

EST. 1660

QUINTA DA  
ABELHEIRA

ORGANIC CAFÉ



# BREAKFAST & LUNCH

## CROISSANTS

Plain Croissant / Croissant simples	1,90€
Butter & Jam / Manteiga & Compota	3,50€
Ham & Emmental Cheese Fiambre e Queijo Emmental	5,90€
Emmental Cheese or Ham Queijo Emmental ou Fiambre	4,20€
Emmental Cheese, Prosciutto, Caramelized Onion & Rocket Leaf Queijo Emmental, Presunto, Cebola caramelizada e Rúcula	6,90€
Tomato, Lettuce and Egg Tomate, Alface e Ovo	4,90€
Salmon, Lettuce and Egg Salmão, Alface e Ovo	7,90€
Cottage Cheese with Honey Requeijão com Mel	5,90€

## PANCAKES

Butter · Jam · Honey · Chocolate Manteiga · Compota · Mel · Chocolate	6,00€
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## CAKES

Apple · Cheesecake · Chocolate Maçã · Cheesecake · Chocolate	4,75€
Banana · Carrot with chocolate Banana · Cenoura com chocolate	4,30€
Carrot with nuts / Cenoura com nozes	4,50€

**ORDER YOUR CAKE - 4, 8 or 12 person**  
**ENCOMENDE O SEU BOLO - 4, 8 ou 12 pessoas**

## DESSERTS

Fruit Salad Salada de Frutas frescas	3,90€
Greek Yogurt with Granola and Fruits Iogurte Grego com Granola e Frutas	4,90€
Pain au Chocolat Napolitano de Chocolate	2,90€
Chausson aux Pommes Folhado de Maçã	2,90€

## FOCACCIAS

Grilled vegetables, Avocado, Mediterranean Herb Sauce w/ Potatoes and Salad	9,80€
Legumes grelhados, Abacate, Molho de Ervas Mediterrânicas c/ Batatas e Salada	
Cottage Cheese, Cherry Tomatoes, Sage, Roasted Red Pepper w/ Potatoes and Salad	9,80€
Requeijão, Tomate Cereja, Sálvia, Pimentos Vermelhos assados c/ Batatas e Salada	

## SANDWICHES

Emmental Cheese, Tomato Queijo Emmental, Tomate	5,90€
Ham & Emmental Cheese Fiambre e Queijo Emmental	5,90€
Emmental Cheese or Ham Queijo Emmental ou Fiambre	4,90€
Smoked Salmon, Cream Cheese, Rocket Leaf Salmão fumado, Requeijão, Rúcula	8,50€
Organic Tuna pate, Lettuce, Boiled Egg Patê de Atum Biológico, Alface, Ovo cozido	7,50€

## EMPANADAS

Chicken Frango	3,30€
Mushrooms and Spinach Cogumelos e Espinafres	3,30€

If you have any food allergies or intolerance please inform our staff.  
 Se tem alguma intolerância ou alergia alimentar por favor avise o nosso staff.

**Side dish with Roasted Potatoes with Rosemary and Salad** + 2,50€  
**Acompanhe com Batatas assadas com Alecrim e Salada**

## SOUPS

Mushrooms · Pumpkin · Broccoli and Spinach · Beetroot Cogumelos · Abóbora · Brócolos e Espinafres · Beterraba	3,50€
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## TARTINES

MOTHER DOUGH BREAD / PÃO DE MASSA MÃE	
Tomato & Olive Oil Tomate e Azeite	4,20€
Avocado & Olive Oil Abacate e Azeite	7,90€
Avocado & Smoked Salmon w/ Potatoes and Salad	9,80€
Abacate e Salmão fumado c/ Batatas e Salada	
Scrambled Eggs w/ Potatoes and Salad	6,50€
Ovos mexidos da Qta. da Abelheira c/ Batatas e Salada	
Scrambled Eggs, Roasted Tomato, Portobello Mushrooms, Goat's Cheese w/ Potatoes and Salad	9,70€
Ovos mexidos, Tomate assado, Cogumelos Portobello, Queijo de Cabra c/ Batatas e Salada	
Scrambled Eggs, Crispy Prosciutto, Tomato w/ Potatoes and Salad	9,70€
Ovos mexidos, Presunto crocante, Tomate c/ Batatas e Salada	
Poached Egg, Green Asparagus, Hollandaise Sauce w/ Potatoes and Salad	9,70€
Ovo escalfado, Espargos Verdes, Molho Holandês c/ Batatas e Salada	
Toast with Butter / Half Toast	3,00€ / 2,00€
Torrada com Manteiga / Meia Torrada	

## QUICHE

Vegetable Quiche w/ Potatoes and Salad	8,90€
Quiche de Vegetais c/ Batatas e Salada	
Vegetable Mini Quiche	3,20€
Mini Quiche de Vegetais	

## WRAPS

1 base + 3 season ingredients + 1 sauce	8,90€
1 base + 3 ingredientes da temporada + 1 molho	

## COFFEE

CAFÉS	
Espresso / Duplo	1,00€/ 2,00€
Americano	2,00€
Cappuccino	3,90€
Latte Meia de Leite	3,10€
White Coffee Galão	3,30€
Decaffeinated / Duplo Descafeinado	1,00€/ 2,00€

## TEAS

CHÁS	
Green · Ginger & Lemon · Rooibos Jasmine · Verbena · Lemon Balm Chamomile · Black · Linden	2,20€
Verde · Limão e Gengibre · Rooibos Jasmim · Lucia Lima · Cidreira Camomila · Preto · Tília	

## JUICES

SUMOS	
Carrot, Orange, Ginger, Turmeric Cenoura, Laranja, Gengibre, Cúrcuma	4,90€
Spinach, Celery, Apple, Ginger, Mint Espinafres, Aipo, Maçã, Gengibre, Menta	4,90€
Raspberry, Pear, Ginger, Lemon, Honey Framboesa, Pêra, Gengibre, Limão, Mel	4,90€
Orange Juice Sumo de Laranja	3,90€
Lemonade Limonada	3,20€
Juice of the day (please ask our staff) Sumo do dia (por favor pergunte ao staff)	3,90€

Our drinks are sweetened with honey,  
 agave syrup or stevia.  
 As nossas bebidas são adoçadas com mel,  
 xarope de agave ou stevia.

Feel free to change the type of milk.  
 Indique se preferir outro tipo de leite.

VAT included.  
 IVA incluído.



# HOT & COLD DRINKS

## LATTES

Turmeric, Ginger, Cinnamon, Almond Milk Cúrcuma, Gengibre, Canela, Leite de Amêndoa	4,80€
Matcha, Almond Milk, Cinnamon Matcha, Leite de Amêndoa, Canela	4,80€
Maca, Raw Cocoa, Almond Milk Maca, Cacau cru, Leite de Amêndoa	4,80€
Cold Coffee, Oat Milk, Dates, Vanilla Café frio, Leite de Aveia, Tâmaras, Baunilha	4,80€
Cocoa Powder, Almond Milk, Dates, Vanilla Cacau em Pó, Leite de Amêndoa, Tâmaras, Baunilha	4,80€
English Breakfast Tea, Oat Milk Chá English Breakfast, Leite de Aveia	3,50€

## SMOOTHIES

GREEN DETOX	
Kale, Spinach, Spirulina Kale, Espinafres, Spirulina	6,50€
ENERGY	
Raw Cocoa, Banana, Pear, Dates Cacau cru, Banana, Pêra, Tâmaras	6,50€

## KICKSTART

Beetroot, Apple, Lemon, Mint Beterraba, Maçã, Limão, Menta	6,50€
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## TURMERIC

Pineapple, Papaya, Orange, Cinnamon, Turmeric Abacaxi, Papaia, Laranja, Canela, Cúrcuma	6,50€
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## ANTIOXIDANT

Apple, Lemon, Turmeric, Red Fruits Maçã, Limão, Cúrcuma, Frutos Vermelhos	6,50€
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## HOT CHOCOLATE

CHOCOLATE QUENTE	
Regular or Vegan / Normal ou Vegan	5,00€



PT-BIO-03  
 Agricultura UE / Não UE

Organic  
 is  
 Beautiful



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