



## MENU 100% VEGETAL

### PARA COMEÇAR O DIA

*ou não*

**Porridge** GF **6.5€**  
(com dois toppings à escolha)

aveia com leite vegetal e toppings sazonais

**Bowl de iogurte** GF **6€**  
(com dois toppings à escolha)

**Panquecas** **7.5€**  
(com dois toppings à escolha)

**Pequeno-almoço inglês** **17.5€**

feijão em molho de tomate, cogumelos salteados, tomate grelhado, hashbrown, espinafre, salsicha beyond meat, bacon, tofu mexido

### TOSTAS E TORRADAS

**Torradas com manteiga** **3€**

**Torrada com abacate** **4.2€**

**Torrada com tofu mexido** **5€**

**Tosta mista** **4.5€**

**Bruschetta de tomate** **4€**

**Tosta do mar** **8€**

vuna, tomate e "queijo"

**Tosta Mediterrânica** **8€**

"queijo", tomate seco, rúcula e pesto

GF Disponível

### TOPPINGS|+1.5€

Xarope de ácer

Creme de cacau e avelã

Granola caseira

Compota de fruta caseira

Fruta da época

Manteiga de amendoim

Manteiga de amêndoa

### PARA OS MAIS PEQUENOS

**Ch'ken Run Burguer com batata** **10€**

hamburguer de "frango", "queijo" e pão de hamburguer

**Almôndegas com esparguete e molho de tomate** **9€**

### PARA PICAR E PARTILHAR

*se a gula não falar mais alto*

**Couvert** **5.5€**

azeitonas marinadas com alho e ervas, azeite aromatizado e pão alentejano

**Cogumelos à bulhão pato** **7.3€**

**Gyozas com molho de soja e chilli** **7€**

**Patê do mar** **7€**

com tostinhas

**Dirty fries** **8.5€**

batatas fritas com topping de "queijo", bacon vegetal e cebolinho

**Nachos com** GF **7€**  
**guacamole**

**Pimentos padrón** GF **5.5€**  
**grelhados**

**Tábua de húmus** **13.5€**

beterraba, azeitona e cebola caramelizada, com grissinis e palitos de vegetais



## MENU 100% VEGETAL

SE TIVERES MAIS APETITE

### SE TIVERES MAIS APETITE....

#### Ch'ken Run Burguer c/batata

14€

hambúrguer de "frango", "queijo", alface, tomate, pickles e molho de maionese e alho - acompanha com batata

#### Dirty Burguer c/batata

13.5€

hambúrguer beyond meat, "queijo", cebola caramelizada, "bacon" vegetal, molho Prana. Acompanha com batata

**GF** Disponível  
(s/ "bacon")

#### Pad Thai

14€

noodles de arroz com legumes salteados, tofu fumado, amendoim, cebola frita e molho asiático

#### Alho francês à brás

12.5€

com cogumelos shimeji

#### Couscous Marroquino

11.6€

couscous, tomate, pepino, pimento assado, cebola roxa, grão de bico, sementes de abóbora tostadas e molho de tahini

#### Salada Primavera

12€

alface, tomate, cenoura, "queijo feta", croutons, fruta da época, frutos secos e sementes, molho vinagrete

#### Prana Bowl

13€

massa fusilli c/ molho de alho e ervas, abacate, cenoura, grão salteado, tomate, espinafre, "queijo feta", cebola frita e vinagre balsâmico

#### Sopa do dia

3.6€

### SOBREMESAS

Os nossos doces e salgados são diariamente expostos na vitrine junto ao balcão.

SEGUE-NOS  
NO INSTAGRAM!

 @oasis\_dalagoa

WIFI

Nome: Oasis-Guest

Password: Oasis2025



## 100% VEGAN MENU

### TO START THE DAY

<b>Porridge</b> <span>GF</span> (2 toppings of your choice) Oats and plant milk	<b>6.5€</b>
<b>Yogurt bowl</b> <span>GF</span> (2 toppings of your choice)	<b>6€</b>
<b>Pancakes</b> (2 toppings of your choice)	<b>7.5€</b>
<b>English breakfast</b> baked beans, mushrooms, grilled tomato, hashbrowns, spinach, beyond meat sausage, "bacon" and scrambled tofu	<b>17.5€</b>

*or not* ↗

### TOASTS

<b>Toasted bread w/ butter</b>	<b>3€</b>
<b>Avocado on toast</b>	<b>4.2€</b>
<b>Toasted bread w/ scrambled tofu</b>	<b>5€</b>
<b>Ham and cheese toastie</b>	<b>4.5€</b>
<b>Tomato bruschetta</b>	<b>4€</b>
<b>Sea toast</b> vuna, tomato and "cheese"	<b>8€</b>
<b>Mediterranean toast</b> "cheese", sundried tomato, rocket and pesto	<b>8€</b>

GF Available

### TOPPINGS|+1.5€

Maple syrup  
Hazelnut spread  
Homemade granola  
Homemade jam  
Seasonal fruit  
Peanut butter  
Almond butter

### KIDS MENU

<b>Ch'ken Run Burguer with fries</b> "Chicken" burger, "cheese" and burger bun	<b>10€</b>
<b>"Meatballs" with spaghetti and tomato sauce</b>	<b>9€</b>

### TO SNACK AND SHARE

*if you're not too hungry*

<b>Couvert</b> marinated olives with garlic and herbs, herb infused olive oil and sourdough	<b>5.5€</b>	<b>Dirty fries</b> fries topped with vegan cheese, "bacon" and chives	<b>8.5€</b>
<b>Bulhão pato mushrooms</b>	<b>7.3€</b>	<b>Nachos with <span>GF</span> guacamole</b>	<b>7€</b>
<b>Gyozas with chilli and soy sauce</b>	<b>7€</b>	<b>Grilled padrón <span>GF</span> peppers</b>	<b>5.5€</b>
<b>Fish-less spread</b> with toasties	<b>7€</b>	<b>Hummus board</b> beterraba, azeitona e beetroot, olives and caramelised onion with grissinis and vegetable sticks	<b>13.5€</b>



100% VEGAN MENU

IF YOU'RE PROPER HUNGRY

## IF YOU'RE HUNGRY...

<b>Ch'ken Run Burguer</b> w/fries <b>14€</b> "chicken" burger, "cheese", lettuce, tomato, pickles and garlic mayo	<b>Moroccan couscous</b> <b>11.6€</b> couscous, roasted pepper, tomato, cucumber, red onion, chickpeas, toasted pumpkin seeds and tahini sauce
<b>Dirty Burguer</b> w/fries <b>13.5€</b> beyond meat burger, "cheese", caramelised onion, "bacon" and burger sauce	<b>Spring salad</b> <b>12€</b> lettuce, tomato, carrot, "feta cheese", croutons, seasonal fruit, dried fruits and seeds, vinaigrette sauce
<b>Pad Thai</b> <b>14€</b> rice noodles with sautéed vegetables, smoked tofu, peanuts, fried onions and soy sauce	<b>Prana Bowl</b> <b>13€</b> fusilli with garlic and herbs sauce, avocado, carrot, sautéed chickpeas, tomato, spinach, "feta cheese", fried onions and balsamic vinegar
<b>A Bras leek</b> <b>12.5€</b> with shimeji mushrooms	<b>Soup of the day</b> <b>3.6€</b>

## DESSERTS

Our desserts and pastries are displayed daily next to the counter

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INSTAGRAM!

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