



## BREAKFAST

<b>SHAKSHUKA</b> <sup>v</sup> Harissa, Tomatoes, Poached Eggs, Feta Cheese, Sourdough	15.00
<b>KETO BREAKFAST BOWL</b>  Poached Egg, Wilted Spinach, Avocado, Cherry Tomatoes, Feta Cheese, Mushrooms	15.00
<b>Add Bacon or Sausage</b>	3.50
<b>MUSHROOM &amp; TOAST</b> <sup>vg</sup> Mushrooms, Toasted Multiseed Bread, Spiced Hummus, Crispy Chickpeas, Sundried Tomatoes	12.50
<b>Add Poached Egg</b>	2.50
<b>SMOKED SALMON &amp; EGGS</b> Choice of Scrambled, Poached or Fried Eggs Toasted Multiseeded Bread, Smashed Avocado, Smoked Salmon, Cherry Tomatoes & Rocket	18.00
<b>PURE BREAKFAST</b> Choice of Scrambled, Poached or Fried Eggs Prime Pork Sausage, Irish Back Bacon, Baked Beans, Black Pudding, Sourdough Toast	16.50
<b>OATMEAL BUTTERMILK PANCAKES</b> <sup>v</sup> Seasonal Fruits, Algarve Honey, Crème Fraîche	12.00
<b>MATCHA &amp; CHIA OVERNIGHT OATS</b> Rolled Oats, Matcha, Yoghurt, Oat Milk, Chia Seeds, Blueberries, Kiwi, Mixed Seeds	10.50
<b>PORRIDGE</b> <sup>vg</sup> Oat Milk, Cinnamon, Mixed Berries Compote, Toasted Almonds	10.50
<b>Add Vanilla Protein</b>	2.50
<b>YOGHURT &amp; GRANOLA</b> <sup>v</sup> Natural Greek Yoghurt, Granola, Berry Compote, Fresh Fruit, Honey	9.50
<b>TOAST</b> <sup>v</sup> Choice of Wholegrain or Sourdough, Sea Salted Butter and Preserves	4.50
<b>ADD TO YOUR DISH</b>	
<b>Roast Cherry Tomato</b> <sup>vg</sup>	2.50
<b>Bacon   Sausage   Black Pudding   Mushrooms</b> <sup>vg</sup>	3.50
<b>Smoked Salmon   Avocado</b> <sup>vg</sup>	4.50
<b>Poached Egg</b>	2.50

## AÇAÍ BOWLS

<b>PEANUT BUTTER</b> Banana, Blueberries, Peanut Butter, Granola, Chia Seeds	11.00
<b>CHOCOLATE</b> Strawberries, Cocoa Nibs, Chocolate Sauce, Granola, Chia Seeds	11.00
<b>BERRIES &amp; HONEY</b> Mixed Berries, Goji, Honey, Granola, Chia Seeds	11.00

## PASTRY & BAKERY

Choose from a selection of freshly baked cakes and bread.  
Please ask what we have available today.

<b>MUFFINS, SCONES OR CROISSANTS</b>	FROM 3.50
<b>FRESHLY BAKED BREAD</b>	FROM 5.50

## LUNCH SERVED FROM 12:00 TO 16:00

<b>CHICKEN SCHNITZEL</b> Oven-Baked Panko Chicken Breast, Beetroot Slaw, Feta Crumble, Garlic Mayonnaise	18.00
<b>VEGETABLE &amp; LENTIL RAGU</b> <sup>vg</sup> Lentills , Mushroom, Tomato passata, Leek, Grain Salad	17.00
<b>KERALA PRAWN CURRY</b> Black Tiger Prawns, Sweet Potato, Courquette, Aubergine, Peppers, Coconut Milk, Lemongrass, Chilli, Crispy Chickpeas, Coconut Rice, Flat Bread	19.50
<b>Vegetarian Option</b>	17.50
<b>GLOW BOWL</b> <sup>v</sup> Quinoa, Greens, Edamame, Pickled Red Cabbage, Butternut Squash, Olives, Avocado, Sesame Seeds	17.50
<b>CHICKEN &amp; KALE</b> Pearl barley, Kale, Rocket, Chicken Breast, Cherry tomato, Avocado, Bimis, Protein Egg & Coronation dressing	18.50
<b>TOGARASHI SALMON</b> Coconut Rice, Togarashi Salmon, Wakame, Cucumber, Furikake, Spicy Mayo, Mayak Egg	19.50
<b>PULLED DUCK OPEN TACOS</b> Marinated Duck, Soy, Sriracha, Garlic, Ginger, Rainbow Slaw, Roast Bell Pepper Sauce	17.00
<b>GARLIC PRAWN TACOS</b> Prawns, Garlic, Coleslaw, Lime & Herb Oil	19.00
<b>SIDES</b>	
<b>Chicken Breast   Smoked Salmon</b>	4.50
<b>Green Salad</b> <sup>vg</sup>   <b>Coleslaw</b> <sup>v</sup>	4.00
<b>Shrimp</b>	6.50

## SOUP OF THE DAY

<b>SOUP</b>	5.00
<b>SOUP &amp; FRESH WRAP</b>	13.50

## FRESH WRAPS

<b>HUMMUS</b> <sup>vg</sup> Hummus, Roasted Peppers, Avocado, Mixed Leaves	9.00
<b>TUNA</b> Flaked Tuna, Mayonnaise, Cucumber, Red Onion, Mixed Leaves	9.00
<b>CHICKEN CORONATION</b> Chicken Breast, Coronation Mayonnaise, Mixed Leaves	9.00

## SALADS OF THE DAY

Discover our delicious and recognised specials of the day.  
Please ask a member of our team.

	<b>EACH</b>
<b>FULL PORTION</b>	12.00
<b>HALF PORTION</b>	8.00



JUICES

GO PURE	7.00
Lemon, Spinach, Cucumber, Pineapple	
PURE C	6.00
Freshly Squeezed Orange Juice	
HYDRATE	7.00
Watermelon, Mint, Lemon	
PURE LUST	7.00
Apple, Pineapple, Watermelon, Ginger	
CGO	7.00
Carrot, Ginger, Orange	
BEET-IT-UP	7.00
Beetroot, Pear, Lemon, Orange, Ginger, Pineapple	
EQUALIZER	7.00
Apple Cider Vinegar, Lemon, Ginger, Orange, Turmeric	

SMOOTHIES

BANABERRY	8.00
Oat Milk, Banana, Mixed Berries, Chocolate Protein	
LIL' ONE	8.00
Orange, Banana, Strawberry	
WORKOUT RECOVERY	8.00
Almond Milk, Banana, Maca, Spinach, Almond Butter, Raw Cacao, Vanilla Protein	
GREEN BOOSTER	8.00
Cucumber, Lemon, Ginger, Spinach, Avocado	
TROPICAL GUT GLOW	8.00
Pineapple, Banana, Greek Yoghurt, Chia Seeds, Coconut Water, Lemon	
GREEN GUT	8.00
Cucumber, Apple, Celery, Flaxseeds, Ginger, Coconut Water, Lemon, Spinach	
Extra Ingredient	1.00

SUGGESTED ADD-ONS	2.50
Protein	
Collagen Wild Berries	
Creatine	

PURE SHOTS

N°1	3.00
Ginger, Lemon	
N°2	3.00
Lemon, Ginger, Turmeric	

If you have a food allergy please ask our staff about the ingredients in each dish. In our kitchens we have procedures for handling food in order to guarantee the safety of our consumers, however we cannot guarantee at all that the products have not come into contact with other allergens that are not part of their normal composition, either through cross contamination or omission by third parties. All prices in euros (€). VAT included at legal rates. No food or drink including th ecouvert, can be charged if not requested by the customer or if not consumed. We have a complaints book. 13.10.2025

V - VEGETARIAN | VG - VEGAN

COFFEE & TEA

AMERICANO	4.00
CAPPUCCINO	4.00
WHITE COFFEE	4.00
FLAT WHITE	4.00
ESPRESSO	2.50
LATTE	4.00
CAFE MOCHA	4.50
DOUBLE ESPRESSO	4.00
ICED COFFEE	4.50
TEA	3.50
Peppermint   Chamomile   Rooibos   Jasmine Breakfast   Earl Grey   Berry	
ADD	
Extra shot	1.00
Flavour	1.00
Oat or Almond Milk	0.50



COFFEE  
ROASTERY

Our coffee is made from sustainably sourced beans, freshly roasted here in Quinta do Lago, bringing you a truly unique coffee experience.

DRINKS

STILL	SPARKLING	
0.50L   1L	0.25 L	0.75L
3.00 4.00	2.50	4.00
SOFT DRINKS		
COCA-COLA   COCA-COLA ZERO   SPRITE		3.50
COCOCAST COCONUT WATER 0.32L		5.00
VIT-HIT 0.5L		4.50
Lean & Green, Perform, Immunithea, Boost		

BEER & WINE

SAGRES   Portugal	3.50	
	GLASS	BOTTLE
CHAMPAGNE		
LAURENT-PERRIER BRUT		80.00
Rich, fresh and elegant		
PROSECCO		
ALBINO ARMANI DOC	9.00	39.50
Fresh and fruity		
WHITE		
LACRAU COLHEITA	6.50	26.50
Fresh and fruity		
LACRAU SAUVIGNON	7.50	31.50
Fresh and citric		
ROSÉ		
LACRAU COLHEITA	6.50	26.00
Light, fresh and dry		
M DE MINUTY COTÊ PROVENCE	9.50	41.50
Dry and fruity		
RED		
LACRAU COLHEITA		26.50

Eat Pure . Drink Pure . Feel Pure