



# PALADAR

RESTAURANT & BAR



nature



## PEQUENO-ALMOÇO BREAKFAST

### CONTINENTAL

1500 Mt

**Pão fresco**

**Manteiga, Compota e Mel**

**Queijo e Fiambre Fatiado**

**Fruta da Época Laminada**

**Sumo Natural de Fruta da Época**

**Leite**

**Café e Chá**

#### Escolha 2 opções:

**Croissants**

**Muffins**

**Cereais com Leite ou Iogurte (Cornflakes, Muesli ou Granola)**

**Panquecas**

**Omelete (Simples, Fiambre, Queijo ou Mista)**

**Ovos Mexidos**

Freshly Baked Bread

Butter, Assorted Jams and Honey

Ham and Cheese Slices

Fresh Season Fruits

Seasonal Fruit Juice

Milk

Coffee and Tea

#### Please Choose 2 of the Listed Items:

Croissants

Muffins

Cereals with Milk or Yogurt (Cornflakes, Muesli or Granola)

Pancakes

Omelet (Plane, Ham, Cheese, or Both)

Scramble Eggs

**O pequeno-almoço pode ser pedido pelo telefone ou no Restaurante Paladar até às 20h do dia anterior. É entregue na sua Villa à hora desejada entre as 8h e as 10.30h.** Breakfast can be ordered by the phone or at the Paladar Restaurant until 8pm of the day before. It is delivered in your Villa at the desired time, between 8am and 10.30am.



## **PEQUENO-ALMOÇO INGLÊS**

ENGLISH BREAKFAST

**1500 Mt**

**Pão fresco**

**Manteiga, Compota e Mel**

**Queijo e Fiambre Fatiado**

**Fruta da Época Laminada**

**Sumo Natural de Fruta da Época**

**Leite**

**Café e Chá**

**Ovos Estrelados**

**Bacon**

**Salsichas de Porco Grelhadas ou Fritas**

**Tomates Grelhados**

**Cogumelos salteados**

**Feijão Doce**

Freshly Baked Bread

Butter, Assorted Jams, and Honey

Ham and Cheese Slices

Fresh Season Fruits

Seasonal Fruit Juice

Milk

Coffee and Tea

Fried Eggs

Bacon

Grilled or Fried Pork Sausages

Grilled Tomatoes

Grilled Mushrooms

Baked Beans

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## **PEQUENO-ALMOÇO SAUDÁVEL**

HEALTHY BREAKFAST

**1500 Mt**

**Pão fresco**

**Manteiga, Compota e Mel**

**Queijo e Fiambre Fatiado**

**Fruta da Época Laminada**

**Sumo Natural de Fruta da Época**

**Leite**

**Café e Chá**

**Escolha 2 opções:**

**logurte com Fruta da Época, um Fio de Mel e Granola**

**Pão Torrado com Abacate e Tomate**

**Omelete (Simples, Vegetais ou Queijo)**

**Panquecas Cobertas com Banana Fatiada, logurte Natural e Mel**

**Smoothie de Frutas da Época**

**Tosta de Salmão Fumado com Creme de Queijo, Pepino Fatiado e Tomate Cereja**

Freshly Baked Bread

Butter, Assorted Jams, and Honey

Ham and Cheese Slices

Fresh Season Fruits

Seasonal Fruit Juice

Milk

Coffee and Tea

**Please Choose 2 Of the Listed Items:**

Yogurt with Season Fruit, a Drizzle of Honey, and a Handful of Granola

Toast with Avocado and Sliced Tomatoes

Omelet (Plane, Vegetables or Cheese)

Pancakes Topped with Sliced Bananas, Greek Yogurt and Honey

Season Fruit Smoothie

Smoked Salmon Toast with Cream Cheese, Sliced Cucumber and Cherry Tomatoes

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## PEQUENO-ALMOÇO MOÇAMBICANO

MOZAMBICAN BREAKFAST

**1500 Mt**

**Pão fresco**

**Manteiga, Compota e Mel**

**Queijo e Fiambre Fatiado**

**Fruta da Época Laminada**

**Sumo Natural de Fruta da Época**

**Leite**

**Café e Chá**

### Escolha 2 opções:

**Pap: Um Prato Feito de Milho Moído, Servido com Manteiga, Açúcar ou Leite**

**Chá Balacate (Capim-Limão): Um Chá Tradicional Moçambicano com Vários Benefícios para a**

**Saúde, Rico em Antioxidantes, Ajuda a Reduzir a Ansiedade e a Controlar o Colesterol**

**logurte de Malambe (Fruto do Embondeiro): Rico em Vitamina C e B, pode ser servido com**

**Fruta da Época**

**Bolinhos de Mandioca com Coco Ralado**

**Bolo de Arroz Feitos com Farinha de Arroz e Leite De Coco.**

Freshly Baked Bread

Butter, Assorted Jams, and Honey

Ham and Cheese Slices

Fresh Season Fruits

Seasonal Fruit Juice

Milk

Coffee and Tea

### Please Choose 2 of the Listed Items:

Pap: Made from Ground Maize or Cornmeal Served with a Side of Butter, Sugar, or Milk

Balacate Tea (Lemongrass): A Traditional Mozambican Tea with Various Health Benefits,

Antioxidant-Rich, helps Reduce Anxiety and Control Cholesterol.

Malambe Yogurt (Baobab Fruit): Rich in Vitamin C and B, can be served with Seasonal Fruit

Cassava Dumplings with Grated Coconut

Rice Cakes, Typically Made with Rice Flour and Coconut Milk.

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## **PEQUENO-ALMOÇO INFANTIL**

KIDS BREAKFAST

**900 Mt**

**Pão fresco**

**Manteiga, Compota e Mel**

**Queijo e Fiambre Fatiado**

**Fruta da Época Laminada**

**Sumo Natural de Fruta da Época**

**Leite**

**Escolha 2 opções:**

**Panquecas com Banana Laminada (pode ser adicionada Nutella ou Manteiga de amendoim)**

**Salada de Frutas da Temporada**

**Omelete Júnior (Simples, Fiambre, Queijo ou Cogumelos)**

**Torrada Júnior (Fiambre, Queijo ou Mista)**

**Batido de Fruta da Época**

**logurte Natural ou com Polpa de Fruta (podem ser adicionados Cornflakes ou Cereais de Chocolate)**

Freshly Baked Bread of the Day

Butter, Assorted Jams and Honey

Ham and Cheese Slices

Fresh Season Fruits

Seasonal Fruit Juice

Milk

**Please Choose 2 of the Listed Items:**

**Banana Topped Pancake (Nutella or Peanut Butter Can Be Added)**

**Fruit Season Salad**

**Junior Omelet (Plain, Ham, Cheese, or Mushrooms)**

**Junior Toast (Ham, Cheese, or Mix)**

**Fresh Season Fruit Milkshake**

**Natural or Fruit Yogurt (Cornflakes or Chocolate Cereals Can Be Added)**

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