

Pastelaria e Padaria

Mini baguetes integrais
Mini baguetes
Mini bolinhas de passas com nozes
Mini bolinhas de azeitona
Pão de forma
Pão de forma integral
Chapata

Croissants
Mini pastel de nata
Napolitanas
Bolo caseiro de chocolate, iogurte, limão, coco,
café, mármore, laranja, cenoura
*(aqui improvisamos sempre um bocadinho e todos os dias
tentamos ter um bolo caseiro diferente)*
Muffins
Brownie
Salame de chocolate
Quiche
Compotas

Charcutaria

Tábua de queijos secos variados
Queijo flamengo fatiado
Queijo amanteigado da Serra ou de Azeitão
Queijo feta em cubos
Mozzarella
Queijo fresco
Presunto
Fiambre
Salame
Chouriço
Salmão

Bebidas

Sumos naturais *laranja, ananás, mix de fruta, melancia,
morango e/ou outros dependendo da época*
Café americano
Café Nespresso
Chocolate quente
Shots de chá com fruta
Chá Rituals
Leite magro
Leite frio
Leite de soja
Iogurtes caseiros naturais

Pastry & Bakery

Wholegrain mini baguettes
Mini Baguettes
Mini rolls with raisins and nuts
Mini olive rolls
Wheat toast bread
Wholegrain toast bread
Chapata bread

Croissants
Mini custard tarts
Neapolitan pastries
Homemade chocolate, yogurt, lemon, coconut,
coffee, orange, carrot, marmor cake
*(here we always improvise a little to make a different, freshly
baked, homemade cake everyday)*
Muffins
Brownie
Chocolate salami
Quiche
Jams

Delicatessen

Dry cheese platter
Flamengo cheese
Buttery cheese, Serra or Azeitão
Cubed feta cheese
Mozzarella cheese
Fresh cheese
Dry-cured ham
Ham
Salami
Smoked sausage
Smoked salmon

Beverages

Fresh juices *orange, pineapple, melon, strawberry and/or
other depending on the season*
American coffee
Nespresso coffee
Hot chocolate
Tea shots with fruit
Variety of tea from Rituals
Skimmed milk
Cold milk
Soy milk
Homemade natural yogurts

Fruta

Fruta tropical laminada
Fruta de época laminada
Salada de fruta

Cereais

Muesli
Cereais com fibra
Cereais integrais

À la carte

Ovos fritos
Ovos cozidos
Omelete ou ovos mexidos com espinafres, queijo, fiambre, bacon, cogumelos e tomate
Tofu com molho de soja
Cogumelos salteados
Crepe com mel ou chocolate

Buffet

Ovos mexidos
Bacon frito
Feijão com molho de tomate
Tomate assado
Rebentos de soja
Cogumelos salteados
Tofu salteado

Sobremesas

Diversos
Shot de Panna cotta
Shot de cheesecake
Shot mousse de manga

Fruits

Sliced tropical fruit
Sliced fruits of the season
Fruit salad

Cereals

Muesli
Fiber cereal
Wholegrain cereal

À la carte

Fried eggs
Boiled eggs
Omelet or scrambled eggs with spinach, cheese, ham, bacon, mushrooms and tomato
Tofu with soy sauce
Sautéed mushrooms
Crêpe with honey or chocolate

Buffet

Scrambled eggs
Fried bacon
White beans with tomato sauce
Grilled tomato
Soybeans
Sautéed mushrooms
Sautéed tofu

Deserts

Miscellaneous
Pannacotta shot
Cheesecake shot
Mango mousse shot