happy Muesli2	Crunchy Muesli,Fruits,yoghurt,	6.50€
Mediterraneo	Scrambled eggs,bacon,tomatoe,bread	9.50€
English Breakfast	Eggs,baked beans,bacon,toasted bread	10.00€
NaOnda	Scrambled eggs,avocado,tomatoe,toasted bread	9.50€

Vegetarian

Falafel (w.Salad+Yogurtsauce)	Chickpeas,cilandro, french garlic	10.00€
Hamburguer Veggie	Zuchini,quark,carrot,oatmeal,cheese	9.00€
Wrap Vegetariano	Chickpea Humus,lettuce,vegetables	8.00€
Vegetarian Pizza	Tomatoe,Rucula,Onion,Spinache,Red Pepper,Mascarpone	11.00€

Starters

Bread, Butter, Olives	3.50€
Olives	2.00€
Bread from Pizza Dough with Garlicbutter	4.00€

Pizzas

Margaritha	9.90€
Siciliana	Tuna,onion, red pepper,olives 11.00€
Presunto	Prosciutto,Mascarpone,Rucula 12.50€
Diavolo	Spicy Salame,red pepper,red onion 11.50€
Chicken	Chicken,Pineapple 11.50€
Calzone	Ham,Bacon,Mushrooms,Cream 13.80€
Lizandro	Prosciutto,Garlic,Basil,Olive Oil 12.00€
Extra Topping	1.00€

All Salads come with green and red Leaf Lettuce

Salads

Mixed	Tomato,Onion,Rucula	8.00€
Greek	Feta,red onion,cucumber,olives	9.90€
NaOnda	Goat Cheese,Walnut,Tomatoes,Honey,Rucula	10.50€
Chicken	Roasted chickenbreast, Tomato,Rucula	10.50€
	Tuna,onion,olives,mango,boiled egg	10.50€

KIDS

Pizza Margarita	6.50€
Chicken Nuggets	5.00€

Wraps

Tuna	Tunacream,Lettuce,Cucumber,Capers	8.00€
Smoked Salmon	Salmoncream,Avocado,Lettuce	8.50€
Vegetarian	Chickpea Humus,Lettuce,Carrot	8.00€
Chicken	Chicken,red pepper,lettuce,mango	8.00€

Hamburgers

Hamburger Simple	Lettuce, Tomato	7.50€
Cheeseburger	Cheddar, Tomato, Lettuce	8.50€
NaOnda	Cheddar, Bacon, Egg, Lettuce, Tomato	10.50€
Hamburger XL	Veal (Acores) Cheddar, Bacon, Egg, Lettuce, Tomato	11.50€
Vegetarian	Burger : Zucchini, carrot, oatmeal, Lettuce, Tomato, Cheddar	9.00€

Soup of the day (vegetables)	3.50€
Bitoque, fine veal meat, fried egg, mixed Salad, French Fries	10.90€
Grilled Salmon Filet with mixed Salad	14.90€
Francesinha French Fries, typical Dish from Porto	10.80€
Rumpskirt Steak (Aged Australian Wagyu) 350g With Rice, French Fries and Black Beans	14.90€

Poke Bowls

Salmon	w. Avocado, Mango, Cucumber, Sesamo, fried Onion, Wakame, Teriyaki	12.90€
Tuna	w. Avocado, Mango, Cucumber, Sesamo, fried Onion, Wakame, Teriyaki	12.90€
Vegetarian	W. w. Avocado, Mango, Cucumber, Sesamo, fried Onion, Wakame, Teriyaki	12.90€
Temaki Salmon	Mango or Strawberry, cream cheese	7.00€
Temaki Tuna	Cucumber, spicy option with Kimuchi	7.00€
Temaki Vegetarian	Microgreens, Avocado, Strawberry or Mango	7.00€
Salmon Tartare	with Cream Cheese, Sesamo, rice, Wakame, Teriyaki, Kimuchi	9.90€

TOASTS

Ham and Cheese		4.50€
Tuna	Tunacream, Tomato	5.50€
Chicken	Chickencream	5.50€
Salmon	Salmoncream	6.50€

Snacks

Snack NaOnda	Mozarella Sticks	7.50€
Fried Squid Stripes		7.50€
Dose of Fried Potato Chips with Garlic Mayo		4.00€

Açaí-Bowls

Vegan	Açaí, Granola, Strawberry, Banana	8.00€
Açaí	Açaí, Granola, Strawberry, Banana	8.00€
Extras	Honey, Peanut Butter, Condensed Milk	1€

Desserts

Waffle		3.50€
Waffle with Icecream		4.50€
Chocolate Crepe	With Icecream 4.50€	4.50€
Petite Gateau		6.00€
Crepe w.Applecrumble		6.00€

DRINKS

Coffees

Espresso	1.30€
Espresso Machiato	1.30€
American Coffee	1.50€
Coffee with Milk	1.70€
Coffe with Cream	2.40€
Chocolate Milk (Ucal)	2.50€
Hot Chocolate	2.50€
Cappucino	2.70€

Waters

Bottle 0.5l	1.50€
Sparkling Water	2.20€
Lemon Spark.Water	2.40€

Natural Juices

Orange	4.00€
Strawberry	5.50€
Mango	5.50€
Ananás	5.50€
2 Fruits	6.00€
Açaí	6.00€
Lemonade	3.50€

Milkshakes

Strawberry	6.50€
Ananás	6.50€
Mango	6.50€
Banana	6.50€
Chocolate w.Cream	6.50€

Softdrinks

Ginger Ale/Tonic water	2.50€
Néctares Compal	2.40€
Cola/Fanta/7up	2.50€
Ice Tea (all flavors)	2.50€
RedBull	3.50€

Aperitifs

Martini	4.00€
Porto Corrente	4.00€
Porto Vintage	4.50€
Moscatel	3.50€

Gins

Big Boss	9.50€
Big Boss Pink	9.50€
Bulldog	9.50€
Hendricks	10.50€
Bombay Saphire	8.50€
Gordons	8.00€

Caipirinhas

Caipirinha	7.00€
Caipiroska	7.00€
Morangoska	8.00€
Mojito	8.00€
Black Caipiroska	7.00€

Aguardentes/Licores

Old Brandy	6.00€
Brandy	4.00€
Licor Beirão	3.50€
Baileys	3.50€
Amêndoa Amarga	3.50€

Longdrinks

Cuba Libre	8.00€
Vodka laranja/limão	7.50€

Beers

Imperial (0.25lt)	1.70€
Caneca (0.5lt)	3.50€
Superbock	2.50€
Estrela Damm	2.50€
Estrela Preta (black)	2.20€
Estrela Malt	2.20€
Estrela Free	2.20€
Daura Glutenfree	3.50€
Estrela Inedit	3.50€
Somersby	3.50€
Corona	3.50€
Malquerida 0.2	1.95€
Malquerida 0.33	2.25€
Malquerida 0.5lt	4.50€

Whiskies

Irish

Jameson	5.50€
Bushmills	6.50€
Cutty Sark	4.50€
Johnny W. Red	4.50€
Famouse Grouse	5.00€

Old Whiskies

Cutty Sark 12 y.o.	6.50€
Johnny W.Black	7.50€

Wines

Glas of White (Monte Velho)	3.50€
Glas of Red (Monte Velho)	4.00€
Glas Vinho Verde (Alveleda Verde)	4.00€
Glas Rose (Monte Velho)	4.00€
Glas Sangria	4.00€
Sangria Red	15.00€
Sangria White	15.00€
Sangria Red Fruits	17.00€
Portugues Prosecco (Bottle)	13.50€