

MENU

-ALL DAY FOOD!!



THIS MENU IS HALLAL BASED :)



-BREAKFAST BOWLS

Acai lovers



Acai, mixed berries, granola, banana, cashew butter, cacao nibs, agave

Açaí, frutos vermelhos, granola, banana, manteiga de caju, nibs de cacau, agave

11,00 €

Oat Bowl



Oats, almond milk, cashew butter, granola, blueberry, red fruits

Aveia, leite de amêndoa, manteiga de caju, granola, mirtilos, frutos vermelhos

10,00 €

Yogurt Bowl



Greek yogurt, granola, cashew butter, coconut flakes, blueberry, honey, banana

logurte grego, granola, manteiga de caju, coco ralado, mirtilos, mel, banana

10,00 €

-PANCAKES

Choco & Co



Pancake, chocolate mousse, salted caramel, chocolate, banana

Panqueca, mousse de chocolate, caramelo salgado, chocolate, banana

4,50 € | 9,00 €

Caramel Dream



Pancake, vanilla ice cream, caramel, banana, coconut flakes

Panqueca, gelado de baunilha, caramelo, banana, coco ralado

4,50 € | 9,00 €

Cheesy Melt



Pancake, cream cheese, red fruits, fresh fruits, Banana

Panqueca, cream cheese, frutos vermelhos, frutas frescas, banana

4,50 € | 9,00 €

TOATS & EGGS co.

Egg White Omelet



Egg whites, spinach, cherry tomato, pickled onion, avocado, feta, mixed seed olive

Claras de ovo, espinafre, tomate cherry, cebola em pickle, abacate, feta, granola salgada, azeitona

12,00 €

Avo Toast



Toast, guacamole, fried eggs, Feta/mozzarella, pickled onion, chives, coriander, gomasio, sautéed tomato, pesto, salad

Torrada, guacamole, ovos fritos, feta/mozzarella, cebola em pickle, cebolinho, coentros, gomasio, tomate salteado, pesto, salada

12,00 €

Trio Toast



Toast, cream cheese, poached eggs, smoked salmon, guacamole, gomasio, chives, pickled onion, coriander, salad

Torrada, cream cheese, ovos escalfados, salmão fumado, guacamole, gomasio, cebolinho, cebola em pickle, coentros, salada

13,00 €

Eggs & Co



Scrambled eggs/fried eggs/omelet, toast, salad

Ovos mexidos/fritos/omelete, torrada, salada

10,00 €

ShakShuka



Hummus, stewed veggies, eggs, sourdough bread, mint, feta cheese, paprika, dates

Hummus, legumes estufados, ovos, pão de fermentação natural, hortelã, feta, paprika, tâmaras

10,00 €

Burratissima

Burrata, fried tomato, toasts, olives, basil paste, chives, pickled onion, coriander

Burrata, tomate frito, torradas, azeitonas, pasta de manjerição, cebolinho, cebola em pickle, coentros

12,00 €





SALAD & RICE BOWLS.

Garden Bowl



Spinach, edamame, avocado, pickled onions, apple, broccoli, cherry tomatoes, vagen parmesan, mixed seeds

Espinafre, edamame, abacate, cebola em pickle, maçã, brócolos, granola, molho miso-limão, tomate cherry, sementes mistas, parmesão vegetal

13,00 €

Garden Bowl Halloumi or Tofu



Halloumi, spinach, edamame, avocado, pickled onions, apple, broccoli, cherry tomatoes, vagen parmesan, mixed seeds.

Tofu, espinafre, edamame, abacate, cebola em pickle, maçã, brócolos, granola, molho miso-limão, tomate cherry, sementes mistas, parmesão vegetal

16,00 €

Happy Eggs Bowl



Fried eggs, hummus, mushrooms, Rosted potato, feta, cheese , avocado, cherry tomato, lemon tahini, gomasio

Ovos fritos, hummus, cogumelos, batata assada, feta, queijo, abacate, tomate cherry, tahini de limão, gomasio

14,00 €

Tofu Tango Bow



Crespy Tofu, mushrooms, hummus, lemon tahini, avocado, Rostade potato, feta cheese, cherry tomatoes, mixed seeds

Cogumelos, hummus, tofu crocante, tahini de limão, batata assada, feta, abacate, tomate cherry, sementes mistas

15,00 €

Protein Pack Bowl



Lime Basmati rice, butter chicken, broccoli, sweet corn, chives

Arroz basmati com lima, frango butter, brócolos, milho doce, cebolinho
[HALLAL]

15,00 €

BENEDICT.

Secret Garden	Spinach, cheese, poached eggs, gomasio, croissant, hollandaise sauce, roasted potatoes, salad	
	Espinafre, queijo, ovos escalfados, gomasio, croissant, molho holandês, batata assada, salada	12,00 €
Mar Salmon	Fried salmon (spicy), ginger, poached eggs, chives, coriander, pickled onion, honey, orange juice, croissant, roasted potatoes, salad	
	Salmão frito (picante), gengibre, ovos escalfados, cebolinho, coentros, cebola em pickle, mel, sumo de laranja, croissant, batata, salada	13,50 €
Gossip Octopus	Octopus, gomasio, cinnamon, croissant, poached eggs, chives, pickled onion, coriander, roasted potatoes, salad, hollandaise sauce	
	Polvo, gomasio, canela, croissant, ovos escalfados, cebolinho, cebola em pickle, coentros, batata, salada, molho holandê	14,00 €
Naughty Queen	Smoked salmon, poached eggs, guacamole, gomasio, croissant, hollandaise sauce, chives, pickled onion, coriander, mixed seeds, feta cheese, pesto, roasted potatoes, salad	
	Salmão fumado, ovos escalfados, guacamole, gomasio, croissant, molho holandês, cebolinho, cebola em pickle, coentros, sementes, feta, pesto, batata assada, salada	13,50 €
Guac me Baby	Guacamole (spicy), poached eggs, feta cheese, pesto, gomasio, chives, coriander, pickled onion, croissant, hollandaise sauce, roasted potatoes, salad	
	Guacamole (picante), ovos escalfados, feta, pesto, gomasio, cebolinho, coentros, cebola em pickle, croissant, molho holandês, batata, salada	12,00 €
Smokey Queen	Smoked salmon, poached eggs, croissant, hollandaise sauce, chives, pickled onion, coriander, roasted potatoes, salad	
	Salmão fumado, ovos escalfados, croissant, molho holandês, cebolinho, cebola em pickle, coentros, batata, salada	13,50 €
Chicken Charm	Chicken, butter, poached eggs, gomasio, croissant, hollandaise sauce, pickled onion, chives, coriander, roasted potatoes, salad	
	Frango, manteiga, ovos escalfados, gomasio, croissant, molho holandês, cebola em pickle, cebolinho, coentros, batata, salad	13,50 €



SWEET VARIETY.

Chocolate Cake	6,00 €
Banana Cake	8,00 €
Carrot Cake	5,00 €
Chocolate Mousse	5,00 €
Tiramisu	4,00 €
Vanilla Ice Cream	4,00 €



Try me
iiXqpa

SHARES AND EXTRAS

Tofu



4,00 €

Halloumi



4,00 €

Hummus Heaven



Chickpea hummus, Olives, feta cheese, paprika, za'atar, chives
sourdough bread

Hummus de grão, azeitonas, feta, pão de fermentação
natural, paprika, za'atar, cebolinho

12.00 €



ECO JUICES

Citrus Glow-	Sumo natural de laranja	4,00 €
Apple Bliss-	Apple Maçã	4,50 €
Green celery-	Celery, lemon Aipo, limão	4,50 €
Berry Bloom-	Pear, berry, basil, apple Pera, frutos vermelhos, manjerição, maçã	5,50 €
Bunny Fuel-	Carrot, turmeric Cenoura, cúrcuma	4,50 €
Beet me Baby-	Carrot, beet, ginger, apple Cenoura, beterraba, gengibre, maçã	4,50 €
Lemonade-	Classic refreshing lemonade Limonada clássica refrescante	2,50 €
Immunity Booster-	Special nutrient-rich immune blend Mistura especial rica em nutrientes para imunidade	3,00 €

SMOOTHIES

Boost Pack	Coconut milk, date syrup, cacao, salt, hazelnut butter, ice, cashew, protein Leite de coco, xarope de tâmaras, cacau, sal, manteiga de avelã, gelo, caju, proteína	8,00 €
Berrylicious-	Banana, berries, ice, peanut butter, bee pollen, date syrup Banana, frutos vermelhos, gelo, manteiga de amendoim, pólen, xarope de tâmaras	7,00 €
Morning Glow-	Banana, orange, lemon juice, coconut yogurt, oat flakes, ginger, turmeric, ice cube Banana, laranja, sumo de limão, iogurte de coco, flocos de aveia, gengibre, cúrcuma, gelo	7,00 €
Peanut Punch-	Banana, peanut butter, almond milk, ice, salt, vanilla, cinnamon, toasted peanut Banana, manteiga de amendoim, leite de amêndoa, gelo, sal, baunilha, canela, amendoim torrado	7,00 €
Happy Hour-	anana, spinach, lime juice, matcha, agave, ginger, ice Banana, espinafre, sumo de lima, matcha, agave, gengibre, gelo	7,00 €

COFFEE BAR

AMERICANO	3,00 €	ICED AMERICANO	3,50 €
ESPRESSO	1,00 €	ICED COFFEE LATTE	3,00 €
DOUBLE ESPRESSO	1,50 €	ICED VANILLA LATTE	4,00 €
CAPPUCCINO	3,50 €	ICED MATCHA LATTE	5,00 €
LATTE	3,00 €	ICED SPANISH LATTE	5,50 €
FLAT WHITE	3,00 €	MOJITO	4,50 €
MACCHIATO	2,00 €		
CORTADO	2,00 €		
SPANISH LATTE	4,00 €		
MATCHA LATTE	4,50 €		
HOT CHOCOLATE	Cacao ,hazelnut butter, date syrup, cashew		4,00 €

SOFT DRINKS

COLA	1,50 €
GUARANA	1,50 €
SUMOL	1,50 €
SUMOL	1,50 €
WATER	1,00 €
SPARKLING WATER	2,00 €



www.muggandbrunchco.com

Rua do Ateneu commercial do Porto 8 , 4000-380 porto