



BREAKFAST MENU

08.00 – 11.30

IMPORTANT NOTICE:

Although we have implemented careful procedures, there is always a possibility of traces of allergenic ingredients being present in any products used in the kitchen. We cannot therefore guarantee that a dish is completely free from any allergens.

If you do have any specific food allergies or an intolerance to any foods we ask that you to speak to our Restaurant Manager, so that we can provide you with a more detailed menu, with information regarding possible allergens.

On this menu we detail only the main ones in nuts (N) and gluten (G). Vegetarian dishes are marked (V).

All weights referred to are approximate - uncooked. All fish dishes may contain bones and all items are subject to availability.

No dish, foodstuffs or beverage, including covers, may be charged unless they are requested by the customer or rendered useless by the latter. (DL 10/2015 of 16/01).

All prices are inclusive of IVA (VAT) at the prevailing rate.

Smoking is not allowed in the restaurant and bar. Cigars and pipes are not permitted in any part of the restaurant and terrace areas.

Though terrace areas are outside please consider other guests and refrain from smoking at the table if others nearby are eating.

Breakfast specials

Full English breakfast – eggs, bacon, sausage, sautéed mushroom, grilled tomato, toast and butter (G)	€10.60
Gourmet – smoked salmon, scrambled eggs, toast and butter (G)	€9.10
Eggs Benedict – English muffin, poached eggs, ham, bacon, Hollandaise sauce (G)	€9.50
Eggs Royale – English muffin, poached eggs, smoked salmon, Hollandaise sauce (G)	€10.50
Avocado, cherry tomato, coriander, black pepper, whole wheat toast, poached eggs (V) (G) (N)	€8.00
Omelette – plain, toast and butter (V) (G)	€6.90
Omelette - cheese, ham or mushroom, toast and butter (G)	€7.90
Omelette - mixed selection from: cheese, ham, mushroom, Tomato, toast and butter (G)	€8.90

To add

Bacon	€3.30
Cumberland sausage (2)	€3.30
Sautéed mushrooms (V)	€2.80
Poached, scrambled or fried eggs (2) (V)	€3.40
Grilled tomato (V)	€1.80
Baked beans (V)	€2.30

Selection of local and organic granola with yoghurt

Cocoa and hazelnut (N)	€6.50
Algarve orange	€6.50
Dried fruits (N)	€6.50

Breads and Pastries

Toast (2) – butter and preserves (V) (G)	€2.50
Croissants (2) (V) (G)	€4.50
US style thick pancakes – maple syrup, fresh berries, cream	€7.50
French toast – maple syrup, strawberry, cinnamon (V) (G) (N)	€4.90
Smoked salmon sandwich (G)	
Malt bread, smoked salmon, cream cheese, rocket and red cabbage	€8.00

Cereals and fruit

Cornflakes, All Bran, Muesli (V) (G) (N)	€3.60
Greek yoghurt, granola, banana, blueberries, raspberries (V) (G) (N)	
Red fruit coulis	€7.70
Porridge – blueberries, brown sugar (V) (G)	€4.60
Fresh fruit plate with Greek yoghurt drizzled with honey (V)	€8.80

Fresh Juices

Orange	€4.30
Orange and carrot	€4.50
Detox – celery, cucumber, ginger, apple, lemon	€4.50

Hot drinks

Tea – English breakfast, Earl Grey	€2.70
Espresso	€2.00
Decaffeinated Espresso	€2.00
Double Espresso	€2.60
White coffee	€2.60
Cappuccino	€2.60
Hot chocolate	€3.00
Latte (Galão)	€2.60
Milk	€2.20