

bom dia!

## BREAD & PASTRIES

Variety of daily pastries and bread

Pastries 1,00€ per item

Toast 1.50€

Bread, butter & jam 1,85€

## SAVOURY SELECTION

### FULL ENGLISH

Fried eggs, baked beans, Cumberland sausage, grilled bacon, roasted tomato, sautéed mushrooms and toast 9,50€

### ASPARAGUS FRITTATA

Frittata, served with asparagus, cream cheese, fresh mint, watercress and toast 5,60€

### SALMON LOVERS

Parmesan and herb frittata, served with smoked salmon, avocado, fresh cheese, rocket and toast 8,20€

### RUSTIC SERRANO HAM

Fried eggs, sautéed asparagus and cherry tomato, serrano ham, watercress, parmesan shavings and toast 7,20€

### EGGS FLORENTINE

Poached eggs with a Hollandaise sauce, spinach salad, walnuts, cherry tomato, green apple and whole wheat toast 7,20€

### BAKED EGGS

Baked eggs with spinach, feta cheese, cherry tomato, chives and toast 5,35€

### WHY NOT ADD...

Grilled bacon 1,20€

Cumberland sausage 1,20€

Sautéed mushrooms 1,50€

Avocado 1,00€

Poached, scrambled or fried egg 1,50€

Smoked salmon 5,00€

## OMELETTES

Cheese, ham or mushroom on toast 6,30€

Extra toppings: cheese, ham, mushrooms, peppers or onion 1,00€

## SWEET SELECTION

### SLICES OF CAKE

A variety of home baked cakes 2,50€

### FRENCH TOAST

Brioche French toast served with maple syrup, whipped cream, cinnamon & icing sugar 5,25€

### PANCAKES

Pancakes served with maple syrup, red berries and a choice of icing sugar and cream 6,00€

### YOGHURT

Greek yoghurt served with granola, red berries and banana 5,35€

### FRUIT

Seasonal fruit platter 6,75€

## SMOOTHIES

### GOJI & AVOCADO

Goji, avocado and coconut water 3,95€

### PAPAYA

Papaya, orange juice, honey and almond milk 3,95€

### ACAI

Acai, rice milk, banana and strawberries 3,95€

### MANGO & AVOCADO

Mango, avocado, mango juice, yoghurt, lemon and honey 3,95€

### BLUEBERRY & MANGO

Mango, blueberries, honey and fresh orange juice 3,95€

## SHAKES

### CHOCOLATE

Cocoa, banana, peanut butter, vanilla, cinnamon, honey and milk 3,50€

### STRAWBERRY & BANANA

Strawberries, banana, oats and milk 3,50€

### PAPAYA & GINGER

Papaya, yoghurt, ginger, mint and fresh orange juice 4,00€

## FRESHLY SQUEEZED JUICES

Options: Orange, apple, carrot, carrot and beetroot, melon or seasonal fruit 4,00€

## HOT DRINKS

Espresso 1,50€

Decaf 1,60€

Double Espresso 2,20€

Cappuccino 2,50€

Hot chocolate 2,50€

Latte 2,50€

Tea 2,00€

Americano 2,00€

Bottomless cup of filter coffee 3,00€

FOUR SEASONS  
*fairways*  
QUINTA DO LAGO

Aldeamento Turístico  
Four Seasons Fairways ★★★★★

VAT Included.

List of Allergens and Food Intolerances available upon request.