



# VEGAN, LACTOSE & GLUTEN FREE VEGANO, SEM LACTOSE E SEM GLÚTEN

## BREAKFAST • CAFÉ-DA-MANHÃ

Crispy Rice Cakes with Smashed Avocado and Salsa • <i>Bolos de arroz crocantes com abacate e salsa esmagados</i>	250 <sup>MTS</sup>
Banana or Berry Smoothie Breakfast Bowl with Almonds, Almond Milk and Chia Seeds • <i>Tigela de café da manhã batido de banana ou Berry com amêndoas, leite de amêndoa e sementes de chia</i>	400 <sup>MTS</sup>
Tofu Scrambled with Potatoes, Tomatoes, Fresh Herbs and Mushrooms • <i>Tofu mexido com batatas, tomate, ervas frescas e cogumelos</i>	400 <sup>MTS</sup>
Vegan Eggs Benedict • <i>Ovos Vegan Benedict</i> Tofu, Rocket, Tomato, Vegan Hollandaise, Fresh Avocado. • <i>Tofu, Foguete, Tomate, Holandês Vegan, Abacate Fresco.</i>	450 <sup>MTS</sup>

## STARTERS • ENTRADAS

Crunchy Rice Paper Rolls with Peanut Dipping Sauce • <i>Rolos de papel de arroz crocante com molho de</i>	300 <sup>MTS</sup>
Crispy "Buffalo" Cauliflower with Ranch Dressing • <i>Couve-flor crocante "Buffalo" com molho para rancho</i>	250 <sup>MTS</sup>
Vegan Caprese Salad • <i>Salada Caprese Vegan</i> Grilled Tofu, Marinated Tomatoes, Broccoli Pesto, Balsamic, Olives. • <i>Tofu Grelhado, Tomate Marinado, Pesto de Brócolis, Balsâmico, Azeitonas.</i>	300 <sup>MTS</sup>

## MAINS • PRINCIPAIS

Teriyaki Tofu and Vegetable Skewers • <i>Tofu Teriyaki e Espetos de Legumes</i>	550 <sup>MTS</sup>
Vegan Risotto with Peas and Asparagus • <i>Risoto vegano com ervilhas e aspargos</i>	650 <sup>MTS</sup>
Broccoli Pesto and Cherry Tomato Pasta • <i>Pesto de brócolis e macarrão com tomate cereja</i>	900 <sup>MTS</sup>

