

# A PADOCA

## PEQUENO ALMOÇO

**BAGEL DE BATATA DOCE E CÔCO** *gluten free*  
**RECHEADO COM SALMÃO FUMADO**  
**E CREAM CHEESE • 9.50 €**

**PRATO PALEO • 10.00 €**

batata doce grelhada, abacate, ovo escalfado ou mexido, salada verde, frutos vermelhos, manteiga de amêndoa, frutos secos, linhaça, cogumelos grelhados, pão torrado

**TOSTA DE OVO MEXIDO E SALSICHAS**  
**VEGETARIANAS • 6.00 €**

**TOSTA DE ABACATE E OVO ESCALFADO • 6.00 €**  
goji, frutos secos e hortelã

**FRUIT SALAD • 4.50 €**

manga, morango, kiwi, maçã, frutos vermelhos, laranja, uvas

## PRATO DO DIA

*sopa, pão e sobremesa vegana*

**SOPA + PÃO + PRATO + BEBIDA • 6.50 €**

**SOPA + PÃO + PRATO + BEBIDA + SOBREMESA**  
**• 7.50 €**

## SANDES *em pão 100% integral*

**AMERICANA • 3.50 €**

2 ovos cozidos, queijo, fiambre de frango, alface e tomate

**ATUM • 3.50 €**

atum 70 gramas, alface, tomate, ovo cozido

**FRANGO • 4.50 €**

frango, alface, tomate, queijo creme e fiambre de frango

**SALMÃO FUMADO • 4.50 €**

salmão fumado 70 gramas, queijo creme, alface e tomate

## TAPIOCA

**QUEIJO CREME, FIAMBRE DE PERU,**  
**OREGÃOS E TOMATE GRELHADO • 5.90 €**

**OVOS MEXIDOS, ABACATE E TOMATE**  
**• 5.00 €**

**BANANA, AMORA, CHIA, XAROPE DE**  
**ÁGAVE, AVEIA • 5.00 €**

**FRANGO, CURCUMA E LEITE DE CÔCO**  
**• 8.00 €**

## SUCO NATURAL

**1 PEÇA DE FRUTA • 3.00 €**

**2 PEÇAS DE FRUTA • 4.00 €**

# A PADOCA



## MENU PEQUENO ALMOÇO

*valor:* 15.00 €

CROISSANT

PÃO À ESCOLHA

QUEIJO, FIAMBRE, MANTEIGA E COMPOTA

SUMO NATURAL

BEBIDA QUENTE

IOGURTE NATURAL

GRANOLA CASEIRA

OVO MEXIDO

FATIA DE BOLO

FRUTAS VARIADAS

## SMOOTHIES *super alimento*

**SMOOTHIE BOWL AÇAÍ • 6.50 €**

açaí, frutos vermelhos, chia, proteína de ervilha, hortelã, granola de côco e morango, côco em lascas

**SMOOTHIE BOWL GRAVIOLA E GUARANÁ • 9.50 €**

graviola, banana verde, guaraná em pó, aveia, kiwi, manga, sementes de cânhamo, flores comestíveis, mirtilo

**SMOOTHIE SPIRULINA E MORINGA • 4.90 €**

moringa, spirulina, iogurte vegetal natural, linhaça, côco ralado, abacaxi, hortelã

**TAÇA DE AÇAÍ • 9.00 €**

açaí, natas vegetais de côco e granola

**TAÇA DE AÇAÍ • 9.00 €**

açaí, granola caseira, creme de côco e manteiga de amendoim

**TAÇA DE AÇAÍ • 7.90 €**

açaí com pudim de chia

## AÇAÍ

**SUCO DETOX • 4.50 €**

maçã, pepino, gengibre, hortelã, espinafre

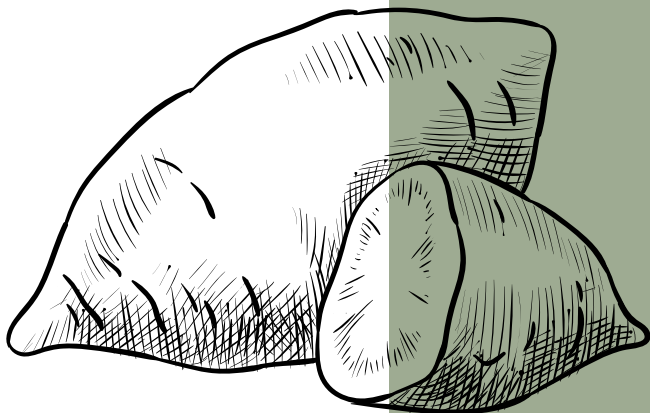
**SUCO ENERGÉTICO • 4.50 €**

batata doce, laranja, cenoura, pimento vermelho

**SUCO ANTIOXIDANTE • 4.50 €**

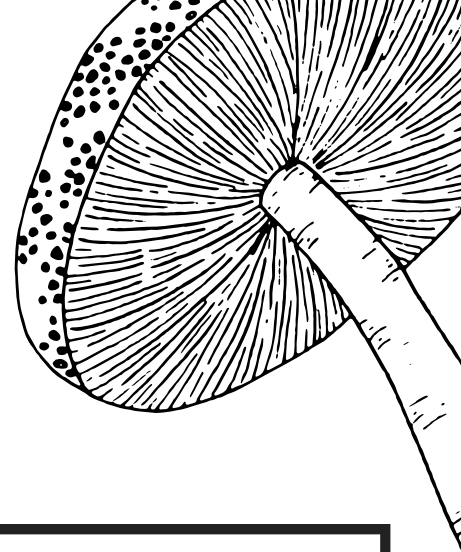
morango, mirtilo, amora, limão

## SUCOS



IVA incluído à taxa legal em vigor

# A PADOCA



## MENU VEGAN

*valor:* 25.00 €

### SMOOTHIE BOWL ALGARVIO

banana, abacate, laranja, goji, amêndoas, sementes de cânhamo

### IOGURTE VEGETAL

granola vegan de côco e morangos

### SANDES VERDE

tofu, maçã verde, pepino, abacate, hummus de ervas aromáticas

### PANQUECA DE BANANA, AVEIA E LIMÃO COM NATAS DE CÔCO E MIRTILOS

### PÃO

manteiga de côco, compota de frutos vermelhos, manteiga de amêndoas

### SUCO NATURAL

energético, antioxidante ou detox

### FRUTAS VARIADAS

### BEBIDA QUENTE

café, 1/2 de leite, chá ou abatanado

## VEGANO

**SMOOTHIE BOWL GELADO • 7.50 €** *gluten free*  
abacate, banana, cânhamo, goji, hortelã, laranja

**PANQUECA DE AVEIA, BANANA E LIMÃO • 12.00€**  
aveia, banana, côco, frutos vermelhos, amêndoas, ácer

**SANDES VERDE • 9.50 €** *opção gluten free*  
tofu, maçã verde, pepino, abacate, hummus de ervas aromáticas

**SALADA MEXICANA • 7.50 €** *gluten free*  
batata doce grelhada, feijão preto, milho, tomate, pimento, cebola roxa

**"PÃO" DE COGUMELOS PORTOBELLO** *gluten free*  
**COM HAMBURGUER DE GRÃO DE BICO 9.00 €**  
cogumelos portobello, grão de bico, verdes, hummus de ervas

**TOSTA DE PÃO INTEGRAL • 5.50 €** *opção gluten free*  
pão integral torrado, manteiga de côco, manteiga de amêndoa, compota

**TAPIOCA DE BANANA, XAROPE DE ÁGAVE, CHIA, AVEIA, FRUTOS VERMELHOS** *gluten free*  
• 5.00 €

**DOCE DO DIA • 4.50 €**

# A PADOCA

## BREAKFAST

**SWEET POTATO AND COCONUT BAGEL WITH SMOKED SALMON AND CREAM CHEESE • 9.50 €** *gluten free*

**PALEO PLATE • 10.00 €**

grilled sweet potatoes, avocado, poached or scrambled egg, green salad, red berries, almond butter, dried fruits, flaxseed, grilled mushrooms, toasted bread

**SCRAMBLED EGGS TOAST WITH VEGETARIAN SAUSAGES • 6.00 €**

**AVOCADO TOAST WITH POACHED EGG • 6.00 €**  
goji berries, nuts and mint

**FRUIT SALAD • 4.50 €**

mango, strawberries, kiwi, apple, red berries, orange, grapes

## TODAY'S SPECIAL

*soup, bread and vegan dessert*

**SOUP + BREAD + TODAY'S SPECIAL + BEVERAGE • 6.50 €**

**SOUP + BREAD + TODAY'S SPECIAL + BEVERAGE + DESSERT • 7.50 €**

## SANDWICH

*with 100% whole wheat bread*

**AMERICANA • 3.50 €**

2 boiled eggs, cheese, chicken ham, lettuce and tomato

**TUNA • 3.50 €**

tuna 70 grams, lettuce, tomato, boiled egg

**CHICKEN • 4.50 €**

chicken, lettuce, tomato, cream cheese and chicken ham

**SMOKED SALMON • 4.50 €**

smoked salmon, cream cheese, lettuce and tomato

## TAPIOCA

**CREAM CHEESE, TURKEY HAM, OREGANO GRILLED TOMATO • 5.90 €**

**SCRAMBLED EGG, AVOCADO AND TOMATO • 5.00 €**

*gluten free*

**BANANA, BLACKBERRY, CHIA, AGAVE SYRUP, OATS • 5.00 €**

**CHICKEN, TURMERIC AND COCONUT MILK • 8.00 €**

*gluten free*

## FRESH JUICE

**1 PIECE OF FRUIT • 3.00 €**

**2 PIECES OF FRUIT • 4.00 €**

# A PADOCA



## BREAKFAST MENU

*price:* 15.00 €

CROISSANT  
BREAD OF CHOICE  
CHEESE, HAM, BUTTER AND JAM  
FRESH JUICE  
HOT BEVERAGE  
NATURAL YOGURT  
HOMEMADE GRANOLA  
SCRAMBLED EGG  
SLICE OF CAKE  
ASSORTED FRUITS

## SMOOTHIES *super food*

### SMOOTHIE BOWL AÇAÍ • 6.50 €

açaí, red berries, chia, pea protein, mint, coconut and strawberry granola, coconut

### SMOOTHIE BOWL SOURSOP AND GUARANÁ • 9.50 €

soursop, green banana, guaraná powder, oats, kiwi, mango, hemp, edible flowers, blueberries

### SMOOTHIE SPIRULINA AND MORINGA • 4.90 €

moringa, spirulina, non-dairy yogurt, flaxseed, grated coconut, pineapple, mint

### AÇAÍ BOWL • 9.00 €

açaí, coconut cream and homemade granola

### AÇAÍ BOWL • 9.00 €

açaí, coconut cream, homemade granola and peanut butter

### AÇAÍ BOWL • 7.90 €

açaí with chia pudding

## AÇAÍ

## JUICES

### DETOX JUICE • 4.50 €

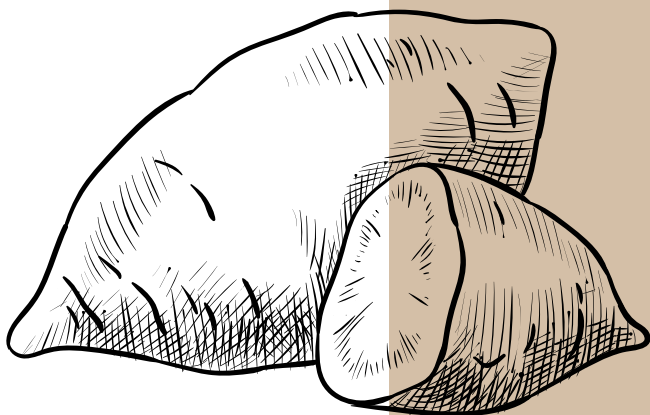
apple, cucumber, ginger, mint, spinach

### ENERGY JUICE • 4.50 €

sweet potato, orange, carrot, sweet red pepper

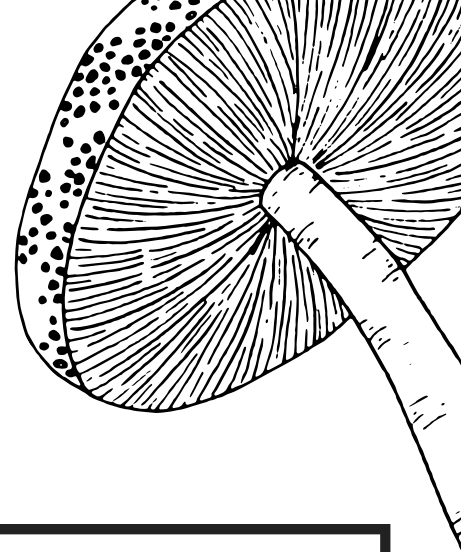
### ANTIOXIDANT JUICE • 4.50 €

strawberries, blueberries, blackberries, lemon



Prices include VAT tax

# A PADOCA



## MENU VEGAN

*valor:* 25.00 €

### SMOOTHIE BOWL ALGARVIO

banana, avocado, orange, goji berries, almonds, hemp seeds

### NON-DAIRY YOGURT

coconut and strawberries vegan granola

### GREEN SANDWICH *gluten free optional*

tofu, green apple, cucumber, avocado, hummus, 100% whole wheat bread

### LEMON, BANANA AND OATS PANCAKES

oats, banana, coconut, red berries, almonds, maple syrup

### WHOLE WHEAT BREAD *gluten free optional*

whole wheat bread, coconut butter, almond butter, jam

### FRESH JUICE

energetic, antioxidant or detox

### ASSORTED FRUITS

### HOT BEVERAGE

coffee, latte, tea, american coffee

## VEGANO

### SMOOTHIE BOWL WITH ICE CREAM • 7.50 € *gluten free*

avocado, banana, hemp, goji berries, mint, orange

### LEMON, BANANA AND OATS PANCAKES 12.00 €

oats, banana, coconut, red berries, almonds, maple syrup

### GREEN SANDWICH • 9.50 € *gluten free optional*

tofu, green apple, cucumber, avocado, hummus, 100% wholewheat bread

### MEXICAN SALAD • 7.50 € *gluten free*

grilled sweet potato, black beans, corn, tomato, sweet pepper, red onion

### PORTOBELLO MUSHROOM "BUN" WITH CHICKPEA "BURGER" • 9.00 € *gluten free*

portobello mushrooms, chickpeas, greens, hummus with herbs

### WHOLE WHEAT BREAD TOAST • 5.50 €

toasted whole wheat bread, coconut butter, almond butter, jam *gluten free optional*

### BANANA TAPIOCA • 5.00 €

tapioca, banana, agave syrup, chia, oats, red berries *gluten free*

### SPECIAL TREAT OF THE DAY • 4.50 €