



SACCHARUM

Wellness Design Resort

S A V O Y *signature*

GLUTEN
FREE

Crafted to inspire trust and delight at the table, this gluten-free menu honours fresh, local ingredients in a gesture of sustainable care.

Criado para inspirar confiança e prazer à mesa, este menu sem glúten celebra ingredientes frescos e locais, num gesto de cuidado sustentável.

BREAD//PÃO

Bread selection//Seleção de pão
Corn tortillas//Tortilhas de milho

HEALTHY//SAUDÁVEL

Bowl of mixed berries with granola
Taça de frutos vermelhos com granola

Mango and coconut chia pudding with almond milk
Pudim de chia com manga, coco e leite de amêndoa

Bircher with oat flakes, sugarcane honey and fresh fruit
Bircher com flocos de aveia, mel de cana e fruta fresca

Quinoa porridge with red berries
Porridge de quinoa com frutos vermelhos

COLD SELECTION//SELEÇÃO DE FRIOS

Sliced fruit//Fruta laminada

Portuguese and international cheeses

Queijos nacionais e internacionais

Smoked salmon//Salmão fumado

Natural yoghurt, soy yoghurt, lactose-free yoghurt

iogurte natural, iogurte de soja, iogurte sem lactose

TOASTS//TOSTAS

Hummus toast with banana and honey

Tosta de humus com banana e mel

Avocado toast with poached egg and seeds

Tosta de abacate com ovo escalfado e sementes

PANCAKES//PANQUECAS

Choose the sauce for your pancake

Escolha o molho para a sua panqueca:

Passion fruit coulis//Coulis de maracujá

Wild berry coulis//Coulis de frutos silvestres

EGGS SELECTION//SELEÇÃO OVOS

Scrambled eggs with asparagus and mushrooms

Ovos mexidos com espargos e cogumelos

Scrambled eggs with truffle//Ovos mexidos com trufa

OMELETTES//OMELETES

Choose the ingredients for your omelette

Escolha os ingredientes da sua omelete:

Cheese//Queijo

Parsley//Salsa

Onion//Cebola

Mushrooms//Cogumelos

Tomato//Tomate

Asparagus//Espargos

HOT SELECTION//SELEÇÃO DE QUENTES

Sautéed mushrooms//Cogumelos salteados

Roasted tomato//Tomate assado

Baked beans//Feijão

Sautéed vegetables//Vegetais salteados

PASTRIES//PASTELARIA

Croissants

Cookies//Biscoitos

Biscuits//Bolachas

Muffins, cupcakes and madeleines//Queques, muffins e madalenas