



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

BREAKFAST

Served à la carte from 8 am to 11.30 am

OUR SUGGESTIONS

QUICKIE

yoghurt & granola + fruits

🥤 super green smoothie + ☕* . 16€

DETOX

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

🥤 detox juice + ☕* . 20€

EPICURIAN

scrambled eggs & bacon with toast + fruits

🥤 tanning juice + ☕* . 24€

* ☕ hot drink of your choice

THE TREAT

Casa Mãe Benedict Egg + fruits + mini pastel de nata

🥤 tanning juice + ☕* . 23€

GOURMAND

Casa Mãe sweet board + overnight chia pudding + fruits

🥤 post training smoothie + ☕* . 25€

VEGAN

algarvian smoothie bowl + fruits + almonds

🥤 tanning juice + ☕* . 21€

KIDS

oat pancakes & topping + yoghurt

🥤 orange juice + ☕ hot chocolate . 16€



☕ SPECIALITY COFFEE BY FLOR DA SELVA

Espresso . 2€

Double espresso . 3€

Americano . 3€

Latte . 4€

Cappuccino . 4€

Iced coffee . 4€

Iced latte . 4€

Mocca . 4€

Chai latte . 4,50€

Golden latte . 4,50€

Matcha latte . 4,50€

Matcha cappuccino . 4,50€

Iced matcha (latte) . 4,50€



Hot Chocolate . 3€



+ homemade nut milk . +1€
(oat . almond . hazelnut . cinnamon)

+ oat milk . +50cts

CASA MÃE TEA & INFUSION COMPANHIA PORTUGUEZA DO CHÁ 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

Black Ceylon Tea . 3€

Casa Mãe Quinta . 3€

lemongrass . chamomile . verbena



🥤 JUICE & SMOOTHIE

Orange juice . 4€

Homemade Lemonade . 4€

Post training smoothie . 5€
homemade nut milk .
seasonal fruits . banana

Supergreen smoothie . 6€
avocado . orange
greens from our farm

Detox juice . 6€
cucumber . apple . spinach .
lime . celery . orange . ginger

Tanning juice . 5€
carrot . orange . lime . ginger

Juice of the day . 5€

WATER

Still water 0,50cl . 3€

Still Water 1L . 5€

Sparkling Water 0,20cl . 2€

Sparkling Water 0,75L . 5€

Pick & Choose



HOMEBAKED BREAD TOASTED & SWEETS

Toasted sourdough bread . 2€

Brioche . 3€

Gluten free bread . 2€

Mini pastel de nata (2x) . 2€

Cake of the day . 4€

Oat pancakes & topping . 6€

Avocado Toast . 8€

Our sweet board . 8€

muffin of the day . mini pastel de
nata . cake of the day



TOPPINGS

Homemade jam . 2€

Homemade choconut . 3€

Algarvian honey of orange blossom . 2€

Agave syrup . 3€

Açores butter & "flor de sal" . 2€

Peanut butter from Rogil . 3€



OUR FARM EGGS

Soft boiled & soldiers . 4€

2 eggs* & toast . 7€

*scrambled . boiled . poached . fried . omelette

+ Açores cheese . 2€ | + tomato . 1€ | + bacon . 3€

Kale & spinach toast & 2 poached eggs . 10€

Casa Mãe Benedict Egg . 10€

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



DAIRY BASED

Homemade yoghurt . 4€

+ local orange blossom honey . 1€

+ homemade granola . 4€

Portuguese cheese board . 8€

fresh goat cheese & semi cured goat cheese

* pasteurized

Porridge . 8€

seasonal fruits . chia seeds



PLANT BASED

Sauteed kale & spinach from our farm . 5€

Roasted tomato & oregano . 3€

Sauteed zucchini . 3€

Almonds . 3€

Dried figs . 3€

Seasonal fruits . 5€

Overnight chia pudding . 7€

homemade jam . seasonal fruits . nut milk

Algarvian smoothie bowl . 8€

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