

SNACKS

GRANOLA CASEIRA (50G) Homemade Granola (50g)	2
CAJÚS C/ CANELA E AGAVE (50G) Cinnamon & Agave Cashews (50g)	2.6
AMENDOINS PICANTES (50G) Homemade Spicy Peanuts (50g)	2
BOLA ENERGÉTICA Energy Ball	4.1
IOGURTE C/ GRANOLA Yogurt w/ Homemade GranolaGranola	5.6
PUDIM DE CHIA C/ FRUTA Chia Pudding w/ Fruit	5.1
AVEIA OVERNIGHT C/ OU S/ CHIA Overnight Oats w/ or w/o Chia	4.7
AVEIA OVERNIGHT C/ CHIA E FRUTOS VERMELHOS Overnight Oats w/ Chia and Berries	5.7
TAÇA DE PITAYA Pitaya Bowl	6.5
AÇAÍ SIMPLES Plain Açaí	5
AÇAÍ C/ BANANA E GRANOLA Açaí w/ Banana and Granola	7.1

SOBREMESAS

Desserts

PEÇA DE FRUTA Fruit	1.3
GELATINA Gelatin	2.6
FRUTA DA ÉPOCA Seasonal Fruit	3.1
SALADA DE FRUTA Fruit Salad	3.3
GELATINA DE IOGURTE Yogurt Gelatin	3.5
MOUSSE DE ABACATE & CHOCOLATE Avocado & Dark Chocolate Mousse	3.6
MOUSSE DE MANGA Mango Mousse	3.6
MOUSSE DE FRUTOS VERMELHOS Mixed Berries Mousse	3.7
DOCE DE MAÇÃ E CHOCOLATE Apple and Chocolate Mousse Torte	3.6
GELADOS COLÉ Colé Sorbet	4

CAFETARIA

Coffee & Drinks

EXPRESSO Espresso	1.05
DESCAFEINADO Decaf	1.1
PINGADO Espresso w/ Milk	1.1
AMERICANO	2.2
EXPRESSO DUPLO Double espresso	2.2
MEIA DE LEITE Coffee w/ milk	2.9
GALÃO Latte	2.9
CAPPUCCINO	3.3
COPO DE LEITE Glass of Milk	2.5
CHOCOLATE QUENTE Hot Chocolate	3.6
CARIOCA DE LIMÃO Lemon-Infused Hot Water	0.85
CHÁ Tea	2.2
CHAI LATTE	4.5
BEBIDA VEGETAL AMÊNDOA AVEIA SOJA Almond Oat Soy Plant-based Milk	3
ÁGUA 0.5L 1.5L Water 0.5L 1.5L	1.8 3
ÁGUA C/ GÁS Sparkling Water	2.5
ÁGUA C/ GÁS LIMÃO Lemon Sparkling Water	2.8
ÁGUA CASTELLO Soda Water	2.8
ÁGUA TÓNICA Tonic Water	3.3
ÁGUA DE CÔCO VERO Vero Coconut Water	6
REFRIGERANTES Soft Drinks	3.3
GINGER ALE	3
KOMBUCHA	4

ALCOÓLICAS

Alcoholic Drinks

CARLSBERG (25CL)	3
CERVEJA SEM ÁLCOOL 0% Alcohol Beer	3.3
CERVEJA STOUT Stout	3.5
SOMMERSBY MAÇÃ Apple Sommersby	3.8
VINHO A COPO Glass of Wine	5.5
GARRAFA DE VINHO Bottle of Wine	18
GARRAFA DE ESPUMANTE Sparkling Wine Bottle	19

SUMOS NATURAIS

Juices

CHÁ GELADO CASEIRO Homemade Iced Tea	3.1
LIMONADA Lemonade	3.2
SUMO DE LARANJA Freshly Squeezed Orange Juice	3.7
SUMOS NATURAIS Natural Fruit Juices	3.7

BEBIDAS ENERGÉTICAS

Energy Drinks/Vitamins

RED BULL	4
POWERADE	4.1
VITAMIN WELL	4.5

PROTEÍCAS

Protein Drinks

FULLPROTEIN	4
IOGURTE LÍQUIDO YOPRO Liquid Yogurt Yopro	3.7
IOGURTE SÓLIDO YOPRO Solid Yogurt Yopro	2.9
YOPRO UHT	4

Menus & Meals

¹ Menu 1: Dish + Drink or Coffee | ² Menu 2: Dish + Drink + Coffee + Soup or Dessert

SALADA DE HÚMUS DE

PA OU SOBREMESA ³ FIAMBRE DE PERÚ | TOSTADO (EXTRA) + 0.2 | 0.5
 rt ³ Turkey Ham | Toasted

Pastries

PA OU SOBREMESA ³ FIAMBRE DE PERÚ | TOSTADO (EXTRA) + 0.2 | 0.5
 rt ³ Turkey Ham | Toasted

ENDURANCE SALT BAR

Breakfast