









Menu

by Sweet Nature

Salgados

SOPA DO DIA	2,5
EMPADA DE LEGUMES 	2
TOSTA DE ATUM   	4,9
TOSTA DE PESTO, TOMATE E QUEIJO  	4,9
COM QUEIJO VEGAN +0,5 	
TAPIOCA COM TOMATE, QUEIJO E ORÉGÃOS 	4,9
+ ALFACE E CENOURA	
COM QUEIJO VEGAN +0,5	
OMELETE (C/CEBOLA E SALSA) 	4,9
+ ALFACE E CENOURA	

Bebidas

CAFÉ/ABATANADO	1
CAPUCCINO  *	1,5
MATCHA LATTE  *	2
GOLDEN MILK  *	2
SUMO DO DIA	3
CHÁ	1,2

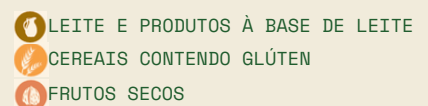
*COM LEITE VEGETAL +0,5

Doces

PANQUECAS (4UNIDADES)  	4,9
ATÉ 3 TOPPINGS	
SEM GLÚTEN +0,5 	
OVERNIGHT OATS PROTEICAS 	4,9
(C/PROTEINA VEGETAL, FRUTOS VERMELHOS, BANANA, MEL E CANELA)	
IOGURTE BOWL 	4,9
ATÉ 3 TOPPINGS	
COM IOGURTE VEGETAL +1 	
SMOTHIE BOWL DE BANANA E FRUTOS VERMELHOS	5,9
ATÉ 3 TOPPINGS	
TAPIOCA COM MANTEIGA DE AMÊNDOA E BANANA 	4,5
PÃO DE BANANA	1,9
TÂMARA COM MANTEIGA DE AMÊNDOA E FLÔR DE SAL 	1

Segue-nos e
identifica-nos
no Instagram!










@sweetnature21
@alma_portugal



Menu

by Sweet Nature

Savouries









SOUP OF THE DAY	2,5
PORTUGUESE VEGGIE EMPADA 	2
TUNA TOAST   	4,9
PESTO, TOMATO AND CHEESE TOAST  	4,9
WITH VEGAN CHEESE +0,5 	
TAPIOCA WITH TOMATO, CHEESE AND OREGANO 	4,9
+ LETTUCE AND CARROT	
WITH VEGAN CHEESE +0,5	
PORTUGUESE OMELET 	4,9
(W/ONION AND PARSLEY)	
+ LETTUCE AND CARROT	

Drinks

EXPRESSO/AMERICANO	1
CAPUCCINO  *	1,5
MATCHA LATTE  *	2
GOLDEN MILK  *	2
JUICE OF THE DAY	3
TEA	1,2

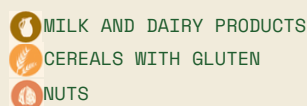
*WITH PLANT BASED MILK +0,5

Sweets

PANCAKES(4UNITS)  	4,9
UP TO 3 TOPPINGS	
GLUTEN FREE +0,5 	
PROTEIN OVERNIGHT OATS	4,9
(W/VEGAN PROTEIN, BERRIES, BANANA, HONEY AND CINNAMON) 	
YOGURT BOWL 	4,9
UP TO 3 TOPPINGS	
WITH PLANT BASED YOGURT +1 	
BANANA & BERRY SMOTHIE BOWL	
UP TO 3 TOPPINGS	5,9
TAPIOCA WITH ALMOND BUTTER AND BANANA 	4,5
BANANA BREAD	1,9
DATE WITH ALMOND BUTTER AND FLEUR DE SEL 	1

Follow and tag us
on Instagram!

@sweetnature21
@alma_portugal



Menu

by Sweet Nature

Boxes

BREAKFAST BOX 11,9

PANQUECAS (2UN) (C/BANANA, MEL E CANELA)*

IOGURTE (C/GRANOLA CASEIRA E FRUTA) **OU OVERNIGHT OATS PROTEICAS**

PÃO DE BANANA

SUMO DO DIA

BRUNCH BOX 12,5

TAPIOCA (C/TOMATE, QUEIJO E ORÉGÃOS)

PANQUECAS (2UN) (C/BANANA, MEL E CANELA)*

EMPADA DE LEGUMES

SUMO DO DIA

BRUNCH BOX FOR 2 23,9

PANQUECAS (4UN) (C/BANANA, MEL E CANELA)*

IOGURTE (C/GRANOLA CASEIRA E FRUTA)

TAPIOCA (C/TOMATE, QUEIJO E ORÉGÃOS)

PÃO DE BANANA

EMPADA DE LEGUMES

2 SUMOS DO DIA

LUNCH BOX 9,9

SOPA DO DIA

TOSTA (ATUM OU PESTO) OU TAPIOCA OU OMELETE

SUMO DO DIA

*SEM GLÚTEN +0,5

COM IOGURTE VEGETAL +1

COM QUEIJO VEGAN +0,5

Menu

by Sweet Nature

Boxes

BREAKFAST BOX 11,9

PANCAKES(2UN)(W/BANANA, HONEY AND CINNAMON) *

YOGURT(W/HOMEMADE GRANOLA AND FRUIT)**OR PROTEIN OVERNIGHT OATS**

BANANA BREAD

JUICE OF THE DAY

BRUNCH BOX 12,5

TAPIOCA(W/TOMATO, CHEESE AND OREGANO)

PANCAKES(2UN)(W/BANANA, HONEY AND CINNAMON) *

PORTUGUESE VEGGIE EMPADA

JUICE OF THE DAY

BRUNCH BOX FOR 2 23,9

PANCAKES(W/BANANA, HONEY AND CINNAMON)*

YOGURT(W/HOMEMADE GRANOLA AND FRUIT)

TAPIOCA(W/TOMATO, CHEESE AND OREGANO)

BANANA BREAD

PORTUGUESE VEGGIE EMPADA

2 JUICES OF THE DAY

LUNCH BOX 9,9

SOUP OF THE DAY

TOAST(TUNA OR PESTO) OR TAPIOCA OR PORTUGUESE OMELETE

JUICE OF THE DAY

*GLUTEN FREE +0,5

WITH PLANT BASED YOGURT +1

WITH VEGAN CHEESE +0,5