



armacão
Só Verão

- ESSENTIAL KITCHEN -

[@armacaobeachclub](#)
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- breakfast heroes -

8H30 - 12H00

SMOOTHIE BOWLS

"Blue Banana" - Banana, spirulina, espinafres, leite de arroz, lascas coco, mirtilos e granola caseira
Blue Banana - Banana, spirulina, spinach, rice milk coconut flakes, blueberries and homemade granola 6,5

YOGURT BOWLS

Tropical - Skyr, papaia, manga, maracujá, granola sem glúten e chia 7,5
Tropical - Skyr, papaya, mango, passion fruit, gluten free granola and chia seeds

Algarve - Skyr, figo roxo, compota de laranja, amêndoa e mel 5,0
Algarve - Skyr, purple fig, orange jam, almonds and honey

EGGS N' TOASTS

"Farmer's Toast" - Húmus de curcuma, espinafres, paprica fumada, tomates cherry, alcaparras e amêndoas
Farmer's Toast - Turmeric hummus, spinach, smoked paprika, cherry tomatoes, capers and toasted almonds 6,5

"BIO Egg" - Pão de abóbora tostado, guacamole, espinafres, paprica fumada e ovo BIO 7,5
Escolha o seu: escalfado, estrelado ou mexido
BIO Egg: Toasted pumpkin bread, guacamole, spinach, smoked paprika and BIO egg
Choose yours: poached, sunny side-up or scrambled

Shakshuka - Tomate e pimentos com harissa, ovos BIO, espinafres, queijo feta e pão de espelta tostado
Shakshuka - Tomato and bell peppers with harissa, BIO eggs, spinach, feta cheese and toasted spelt bread 9,5

PANCAKES

Figo, mel, laranja, skyr vegan e sementes de abóbora 7,5
Pancake - Fig, honey, orange, vegan skyr and pumpkin seeds

Cogumelos, espinafres salteados, presunto fumado e ovo BIO à sua escolha (escalfado, estrelado ou mexido) 9,0
Mushrooms, sautéed spinach, smoked prosciutto and BIO egg (poached, sunny side-up or scrambled)

- summer brunch -

8H30 - 12H00

ÉTAGER (PARA 2 | FOR 2)

Tosta "BIO Egg", panqueca de figo, salmão fumado, mozzarella de búfala, laranja de Silves, yogurt bowl tropical
BIO egg toast, fig pancake, smoked salmon, buffalo mozzarella, orange from Silves, tropical yogurt bowl 28,0

- breads -

8H30 - 16H30

SANDWICHES

Pão de espelta, mozzarella de búfala, pesto, tomate seco, maçã Granny Smith e folhas verdes 8,5
Spelt bread, buffalo mozzarella, pesto, dried tomatoes, Granny Smith and green leaves

Pumpnickel, salmão fumado, queijo creme, guacamole, cebolinho, alcaparras, cebola roxa e endro 10,5
Pumpnickel, smoked salmon, cream cheese, guacamole, chives, capers, red onion and dill

Wrap de frango grelhado, pepino, cebola, manga, espinafres, molho de mel e mostarda 9,5
Grilled chicken wrap, cucumber, spring onion, mango, spinach, honey and mustard sauce

Pão de abóbora, húmus de curcuma, cogumelos, pimentos padrón, cebola caramelizada e folhas verdes 7,5
Pumpkin bread, turmeric hummus, mushrooms, padrón peppers, caramelized onions and green leaves

Alternativa sem glúten: Pão camponês artesanal + 1,0
Gluten free alternative: Farmer's artisanal bread

- korean bits -

12H30 - 16H30

SSÄMS

Gochujang, alface romana, vermicelli, pickle de pepino, cenoura, molho de cebola e gengibre
Gochujang, romaine lettuce, vermicelli, cucumber pickle, carrot, spring onion and ginger sauce

c/ camarão | w/ shrimps 11,0
c/ tofu BIO marinado | w/ marinated BIO tofu 7,5

- beach meals -

12H30 - 16H30

CURRY LOVERS

Caril amarelo com manga, coco, grão de bico, legumes, malagueta e lima acompanhado com milho painço
Yellow curry with mango, coconut, chickpeas, coconut, chilli and lime, served with millet

c/ tofu BIO | w/ BIO tofu 15,0
c/ peito de frango grelhado | w/ grilled chicken 15,0
c/ camarão tigre | w/ tiger shrimps 24,0

SERIOUS PLATES

Peito de frango orgânico, mix de quinoas, ervilha-torta, espargos, húmus de curcuma, cebola caramelizada, molho de mostarda e mel
Organic chicken breast, quinoa mix, snow peas, asparagus, turmeric hummus, caramelized onion and mustard-honey sauce 15,0

Camarão com molho hoisin, noodles soba, salada de coentros, malagueta, lima e sementes de sésamo
Shrimps with hoisin sauce, soba noodles, coriander salad, chilli, lime and sesame seeds 26,0

Filete de corvina, espinafres, ervilha-torta, esmagada de batata doce com ervas, tomate cherry, molho de azeite e funcho
Croaker fillet, sweet potato mash with herbs, spinach, snow peas, cherry tomato and olive-fennel sauce 26,0

POWER SALADS

"Imunity" - Quinoa, tofu BIO, espargos, laranja, amêndoas, folhas verdes e o nosso vinagrete
Imunity - Quinoa, BIO tofu, asparagus, orange, almonds, green leaves and our vinaigrette 13,0

SóVerão - Espinafres, bimis, ervilha-torta, queijo feta, cebola roxa, tomates cherry, pesto, sementes de chia, folhas verdes e o nosso vinagrete
SóVerão - Spinach, bimi, snow peas, feta cheese, red onion, cherry tomatoes, pesto, chia seeds and our vinaigrette 14,0

"Organic" - Abacate, figos, mirtilos, espargos, amêndoas, sementes de abóbora, folhas verdes e o nosso vinagrete
Organic - Avocado, figs, blueberries, asparagus, almonds, pumpkin seeds, green leaves and our vinaigrette 12,5

- kids -

TASTY BITES

Sopa do dia 4,0
Daily soup

Peito de frango, noodles soba e molho de tomate 9,0
Chicken breast, soba noodles and tomato sauce

Filete de corvina, esmagada de batata doce, bimis e palitos de cenoura 14,0
Croaker fillet, sweet potato mash, bimis and carrot sticks

- sweet shore -

HALLOUMI

Grelhado com agave, framboesas, pistacho e coco 5,5
Grilled with agave, raspberries, pistachio and coconut

SAGU

Pérolas de tapioca, manga, coco e hortelã 5,0
Tapioca pearls, mango, coconut and mint

YUMMY PANCAKE

Mousse de abacate e chocolate 60%, mirtilos, framboesas, gelado nozes caramelizadas e coco
Avocado and 60% chocolate mousse, blueberries, caramelized nuts ice cream and coconut 6,5

FROM THE SEASON

Prato de frutas da época 6,5
Seasonal fruit platter

ICE ICE BABY

Bola de gelado: Citrinos e verduras, noz caramelizada (vegan), baunilha, chocolate BIO e sorbet de framboesa (vegan) 3,0
Ice cream scoop: Citrus and vegetables, caramelized nuts (vegan), vanilla, BIO chocolate and raspberry sorbet (vegan)

Intolerâncias e alergias alimentares: Antes de efetuar o seu pedido, informe-nos sobre os seus requisitos / Food allergies and intolerances. Before ordering please speak to our staff about your requirements



Sem glúten
Gluten free
Glutenfrei



Sem lactose
Lactose free
Laktosefrei



Vegetariano
Vegetarian
Vegetarisch



Vegan