



SPECIAL OF THE WEEK

Monday

BROCCOLI & CAULIFLOWER

Feta Cheese, Cherry Tomato, Aromatic Herbs

SMOOTHIE

Pina Pure: Pineapple, Coconut Milk and Yoghurt

Tuesday

FALAFAL

Beetroot Hummus

SMOOTHIE

Very Berry: Mixed Berries, Dates, Rice Milk, Honey, Brown Flax Seed and Lemon Juice

Wednesday

FREGOLA PASTA

Cherry Tomatoes, Roast Vegetables, Avocado, Cucumber, Tomato Pesto

SMOOTHIE

Apple Pie: Oat Milk, Apple, Cinnamon, Walnut, Date, Banana and Oat

Thursday

ASIAN SALAD

Carrot, Chinese Cabbage, Cucumber, Almonds, Chicken, Coriander, Sesam Seeds, Asian Sauce

JUICE

Week Starter: Broccoli, Ginger, Apple and Parsley

Friday

CARROT & COURGETTE MUFFINS

Green Salad

JUICE

Green Glow: Apple, Spinach, Cucumber, Mint, Pineapple and Parsley

Saturday

SUPER FOOD

Quinoa, Feta Cheese, Chickpea, Avocado, Broccoli, Aromatics Herbs

JUICE

Antioxidant: Beetroot, Watermelon, Pineapple and Blueberries

Sunday

VEGETABLES QUICHE W/ CHEESE

JUICE

Basic Basil: Basil, Pear, Orange, Apple and Pineapple

FULL PORTION

7.50

HALF PORTION

4.50

JUICE & SMOOTHIES

7.50

T: +351 289 390 708 E: pure@quintadolago.com
Quinta do Lago Real Estate Centre, Roundabout 2



@pureqdl

