

# AS NOSSAS MARMITAS

*Our Marmitas*

## MARMITA

**Sopa ou entrada / Prato sugestão do dia / Sobremesa / Bebida / Café 16,95€**

Soup or appetizer / Dish of the day / Dessert / Drink / Coffee

## MARMITA VEGETARIANA / VEGETARIAN MARMITA

**Sopa / Salada / Fruta / Chá ou café 8,95€**

Soup / Salad / Fruit / Tea or coffee

## MARMITA BAIXAS CALORIAS / LOW-CALORIE MARMITA

**Sopa / Empada / Sumo natural 6,95€**

Soup / Chicken pie / Fruit juice

## *Moscotel e o Pão*

BREAD AND MUSCATEL

### **Pão com chouriço**

Bread with chorizo

2,55€

### **Pão com manteiga**

Bread and butter

1,45€

### **Sandes de fiambre ou queijo**

Ham or cheese sandwich

1,95€

### **Sandes de presunto**

Smoked ham sandwich

2,35€

### **Sandes mista**

Ham and cheese sandwich

2,55€

### **Sandes de Choco Frito**

Cod fish sandwich

5,95€

### **Torrada**

Toast

1,95€

### **1/2 Torrada**

Half toast

1,35€

### **Torrada com compotas**

Jam toast

2,95€

### **Torrada c/tomate, orégãos e azeite**

Tomato, oregano and olive oil toast

2,95€

### **Tosta de frango**

Chicken toast

4,95€

### **Tosta de atum**

Tuna toast

4,95€

### **Tosta de queijo**

Cheese Toast

2,95€

### **Tosta mista**

Ham and cheese Toast

3,95€

### **Cesto de pão**

Bread basket

1,45€

# BRUNCH

**Fruta + Iogurte com granola**

**+ Sumo natural / Smoothie + Chá / Café + Salgado**

**+ Pão (queijo/fiambre/presunto)**

**+ Leite / Leite de soja + Pastel de nata / Bolo à fatia**

Fruit + Yoghurt with granola

+ Fruit juice / Smoothie + Tea / Coffee + Salty snack

Bread (cheese / ham / smoked ham) + Milk / Soy

+ Custard tart / Slice of cake

**16,95€**