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OF THE DAY

Soup of the Day — €4.5

Soup, Sourdough Bread With Melted Cheese — €6.5

Dish of the Day — €14.5 | €16*

Bowl of the Day — €14.5

Dessert — €5.5

*On Saturdays

Our food is made with organic and regional products.

Please let us know if you have any food allergies.

All prices include VAT.

Instagram: @maeterra.pt

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TOASTS

(vg) (gf?)

Simple Toast — €2.5
Sourdough bread toast
with organic French butter

(vg) (gf?)

Choko Toast — €4.5
Sourdough bread toast
with chocolate and pistachio

EXTRA

Bread: Sourdough Bread — €1.5 | Gluten-free Bread — €2

Organic Egg: Poached — €1.5 | Scrambled — €3.5 | Fried
— €1.5 | Omelette — €2.5

Others: Caramelized Seeds — €1 | Avocado — €2 | Olives
— €1.5 | Butter — €1.5 | Cheese — €2 | Halloumi — €3.5

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CROISSANTS

(ov)

Croissant — €2
1 croissant

(ov)

Choko Croissant — €5
Toasted croissant
with chocolate and pistachio

(ov)

Croissant With Cheese — €4
Croissant with organic gouda cheese

(ov)

Morning Croissant — €7
Croissant, avocado, egg and spinach

(v) Vegan (vg) Vegetarian (ov) Ovo-lacto-vegetarian (gf) Gluten-free (gf?) Ask for gluten-free option

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CROSTINIS

(vg) (gf?)

Simple Crostini — €6
Tomato, parmesan and arugula

(v) (gf?)

Vegan Crostini — €8
Tomato, avocado, mushrooms and
arugula

(vg) (gf?)

Gorgonzola Crostini — €9
Tomato, gorgonzola cheese
with pear and honey

(vg) (gf?)

Crostini À La Mãeterra — €10
Tomato, vegetarian tapenade,
burrata, pesto and pistachio

Crostinis made with sourdough bread.

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SALADS

(vg) (gf?)

Panzanella — €12
Grilled persimmon/peaches,
mozzarella, pico de gallo,
croutons, basil and salad

(v) ou (vg) (gf)

Salada Verde — €13
Pesto, halloumi, avocado, fennel, zucchini,
cucumber, peas, broccoli, salad and
caramelized seeds

CRÊPE

(vg) (gf)

Spinach/Beetroot Crêpe — €13.5
Salad, tomato, mushrooms,
feta cheese and caramelized seeds

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ORGANIC EGGS

(ov) (gf?)

Poached Eggs Avocado — €8
Egg, avocado, spinach
and sourdough bread

(ov) (gf?)

Egg Au Plat (Fried Eggs) — €6.5
2 eggs, organic French butter and
sourdough bread

(ov) (gf?)

Spicy Eggs — €9
2 scrambled eggs, avocado, grilled tomatoes
and sourdough bread

(ov) (gf?)

Omelette À La Mãeterra — €11.5
2 eggs, cheddar cheese, mushrooms,
pico de gallo and sourdough bread

GRANOLA BOWLS

(vg) (gf)

Mãeterra Bowl — €8.5
Greek yogurt
and homemade granola

PORRIDGE

(v) (gf)

Vegan Porridge — €8.5
Porridge and seasonal fruit

(v) (gf)

Salty Porridge — €10
Porridge, mushrooms, avocado
and feta or tofu

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BRUNCH

Only on Saturdays!

From 10h30 to 12h30

(ov) (gf?)

Mãeterra's Brunch —  €19 |  €33

Tapenade, cheese, baba ganiush, avocado, scrambled eggs, green leaves with caramelized seeds, sourdough bread, crêpe, yogurt with homemade granola, seasonal fruit, honey, juice of the day, and coffee or tea

(ov) (gf?)

Brunch Bowl — €13.5

Mushrooms, grilled tomato, rösti, kale, beans, egg
and sourdough bread

(ov) (gf)

Panquecas Yachaejeon — €11

Vegetables with kimchi and Asian sauce

(ov) (gf?)

Shakshuka — €12.9

Eggs, feta cheese, tomatoes, avocado
and sourdough bread

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