



Brunch *Daily until 6 pm*

Combos

Mouzinho - Choose 1 Bowl + 1 Egg option	15 €
Campo de Ourique - Choose 1 Bowl + 1 Burrito or Bagel	15 €
Lx Factory - Choose 1 Pastry + 1 Bowl	12 €

Bowls

Seasonal fruit mix with yogurt ice cream, flaxseed & granola 🌱 🌱	6,9 €
Açaí with banana, lemon granola, nuts and seeds 🌱 🌱 🌱	7,8 €
Chia pudding with mango, milk & coconut flakes 🌱 🌱 🌱	6,9 €

Bread & Eggs

Our homemade gluten-free bread
Sourdough “Pão do Beco”
Sweet potato base

Avocado toast with mushrooms and spinach 🌱 🌱	6 €
Florentine eggs with spinach and hollandaise	8,5 €
Scrambled eggs with bacon , avocado, tomato, and poppy seeds	9,9 €
Poached eggs with smoked salmon , avocado, cashew and savory granola 🌱 🌱	11 €

Burritos & Bagels

Egg burrito with avocado , bacon, scrambled egg, gouda, sweet potato	9,9 €
Grilled chicken burrito , with romaine lettuce, mozzarella, kimchi mayo, corn and sweet potato 🌱	12 €
Smoked salmon bagel , herb sauce, salad mix, fried egg and poppy seeds 🌱	9,9 €



Pancakes

Ricotta pancakes with banana, maple syrup, cinnamon and lime zest 🌱	7,3 €
Pancakes with sellva's nutella and berries 🌱 🍓	7,6 €
Pancakes with peanut butter , fruit mix and pistacio 🌱 🍓	7,6 €
“Tribo” pancakes with nutella and banana 🍌	5 €

Pastries

Buckwheat cake with chocolate and hazelnut 🍌	2,5 €
Healthy brigadeiro 🍓 🌱	1,5 €
Healthy ginger and coffee biscuit 🍓 🌱 🍌	2,5 €



Into the Wild

Couvert

Creamed ricotta and harissa with toasted bread 3 €

Starters

Soup of the day 🌱 🌱 🌱 4 €

★ Chickpea and beetroot hummus with carrots sticks 🌱 🌱 5,5 €

Cheese and tapioca balls with herb sauce 🌱 6,5 €

Vietnamese rolls with asian sauce 🌱 🌱 🌱 7 €

Tacos with avocado cream 10,5 €
and sautéed shrimp with spicy and yuzu sauce 🌱 🌱

★ Guacamole with totopos 🌱 🌱 🌱 8 €

★ Tuna lettuce tacos with tuna tartar, kimchi emulsion and lime 🌱 🌱 8 €



Main Dishes

Grilled vegetable and oat salad , sweet potato, Portobello mushrooms, lettuce, cherry tomato, lamb's lettuce, watercress, avocado cream and pesto ⑩ ⑪	13,6 €
Grilled chicken burrito , romaine lettuce, mozzarella, kimchi mayonnaise, and corn and sweet potato ⑨	12 €
Nasi Goreng from Sellva with prawns , snow peas, fried egg, basmati rice, chilli, shallots, shiitake mushrooms, pak choi, cashews and chives ⑩ ⑪ ⑨	16,5 €
Bowl veggie with heart of lettuce , cherry tomato, red onion, avocado, quinoa, pinenuts, mix fruit, balsamic vinaigrette and yuzo mayonnaise ⑩ ⑪ ⑫	13,6 €
Bowl Brazil with sautéed prawns , spinach, moqueca sauce, farofa (toasted cassava) and brown rice ⑩ ⑪ ⑨	14,5 €
★ Tuna tartare with quinoa , avocado cream, red onion, tomato and spicy asian sauce ⑪ ⑨	16,7 €
Beetroot risotto with mushrooms with watercress, parmesan and tofu ⑪	15,1 €
Vegetable Pad Thai with rice noodles , lime and tamarind [with chicken or prawns + 4,5 €] ⑩ ⑪ ⑨	16 €
Roast chicken with kimchi , sweet potato and avocado cream ⑪ ⑪ ⑨	14,6 €
★ Roast chicken with black beans and bacon , avocado cream and fried egg with brown rice ⑪ ⑪	14,1 €
Tuna tataki with a vegetable wok and teriaki sauce ⑪	18,8 €
Beyond Meat hamburger , gouda cheese, kimchi emulsion, onions, pickles, lettuce, avocado cream in a brioche bun with sweet potato	15,1 €

Kids Menu

for children under 12

Roast chicken with basmati rice

or

Mini burger with cheese
and homemade ketchup,
with sweet potato chips

+ **juice of the day** ⑪ 9 €



Desserts

Seasonal fruit bowl with yogurt ice cream, flaxseeds and granola ⑩ ⑪	6,9 €
Cheesecake with yogurt and red berries ⑩ ⑪	5 €
★ Healthy brownie and peanut brownie with caramel ice cream ⑩ ⑪	5,5 €
★ Buckwheat cake with chocolate, hazelnuts, grilled pineapple and yogurt ⑩ ⑪ ⑫	6,3 €
Laminated fruit ⑪ ⑫ ⑬	4 €
Ice cream scoop Caramel Yogurt with blueberries and açai Strawberry ⑫	4,2 €
Selllva's healthy brigadeiro ⑫ ⑩	1,7 €



★ Exclusive Selllva Mouzinho da Silveira

We cannot guarantee the absence of gluten due to cross-contamination in our dishes.

⑪ Vegan ⑩ Nuts and Peanuts ⑫ Lactose Free ⑬ Spicy ⑭ Gluten Free ⑮ Fish

Hydration Waterfall

Fresh Juices

King of the Jungle – Juice of the day	3,5 €
Mogli – Pineapple, mango, lime, basil	4,75 €
Bagheera – Orange, raspberry, lime	4,75 €
Simba – Orange	4,5 €
Kaa – Pineapple, mint	4,5 €
Nala – Basil or berry lemonade	3 €
Kamari – Açai, banana, strawberry, lemon juice	6,3 €

Detox Juices

Timon – Banana, orange, spinach, lettuce, sunflower seeds	5 €
Pumba – Beetroot, cucumber, orange, ginger	5 €
Banzai – Coconut water, matcha, mint, lime, stevia	6 €

Smoothies

Zazu – Berries, oat flour, cashew, orange juice, ginger, mint, plant-based milk	6,8 €
Baloo – Pineapple, plant-based milk, orange juice, cashew, mango pulp, sunflower seeds, basil, lemon juice	6,3 €

Coffee & Tea

Water still or sparkling (50cl)	2 €
Espresso	2 €
Espresso without meal	2,5 €
Double Espresso	2,6 €
Americano	3,2 €
Macchiato	2,5 €
Flat White	3,5 €
Latte*	3,5 €
Matcha latte* Matcha and milk	2,5 €
Cappucino* Milk and coffee	3,5 €
Mochachino* Cocoa, milk and coffee	3,5 €
Iced latte* Ice, milk and coffee	3,5 €
Hot chocolate	3,5 €
Fresh Mint, Ginger or Turmeric Infusion	3 €
Black or Green Gorreana tea	3 €

*With almond or oat milk: +€1

From the Bar

Beers

Super Bock 20cl	2,3 €
Super Bock 40cl	3,9 €

Jungle Cocktails

Rei Juliano – Sparkling sangria, 42 Below vodka, mango, passion fruit (1L)	25 €
Jungle sunset – Bombay Sapphire Gin, peach juice, lemon juice, hibiscus foam	9,4 €
Tsurai Mule – Vodka 42 Bellow, lime, wasabi foam, and ginger beer	9 €
Jungle Pilot – Rum Bacardi Carta Blanca, pineapple, lime, passion fruit	9 €
Beet It – Cazadores tequila, beetroot, apple, lime	9 €



From the Bar

Urban Cocktails

Basil Smash – Gin Bombay Dry, basil, lime	9,4 €
Caipirinha – Cachaça 51 with lime, passion fruit, mango, strawberry or pineapple	9 €
Caipiroska – Vodka 42 Bellow with lime, passion fruit, mango, strawberry or pineapple	9 €
Mojito – Rum Bacardi Carta Blanca with lime, passion fruit, mango, strawberry or pineapple	9 €
Margarita – Tequila Cazadores with lime, passion fruit, mango, strawberry or pineapple	9 €
Spritz – Fiero with sparkling wine and soda	9 €
Moscow Mule – Vodka 42 Bellow, ginger beer, lime juice, passion fruit foam	9 €
Mimosa – Sparkling wine and orange juice	6 €
Negroni – Gin Bombay Sapphire, Martini Bitter and Rosso	9,4 €
Whisky Sour – Whisky Dewar's, lemon juice, egg white	9 €
Daiquiri – Rum Bacardi Carta Blanca, lime juice	9 €
Expresso Martini – Vodka 42 Below and coffee	8,4 €



From the Vine

Sparkling & Champagne



Rosa Duck Pet Nat , Bairrada	28 €
Filipa Pato , Bairrada	34 €
Perrier Jouet Grand Brut , França	112 €

White Wine

Aveleda Alvarinho , Vinho Verde, Minho	5 €	20 €
Assobio , Douro	5 €	20 €
Quinta de la Rosa , Douro		27,5 €
Passagem , Douro		29,5 €
MOB3 , Dão		27 €
Quinta das Marias Encruzado , Dão		29,5 €
Taboadella Villae , Dão		29,5 €
Arco D'Aguieira , Bairrada		42 €
Dinamica Filipa Pato , Bairrada		27,5 €
Chocapalha Sauvignon Blanc , Lisboa		27,5 €
Dona Ermelinda Freitas Reserva , Península de Setúbal		23,5 €
Esporão Colheita Bio , Alentejo [Bio]	6,5 €	25 €

Rosé Wine

Assobio , Douro	5 €	20 €
Daphros Evoé , Vinhos Verdes		23 €
Niepoort Nat Cool (1L) , Bairrada	8,5 €	43 €

Red Wine

Assobio , Douro	5 €	20 €
Quinta do Côtto , Douro		24 €
Grainha , Douro		37,5 €
Taboadella Villae , Dão		29,5 €
Niepoort Nat Cool “Baga” , Bairrada	6,5 €	32 €
Quinta Monte d’Oiro , Lisboa		29 €
Adega Mae Pinot Noir , Lisboa		37,5 €
Dona Ermelinda Reserva , Península de Setúbal		23,5 €
Dona Ermelinda “Pinot Noir” , Península de Setúbal		27 €
Esporão Colheita Bio , Alentejo [Bio]	6,5 €	28 €
Esporão Reserva , Alentejo		42 €

GRUPO

Capricciosa

DOCA
DE
SANTO

Capricciosa
Pizzas Artesanais



SOPHIA
Natural Italian

Lat.A
cozinha latino americana

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NATURAL PIZZOTECIA & BAR

Gelati
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jângal
cafeteria saudável



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All prices are in euros and include VAT at the current legal rate. No food or beverage products may be charged if it is not requested by the customer or unused by him (DL No. 10/2015, of 16 January - art. 135). No ingredient swapping allowed (only allowed remove ingredients). The Sellva restaurant presents, in a discriminated way in the customers' accounts, a suggested gratuity value. The payment of this amount is optional, and fully delivered to the team. We are not responsible for any failures of the ATM network. We have a complaints book.