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RAÍZES

Beach Bar Kitchen

Brunch / Snacks

Scramble de tofu em pão de fermentação natural (tomate, cebolinho, tomate cherry, queijo creme)	7,50
Tosta de abacate e nozes em pão de fermentação natural (queijo creme, abacate, nozes, agave, mix de sementes)	7,00
Tosta de queijo com tomate e orégãos em pão de fermentação natural	7,00
Baguete de queijo	8,00
Baguete de queijo grego (alface e tomate)	8,00
Baguete de "atum" vegetal (alface, tomate, cebola e maionese vegetal)	9,50
Panquecas de aveia com manteiga de amendoim, banana e granola caseira	8,00
logurte de soja com granola e fruta	7,00
Smoothie bowl de Açaí caseiro (com banana, frutos vermelhos, coco ralado e granola caseira)	10,50

Detox

Raízes (beterraba, maçã, cenoura, gengibre, hortelã e limão)	7,00
Recuperador (maçã, espinafres, kiwi, limão, hortelã)	7,00
Imunidade (cenoura, papaia, limão, gengibre e curcuma)	7,00
Digestivo (abacaxi, papaia, limão, hortelã e gengibre)	7,00
Detox verde e desintoxicante (maçã, aipo, salsa, gengibre e limão)	7,00

Sumos naturais simples

Morango e banana	5,50
Ananás e cenoura	5,50
Kiwi e maçã	5,50
Beterraba, maçã e gengibre	5,50

Nenhum prato produto alimentar ou bebida, incluindo o couvert pode ser cobrado se não for solicitado pelo cliente, exceto se tiverem sido incluídos à mesa em vigor.



RAIZES

Forte Novo Beach Bar Kitchen

Snacks

Baguettes

Tuna (lettuce, tomato, onion, tuna & egg)	8,00
Chicken (lettuce, tomato, onion & chicken)	8,00
Fresh Cheese (lettuce, tomato, fresh cheese, grated carrot)	8,00
Ham	4,50
Cheese	4,50
Mixed Ham & Cheese	4,50

Bifana

Bifana	6,00
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Salads

Chicken Salad (mixed greens, tomato, chicken, egg)	12,00
Tuna Salad (mixed greens, tomato, egg, tuna, olives)	12,00
Fresh Cheese Salad (mixed greens, tomato, egg, tuna, olives)	12,00
Mixed Salad (lettuce, tomato, fresh cheese, seeds)	5,50
Tomato Salad (tomato, onion, oregano)	5,50

Sides & Extras

French Fries - Portion	4,50
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Burgers

Classic Burger (lettuce, tomato, burger patty)	8,00
Cheeseburger (lettuce, tomato, onion, cheese & burger patty)	9,00

Hot Dogs

Hot Dog (hot dog sausage, potato sticks, grated carrot)	6,00
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RAIZES

Forte novo beach bar kitchen

Soft Drinks & Waters

Filtered Still Water	2.00
Filtered Sparkling Water	3.00
Still Water 1.5 L	3.50
Sparkling Water 1 L	4.00
Tonic Water	3.00
Flavored Waters	3.00
Kombucha (various flavors)	4.50

Beer & Ciders

Draft Beer (Small)	2.50
Draft Beer (Large)	4.50
Super Bock Bottle 0.33 L	3.00
Super Bock Mini Bottle 0.20 L	2.50
Artisan Cider	5.50
Somersby	4.90

Coffee Shop

Coffee	1.50
Decaffeinated Coffee	1.80
Coffee with Milk	3.50
Coffee with Plant Milk	4.00
Assorted Teas	3.50
Matcha Latte with Almond Milk	5.50
Golden Latte with Oat Milk	5.50
Hot Chocolate	4.50
Hot Chocolate with Almond Milk	5.50





RAIZES

Forte novo beach bar kitchen

Starters

Cheese Board (crackers, vegetable spreads, natural leaven bread, dried fruits, olives and grapes)	19,50
Soup of the day	3,50
Couvert (assorted natural sourdough breads, olives, carrots and sun dried tomato basil paté)	4,50
Tomato, red onion, basil and cream cheese Bruschetta	9,50
Chickpea hummus with vegetable sticks and natural sourdough	9,50

Bowls / Salads

Chickpea and quinoa salad (spinach, beet, cooked carrot, red onion, cherry tomato, hummus and mixed seeds)	12,50
Tofu salad (broccoli, spinach, cucumber, lettuce, tomato, mint and mixed seeds)	12,50

Desserts

Snickers tart (soft date and cashew base, filled with cashews, dates, cocoa and peanuts)	6,00
Cookie jar (soy cream, cookies, coffee)	5,50
Seasonal fruit mix	5,50
Chef's suggestion	6,00

Sandwiches & Burgers

Chickpea and beet burger (lettuce, tomato, vegan mayonnaise)	13,50
Bean and mushroom burger (lettuce, tomato, mushrooms and caramelized onion)	13,50

Mains

Tofu steak, mushrooms and cream with brown rice	17,00
Tempeh Bolognese	17,00



RAIZES

Forte novo beach bar kitchen

Gin & Tonic

Bulldog
(lemon, orange and pepper) 11.00

Bombay
(lime wedges and mint) 9.50

Beefeater
(lemon peel and rosemary) 9.50

Hendricks
(cucumber slices) 12.00

Gin Mare
(orange peel and basil leaves) 12.50

Puerto de Índias Strawberry
(fruit of the strawberry,
red berries and mint leaves) 10.50

Gordons
(red berries and mint) 9.00

Vodka / Whisky / Brandy

Vodka, whisky or brandy with
tonic, coca-cola or sprite 10.50

Vodka 8.00

Whisky 8.00

Brandy 8.00

Rum 8.00

Baileys 8.00

Licor Beirão 8.00

Port wine 6.00

Liqueurs 8.00



Cocktails

Mojito (rum, coconut sugar, lime, mint, sparkling water and ice) 9.00

Daiquiri (rum, lime juice, agave and ice) 9.00

Strawberry Daiquiri (rum, lime juice, agave, strawberries and ice) 9.00

Piña Colada (rum, fresh pineapple juice, lime juice, coconut cream and agave) 9.00

Margarita (tequila, lime juice, triple sec, agave, salt and lime) 9.00

Strawberry Margarita (tequila, lime juice, triple sec, agave, strawberries, salt and lime) 9.00

Caipirinha (cachaça, lime juice, coconut sugar and ice) 9.00

Cocktails

Caikas (vodka, lime juice, coconut sugar and ice) 9.00

Strawberry Vodka Cocktail (Morangoska) (vodka, strawberries, lime juice, coconut sugar and ice) 9.00

Caipirika (Licor Beirão, lime juice, coconut sugar and ice) 9.00

Moscow Mule (vodka, lime juice, ginger beer, mint, lime and ice) 9.00

Aperol Spritz (prosecco, Aperol, sparkling water and orange) 9.00

Gin & Tonic

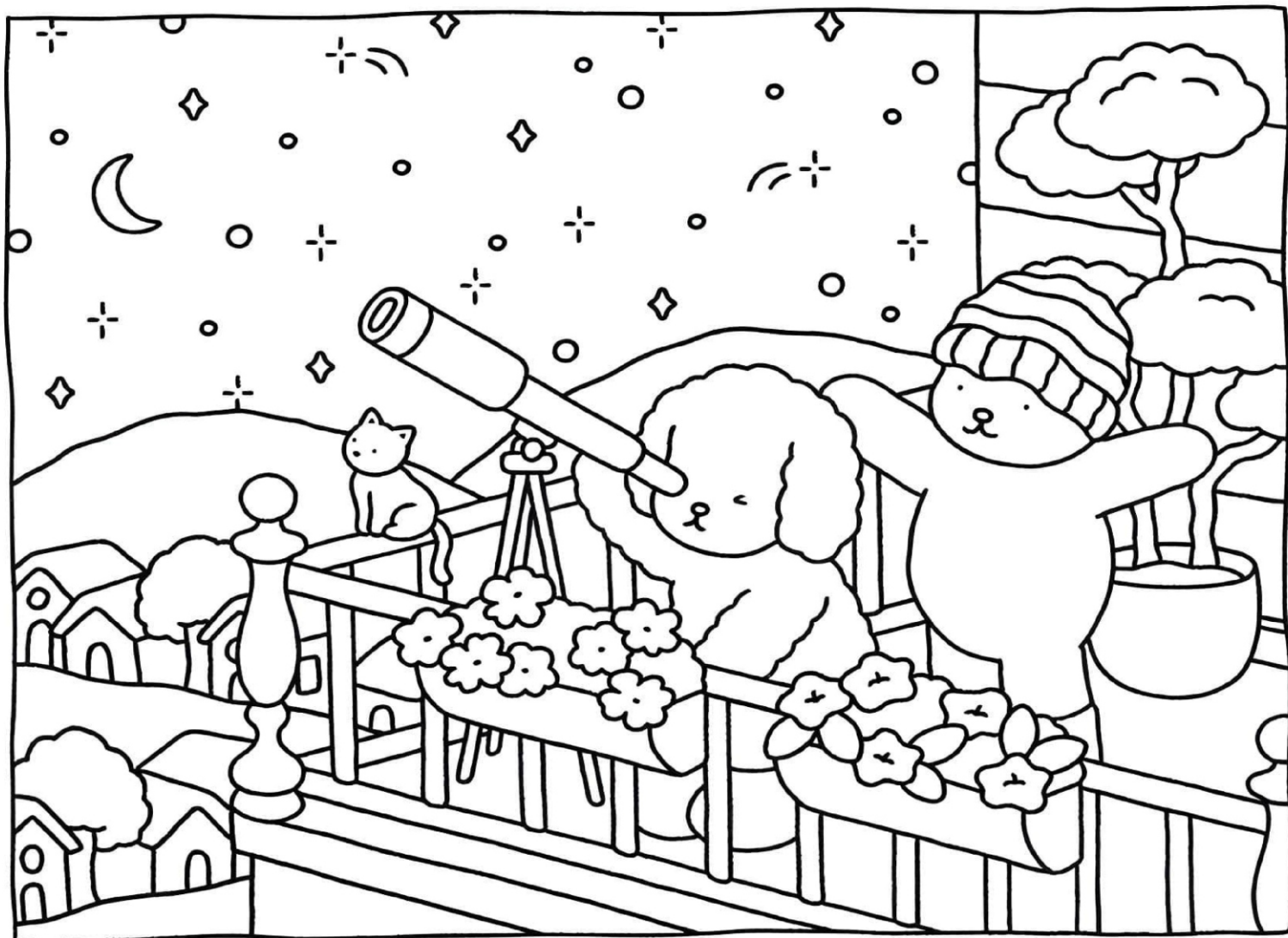
Bulldog (lemon, orange and pepper) 11.00

Bombay (lime wedges and mint) 9.50

Beefeater (lemon peel and rosemary) 9.50

Hendricks (cucumber slices) 12.00





Os brinquedos favoritos

→ Descobre na sopa de letras 12 brinquedos diferentes.
Pinta os teus favoritos.



BALÃO
BONECA
PATINS

BICICLETA
LIVRO
BOLA

CORDA
AVIÃO
CARRO

RAQUETA
COMBOIO
TRICICLO

W	B	O	N	E	C	A	P	T
T	Y	L	S	H	K	P	W	P
B	I	C	I	C	L	E	T	A
A	W	O	K	D	I	Z	T	T
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T	R	I	C	I	C	L	O	W
Y	A	R	A	Q	U	E	T	A

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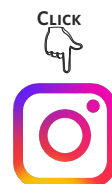
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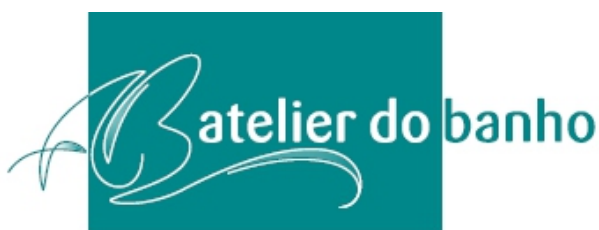
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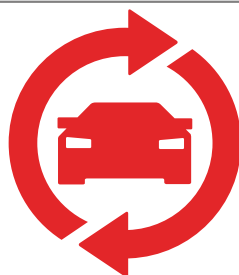


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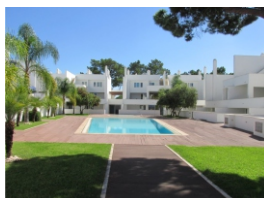


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