



# DANO'S

SPORTS BAR  
& RESTAURANT



## JUICES

	30CL	50CL
FRESH ORANGE	4.00	6.00
PINEAPPLE	3.50	4.50
APPLE	3.50	4.50
CRANBERRY	3.50	4.50

## NECTAR JUICES

	20CL
MANGO	3.00
PEACH	3.00
PASSION FRUIT	3.00
TOMATO	3.00

## LEMONADES

Add a flavour (+0.50)

Strawberry, Raspberry, Passion Fruit	30CL
CLASSIC	4.00
FIZZY LEMONADE	4.00



## SMOOTHIES

SPIRULINA	7.00
<i>Banana, Dates, Nuts, Orange and Mango Juice</i>	
AÇAÍ	7.00
<i>Strawberry, Rasperry, Banana</i>	

## MILKSHAKES

BUILD YOUR OWN **8.00**

### TYPES OF MILK

*Almond, Oat and Regular*

### TYPES OF JUICE

*Orange, Pinapple and Apple Juice*

### FRUITS

*Banana, Strawberry, Peach, Raspberry, Green Apple, Passion Fruit and Red Fruit*

### PROTEINS

*Vanilla Whey Protein  
Chocolate Whey Protein  
Peanut Butter*

*You can choose up to 4 ingredients*



## PROTEIN SHAKES

40CL  
THE COLEMAN PRE-WORKOUT **9.00**  
*Milk, Oats, Chocolate Chips, Cold Brew Coffee and Chocolate Protein*

THE BLADE POST-WORKOUT **9.00**  
*Almond Milk, Granola (whole Oat Flakes, Cocoa Powder and Honey), Peanut Butter, Date and Vanilla Protein*

THE GREENE BOOSTER **9.00**  
*Almond Milk, Raspberry Purée, Walnuts, Spirulina and Vanilla Protein*

THE HEATH RECOVERY **9.00**  
*Almond Milk, Greek Yoghurt, Avocado, Honey, Banana and Vanilla Protein*

All items are available for take-away for +0.60

## COFFEE

Available with full fat fresh milk,  
oat or almond milk.

ESPRESSO	2.30
DOUBLE ESPRESSO	4.00
CAPPUCCINO	4.00
LATTE	4.00
MATCHA LATTE	3.80
HOT CHOCOLATE	5.00
FLAT WHITE	4.00
AMERICANO	3.50
ICED LATTE	4.00
ICED COFFEE	3.50
FRAPPCOFFEE	5.00

EXTRA COFFEE SHOT **1.00**

Add a flavour (+0.50)

Vanilla/Hazelnut/Caramel/Gingerbread/

After 8/Pumpkin Spice



## TEA

IRISH BREAKFAST	2.60
CAMOMILE	2.60
GREEN	2.60
EARL GREY	2.60
FRESH MINT & LEMON	2.60
ROOIBOS	2.60

## STILL WATER

	25CL	100CL
LUSO	<b>2.00</b>	<b>4.00</b>

## SPARKLING WATER

	25CL	75CL
CASTELLO	<b>2.50</b>	<b>4.00</b>
SAN PELLEGRINO	<b>2.60</b>	<b>4.60</b>

## SOFT DRINKS

	30CL	50CL	BOTTLED
COCA-COLA	<b>3.00</b>	<b>4.50</b>	<b>3.50</b>
COCA-COLA ZERO	<b>3.00</b>	<b>4.50</b>	<b>3.50</b>
SPRITE	<b>3.00</b>	<b>4.50</b>	<b>3.50</b>
FANTA ORANGE	<b>3.00</b>	<b>4.50</b>	<b>3.50</b>
NESTEA LEMON			<b>3.50</b>
NESTEA PEACH			<b>3.50</b>

	20CL
FEVER TREE TONIC ELDERFLOWER	<b>3.50</b>
FEVER TREE TONIC INDIAN	<b>3.50</b>
FEVER TREE TONIC MEDITERRANEAN	<b>3.50</b>
FEVER TREE TONIC RHUBARB&RASPBERRY	<b>3.50</b>
SCHWEPES PREMIUM	<b>3.00</b>
SCHWEPES ZERO	<b>3.00</b>
SCHWEPES GINGER ALE	<b>3.50</b>
SCHWEPES GINGER BEER	<b>3.50</b>
	25CL
RED BULL	<b>5.00</b>

All items are available for take-away for +0.60  
If you have a food allergy please ask our staff about the ingredients in each dish. All prices  
in euros (€). VAT included at legal rates. No dish, food or drink including the couvert, can be  
charged if not requested by the customer or if not consumed. We have a complaints book.



QUINTA<sup>DO</sup>LAGO  
ALGARVE • PORTUGAL

