



## BREAKFAST • BUFFET • PEQUENO-ALMOÇO

### BEBIDAS QUENTES •HOT DRINKS

Café, Descafeinado, Chocolate Quente, Chás, Leite  
Coffee, Decaf coffee, Hot Chocolate, Tea, Milk

### BEBIDAS FRIAS •COLD DRINKS

Sumos Laranja, Ananás ou Maçã;  
Água com e sem gás; Espumante  
Orange, Pineapple or Apple;  
Sparkling and still water; Sparkling wine

### LEITES E IOGURTES •MILK & YOGHURTS

Leite magro, Leite meio gordo, Leite soja, Leite amêndoa  
Iogurtes: Natural, Aromas, Soja  
Skimmed milk, Half-fat milk, Soy milk, Almond milk  
Yogurts: Natural Yogurt, Flavour Yogurt, Soy Yogurt

### QUEIJOS •CHEESE

Queijo fresco, Requeijão, Emmental, Brie, Azul, Edam  
Fresh cheese, Cream cheese, Emmental, Brie, Blue cheese, Edam

### CHARCUTARIA • CHARCUTERIE

Fiambre de porco, Fiambre de peru, Fiambre de frango  
fumado, Paio York, Paio do lombo, Salame, Chourição,  
Mortadela, Presunto, Salmão fumado  
Pork Ham, Turkey Ham, Smoked Chicken Ham, Paio York,  
Loin Salami, Salami, Chorizo, Mortadela, Cured Ham,  
Smoked Salmon

### SALADAS •SALADS

Alface, Tomate, Pepino, Cenoura  
Lettuce, Tomato, Cucumber, Carrot

### FRUTA •FRUIT

Seasonal Fruit, Melon, Watermelon, Orange, Pineapple, Kiwi,  
Passion fruit, Papaya, Grapes (white or Black), Peach in syrup  
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### PÃO & PASTELARIA •BREAD & BAKERY

Caseiro fatiado, Forma fatiado, Integral fatiado, Pão 5  
cereais, Pão Milho e girassol, Pão Trigo, Pão Baguete /  
Baguete, Pão Centeio, Pão Malte, Pão Água, Pão Nozes  
e Passas, Pão Soja, Pão Alfarroba, Pão Abóbora e Noz,  
Panquecas, Croissants, Brioches, Caracóis, Napolitanas,  
Miniaturas sortidas, Bolo inglês, Bolo do dia

Sliced homemade, Sliced loaf, Sliced wholemeal, Multigrain  
bread, Corn and sunflower bread, Wheat bread, Baguete, Rye  
Bread, Mlt Bread, Water Bread, Bread nuts and raisins, Soy  
Bread, Carob Bread, Pumpkin and nuts bread, Pancakes,  
Croissants, Brioches, Danish Pastry, Neapolitanas, Assorted  
Miniatures, English Cake, Cake of the day

### CEREAIS •CEREALS

Corn flakes, Flocos de aveia, Ganola, Muesli Cerais de  
chocolate, Estrelitas  
Corn Flakes, Oats, Granola, Muesli, Chocolate Cereals, Kids  
Honey Cereals

### FRUTOS SECOS •DRIED FRUITS

Miolo de noz, Uva passa, Amêndoas laminadas, Ameixas  
secas, Damascos, Bagas Goji, Sementes de girassol,  
Sementes de chia, Sementes de abóbora, Sementes de  
linhaça  
Nuts, Raisins, Kollid Almonds, Dried Plums, Dried Apricots,  
Goji Berries, Sunflower Seeds, Chia Seeds, Pumpkin Seeds,  
Flayseed

### PRATOS QUENTES •HOT DISHES

Ovos: Mexidos simples, Mexidos compostos, Estrelados,  
Escalfados (a pedido), Cozidos  
Eggs: Scrambled, Compound scrambled eggs, Fried eggs,  
Poached eggs (on request), Boiled Eggs  
Outros: Bacon, Salsichas, Salsichas vegetarianas (a pedido),  
Feijão guisado, Cogumelos salteados, Tomate assado,  
Batata rosti, Legumes assados  
Other: Bacon, Sausages, Vegetarian Sausages (on request),  
Baked Beans, Sautéed Mushrooms, Roast Tomato,  
Rosti Potato, Grilled Vegetables

### MANTEIGAS & COMPOTAS •BUTTER & JAMS

Manteiga com e sem sal, Margarina, Compota de morango,  
Compota de pêsego, Compota de laranja, Mel, Nutela  
Butter with salt and unsalted butter, Plant Base Butter ,  
Strawberry jam, Peach jam, Orange Jam, Honey, Nutella

### SEM GLÚTEN •GLUTEN FREE

Seleção de pães e bolos sem glúten, Fiambre de peru sem  
glúten, Bacon sem glúten (a pedido), Salsichas sem glúten  
(a pedido)  
Selection of breads and glúten free cakes, Sliced Turkey,  
Bacon (on request), Sausages (on request)

### SEM LACTOSE •LACTOSE FREE

Queijo sem lactose, Iogurtes sem lactose, Leite sem lactose  
Lactose free Cheese, Lactose free Yoghurts, Lactose free Milk

Alguns dos artigos mencionados podem não estar disponíveis  
todos os dias. Informe-nos em caso de dieta especial.  
Some of the items listed may not be available every day.  
Please let us know if you have any dietary requirements.

IVA incluído à taxa em vigor.VAT Included.

