

<b>THE FRY UP / PEQUENO ALMOÇO À DUNES</b>	<b>€ 13.50</b>
Toasted bread, bacon, sausage, pudding, fried egg, roasted cherry tomato and beans Tosta de pão caseiro, bacon, salsicha, ovo estrelado e tomates cherry com feijões	
<b>BREAKFAST BOWL / DUNES PEQUENO-ALMOÇO</b>	<b>€ 13.00</b>
Roasted cheesy potatoes, chorizo, avocado & fried egg, house pesto Batatinhas tostadas no forno, chouriço, abacate, ovo estrelado e molho pesto	
<b>EGGS BENEDICT / OVOS BENEDICTO</b>	<b>€ 14.00</b>
Poached eggs, served on artisan bread toast with our hollandaise sauce Ovos escalfados com molho holandaise, servido em tosta de pão caseiro	
<b>EGGS ROYALE / OVOS ROYALE</b>	<b>€ 14.50</b>
Smoked salmon, poached eggs, served on artisan bread toast with our hollandaise sauce. Salmão fumado, ovos escalfados, tosta de pão caseiro com molho holandaise	
<b>OMELETTES</b>	
Plain with Toast / Omelete simples c/ tosta	<b>€ 9.50</b>
Add ham or cheese / Adicione queijo ou fiambre - € 1.50   bacon - € 2.00   tomato and/or onion - € 1.00	
Omelette with all ingredients and toast / Omelete com todos os ingredientes c/ tosta	<b>€ 13.00</b>
<b>AVOCADO TOAST / TOSTA DE ABACATE</b>	<b>€ 14.50</b>
Buttered artisan bread toast, avocado, poached eggs, roasted cherry tomatoes and house pesto Tosta de pão caseiro, abacate, ovos escalfados, tomates cherry e molho pesto	
<b>THE BIG BALT / BALT ESPECIAL</b>	<b>€ 13.00</b>
Bacon, avocado, lettuce and tomato served on artisan bread toast Tosta de pão caseiro, abacate, alface, tomate e bacon	
<b>HAM &amp; CHEESE TOASTIES / TOSTA MISTA</b>	<b>€ 7.50</b>
<b>GRANOLA / GRANOLA SPECIAL</b>	<b>€ 12.50</b>
Granola topped with organic yoghurt, seasonal fresh fruit and Algarve honey! Granola com iogurte, fruta da época e mel do Algarve!	
<b>FAMOUS FRENCH TOAST / FATIAS DOURADAS</b>	<b>€ 12.50</b>
Classic French toast served with crispy bacon topped with maple syrup A tradicional Fatia Dourada servida com bacon estaladiço e xarope de maçã	
<b>THE PANCAKE STACK / PANQUECAS</b>	<b>€ 12.50</b>
American style pancakes served with crispy bacon and syrup / Fresh fruit and Nutella Panquecas servidas com bacon estaladiço e xarope de maçã / Fruta e Nutella	
<b>PASTEL DE NATA</b>	<b>€ 2.50</b>
<b>MUFFINS / QUEQUES</b>	<b>€ 3.50</b>
<b>CROISSANT PLAIN / SIMPLES</b>	<b>€ 3.50</b>
<b>JAM / COMPOTA</b>	<b>€ 4.00</b>
<b>HAM &amp; CHEESE / FIAMBRE &amp; QUEIJO</b>	<b>€ 5.00</b>

PLEASE ASK YOUR SERVER FOR TODAY'S HOMEMADE PASTRIES / POR FAVOR, PERGUNTE PELOS BOLOS DE HOJE

**SIDES / EXTRAS**

Bacon €2.00 | Sausages / Salsichas €2.00 | Fried egg / Ovo frito €1.50 | French Fries / Batatas Fritas € 5.50

<i>PÂTISSERIE / PASTELARIA</i>	€
PORTUGUESE NATAS / PASTEL NATA	2.50
MUFFINS / QUEQUES	3.50
PORTUGUESE ALMOND TART / TARTE DE AMÊNDOA	7.00
DUNES APPLE CAKE / BOLO DE MAÇÃ	7.00
<i>COFFEE &amp; TEA</i>	
Expresso / Cafe	2.00
Double Espresso/ Café Duplo	3.00
White Coffee / Meia Leite	3.50
Americano	3.00
Flat White Coffee	3.50
Cappuccino	4.00
Latte	4.00
Mocha	4.00
Hot Chocolate / Chocolate Quente	3.50
Teas / Chás	3.00
Ice Coffee /Café Frio	5.00
Iced Tea / Chá Frio	3.50
Extra milk or coffee	0.50
Irish Coffee	7.00
Soja Milk extra	1.00
Glass milk	2.00
<i>JUICES &amp; SMOOTHIES</i>	
Fresh Orange Juice / Sumo Laranja	6.00
Fruit Juices / Sumos de Fruta	3.50
Tomato Juice / Sumo Tomate	3.50
<b>Smoothies:</b>	6.00
<b>Morning Glory</b> Spinache, Pinapale, mango, banana / Espinafre, Ananás, Manga, Banana	
<b>Extra Energy</b> Strawberry & Banana / Morango e Banana	
<b>Mango Dream</b> Manga & Strawberry / Manga Morango	
<i>SOFT DRINKS</i>	
Sparkling Water / Agua c/ gas ( 250 ml)	3.00
Sparkling Water / Agua c/ gas ( 750 ml)	4.50
Still Water / Agua s/ gas (33 cl)	2.00
Still Water / Agua s/ gas (1.5 lt)	4.00
Coke / Coca Cola (can 33 cl)	3.50
Coke Zero/ Coca Cola Zero (can 33 cl)	3.50
7 UP (can 33 cl)	3.50
Fanta (can 33 cl)	3.50
Sumol (can 33 cl)	3.50
Ice Tea (can 33 cl)	3.50