

Our Breakfast

Breads

We serve 5 types of daily bread:

- wood-fired Alentejo bread from Santiago do Escoural
- whole grain bread from Évora
- whole wheat bread from Santa Susana
- olive bread from the neighborhood of Pites
- brioche bread from the neighborhood of Pites

Jams, butter & honey

We serve:

- a variety of organic Portuguese-made jams from Quinta do Montalto
- two types of honey from our "bee man" In Évora
- butter: with and without salt

Cakes and tarts

We serve at least one homemade cake and homemade tart every day

Dairy

- Fresh milk of the day
- Portuguese made yoghurt – natural or with fruit
- Organic milk

Juices

We always offer 3-4 fresh squeezed juices daily

- Fresh squeezed orange Juice
- Fresh squeezed apple juice
- Fresh squeezed carrot juice
- A seasonal fresh juice when available

Fresh Fruit

We always serve a fresh fruit salad, plus we offer a selection of seasonal fruits

Seeds, etc...

- organic fresh dates
- organic hemp seeds
- organic raisins
- local bee pollen
- organic sunflower seeds
- organic flax seed

Cereals

- Home made organic granola
- Organic raspberry muesli

Meats and cheeses

- Portuguese "presunto" sliced
- Portuguese "paio" sliced
- fresh Sliced tomatoes
- fresh ricotta-type cheese from Évora
- daily homemade tomato sauce (for our Spanish friends. Try on a piece of toast with some organic olive oil)
- "fleur de sel" sea salt from Tavira
- 2 types of organic olive oils

From the grill

We make any of these to order:

- organic eggs from Évora – prepared for you, any style, including:
 - o *Scrambled*
 - o *Fried*
 - o *Omelette with a range of fillings*
 - o *Soft or hard boiled*
 - o *Poached*
- Portuguese bacon
- pancakes topped with fresh fruit – From the recipe by Deborah Madison
- French Toast topped with fresh fruit
- We use homemade maple syrup for the pancakes and French toast
- Organic oatmeal - made with either regular milk or soymilk.

Drinks

- organic coffee, hot milk served on the side
- cappuccinos with the perfect foam
- espressos
- a selection of organic teas

Notes

If you have special dietary needs, email us in advance of your stay. We will try our best to accommodate any needs.

Breakfast is served buffet style. Warm items are prepared for you on the spot.

You are welcome to sit inside the breakfast room or on our terrace.