



Farm to table . local & seasonal
All products are from Casa Mãe's farm & garden
& quality local producers

BREAKFAST

Served à la carte from 8am to 12pm

OUR SUGGESTIONS

QUICKIE

yoghurt & granola + fruits

supergreen smoothie + * .13€

DETOX

sauteed kale & spinach & 2 poached eggs
with/without toast + fruits

supergreen smoothie + * .17€

EPICURIAN

scrambled eggs & bacon with toast + fruits

taning juice + * .21€

THE TREAT

Casa Mãe Benedict Egg + fruits + a mini pastel de nata

taning juice + * .24€

GOURMAND

Casa Mãe sweet board + overnight chia pudding + fruits

post training smoothie + * .23€

VEGAN

algarvian smoothie bowl + fruits + almonds

taning juice + * .21€

KIDS

oat pancakes & topping + yogurt + mini pastel de nata

orange juice + hot chocolate .21€

* hot drink of your choice



SPECIALITY COFFEE

BY FLOR DA SELVA

Espresso . 1,5€

Double espresso . 3€

Americano . 3€

Latte . 4€

Cappuccino . 4€

Iced coffee . 4€

Iced latte . 4€

Mocca . 4€

Golden latte . 4,50€

Matcha latte . 4,50€

Matcha cappuccino . 4,50€

Iced matcha (latte) . 4,50€

Hot chocolate . 3€

+ homemade nut milk + . 1€
(almond .nut . cinamon)

CASA MÃE TEA & INFUSION

BY COMPANHIA PORTUGUEZA DO CHÀ

* all ingredients of the blends are organic

Casa Mãe #1 . 3€

sancha green tea . rooibos green . mint . orange blossom
bleuet

Casa Mãe #2 . 3€

white tea . chamomile flowers . orange blossom bleuet
flowers . zlinden . lúcia lima . orange essential oil

Ceylon Black Tea . 3€

Casa Mãe Quinta . 3€

lemongrass . chamomile . verbena . sage



JUICE & SMOOTHIE

Orange juice . 4€

Homemade lemonade . 3€

Taning juice . 5€

carrot . orange . lime . ginger

Post training smoothie . 5€

homemade nutmilk . seasonal fruits .
banana

Supergreen smoothie . 6€

avocado . orange . greens from our farm

WATER

Still water 0,50cl . 3€

Still water 1L . 5€

Sparkling water 0,20cl . 2€

Sparkling water 0,75L . 5€

Pick & Choose



As part of our sustainability goals, we are aiming for minimal food waste - we kindly ask you to consider this, while ordering your breakfast! Obrigada :)



HOMEBAKED BREAD TOASTED & SWEETS

Toasted sourdough bread . 2€

Bagel . 3€

Gluten free bread . 2€

Mini pastel de nata . 2€

Oat pancakes . 7€

Avocado toast . 8€

Our sweet board . 8€

madeleine of the day . mini pastel de nata .
algarvian orange roll



TOPPINGS

Homemade jam . 3€

Homemade choconut . 3€

Algarvian honey of orange blossom . 3€

Agave syrup . 3€

Plain butter . 1€

Sea salt & basil butter . 2€



PLANT BASED

Sauteed kale & greens from our farm . 5€

Almonds . 3€

Dried figs . 3€

Seasonal Fruits . 5€

Overnight Chia pudding . 8€

homemade jam . seasonal fruits . toasted seeds . nut milk

Algarvian smoothie bowl . 8€

Madeira banana . nut milk . granola . seasonal fruits .
chia seeds



OUR FARM EGGS

Soft boiled egg & soldiers . 4€

2 eggs * & toast . 7€

*scrambled . boiled . poached . fried . omelette

+ Açores cheese . 2€ | + tomato . 2€ | + bacon . 3€

Kale & spinach toast & 2 poached eggs . 8€

Casa Mãe Benedict Egg . 10€

green hollandaise . bacon . tomato . greens from our farm .
homebaked bagel



DAIRY BASED

Homemade yoghurt . 4€ * pasteurised

+ local orange blossom honey . 3€

+ homemade granola . 4€

Portuguese cheese board . 8€

fresh goat cheese & semi cured goat cheese * pasteurised

Porridge . 8€

seasonal fruits . chia seeds