

Carta da Piscina



Saladas

- (V) Salada Grega com queijo feta, tomate, pepino e azeitonas pretas
- (V) Tomate com queijo mozzarella di bufala, azeite, flor de sal e manjeriço
- (V) Salada de pepino e iogurte

RECOMENDADO POR METABÓLICA

Salada de peru e manga grelhada
(Valor energético por dose: 343 Kcal)

Salada tailandesa
(Valor energético por dose: 472 Kcal)

Sandwiches

SHERATON CLUB SANDWICH
Sanduiche dupla com peito de peru fumado, queijo emental, bacon e ovo estrelado

CÉSAR TOMATE WRAP SANDWICH
Alface romaine, frango grelhado e molho César

WRAP DE ATUM
com alface e pepino

*Sandwiches servidos com batata chip

Sobremesas

Kebab de frutas ou 2 peças de fruta

GELADOS BEN & JERRY'S

CHUNKY MONKEY
Gelado de banana com pedaços de nozes e chocolate

STRAWBERRY CHEESECAKE
Gelado de cheesecake de morango com pedaços de bolacha e morango

WICH
Biscoito de cacau com pedaços de chocolate e gelado de baunilha

CHOCOLATE FUDGE BROWINE
Gelado de chocolate com pedaços de biscoito de chocolate

Bebidas

SMOOTHIES

de morango, chocolate ou café

SUMOS

Laranja, maçã, frutos vermelhos ou manga

REFRIGERANTES

Coca Cola, Coca Cola Light, 7-up, Ice Tea, V8

BEBIDAS FIREFLY

Wake-up, Detox, Chill-Out, Health Kick, Sharpen Up

CERVEJA

Super Bock
Becks
Becks sem álcool
Sangria - Jarro (1L)
Powerade
Arizona Pomegranate Green Tea

CAFÉ

Nespresso ou Nespresso descafeinado

ÁGUAS

Vitalis, 33cl
1 L, 50cl (Canadá)
Ogo, 33cl (Holanda)
Glaceau VitaminWater

(V) - Vegetariano

Pool Menu



Salads

- (V) Greek salad with feta cheese, ripped tomatoes, cucumbers and black olives
- (V) Tomato with buffalo mozzarella cheese, olive oil, salt flower and basil
- (V) Cucumber yoghurt salad

RECOMMENDED BY METABOLIC

Grilled turkey and mango salad (343 calories per serving)
Thai salad (472 calories per serving)

Sandwiches

SHERATON CLUB SANDWICH
Double decker sandwich with smoked turkey breast, Emmentel cheese, bacon and scrambled egg

CAESAR TOMATO WRAP SANDWICH
Romaine lettuce, grilled chicken drizzled with Caesar dressing

TUNA WRAP
With lettuce and cucumber

*All sandwiches are served with potato chips

Dessert

Seasonal fruit kebab or two pieces of fresh fruit

BEN & JERRY'S ICE CREAM

CHUNKY MONKEY
Banana ice cream with chunks of nuts and chocolate

STRAWBERRY CHEESECAKE
Strawberry cheesecake ice cream with strawberries and cookies

WICH
Chocolate biscuits filled with vanilla ice cream with chocolate bits

CHOCOLATE FUDGE BROWINE
Chocolate ice cream with brownie chunks

Beverages

SMOOTHIES

Strawberry, chocolate or coffee smoothie

JUICES

Orange, apple, red fruits or mango

SOFT DRINKS

Coca Cola, Coca Cola Light, 7-up, Ice Tea, V8

FIREFLY DRINKS

Wake-up, Detox, Chill-Out, Health Kick, Sharpen Up

BEER

Super Bock
Becks
Becks non alcoholic
Sangria - Jar (1L)
Powerade
Arizona Pomegranate Green Tea

CAFÉ

Nespresso or decaffeinated Nespresso

WATER

Vitalis, 33cl
1 L, 50cl (Canada)
Ogo, 33cl (Holland)
Glaceau VitaminWater

(V) - Vegetarian