



eco - shop - cafe - food

*Welcome to O Cais
More than food, more than objects
a place where every arrival
feels like coming home*

O Cais - More than a cafe

O Cais is a place of arrival and connection. A little haven in the heart of Silves, created to bring people together and foster community. A place where wholesome food and drinks are served, stories are shared, creativity inspires, and knowledge is exchanged. This building has existed since 1765. At its heart lies an ancient well, connecting the river to the castle. Water has always passed through here, and so have people. Today, O Cais continues that movement, creating a calm and caring atmosphere.

Food and drinks, made with care

Everything we serve is made by us, in small batches, in our kitchen. Our menu is vegan and vegetarian with many gluten-free options. Prepared with organic, local, and farm-to-table ingredients whenever possible. We cook honestly, with love and imagination, so our menu will always have some surprises for you in petto.

A place to be - surrounded by creative items you can take home, as a memory, a present for yourself, or someone else

Our homely place is decorated with creative endeavours, mostly by local people. Alongside this, you'll find second-hand treasures and sustainable products for personal and home care. Last but not least, our teas, herbs, and spices – pure and blended – are here to accompany you through the day. Whether calming, uplifting, healing, or balancing, they can be enjoyed on the spot or taken home.

What drives us

We are passionate about a compassionate way of living. We believe in connection and enjoy being part of, and initiating, different forms of a circular economy. We work hand in hand with local farmers and makers, always choosing quality over quantity. Our aim is to create a comfortable, unhurried space—a sphere where inspiration flows freely, both given and received.

Our invitation

We invite you to enjoy our homely place and feel free to connect with us—whether for a gentle chat, or to learn more about our products and projects. This is a space where people, projects, and places come together, so don't hesitate to start a friendly conversation with your neighbour or those around you. O Cais is a place where everything circulates, where you are always welcome to simply be, or to cocreate with heart and curiosity.





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Thank you for being here
Some places you visit
Others you carry with you

Visit us online and
follow our journey
www.ocais-silves.pt
www.facebook.com/OCaisSilves
www.instagram.com/ocais_silves

Come back soon
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Every visit is a beginning

O Cais is a place to arrive – to pause, to share, and to simply be. If this place resonated with you, you are always welcome to return.

Share your experience

Your words help others discover this place. Leave a review on Google, TripAdvisor, HappyCow or Facebook – we'd love to hear from you.



O Cais – Your Community Living Room After Hours

After 16:00, O Cais becomes a place for the community. During the winter season, our space is available from 16:30 onward for gatherings that invite connection, creativity and exchange.

Workshops, talks, treatments, rehearsals, music sessions, creative or eco-focused meet-ups – if it brings people together and feels aligned, you're welcome here.

We offer the space at cost price. You're free to bring your own food and drinks, or enjoy something from O Cais with a community discount on food and drinks.

O Cais is here to be shared – a place to meet, create and connect.

Have an idea or gathering in mind? Ask us for details, we'd love to hear it and explore what's possible together.

All prices include VAT at the applicable legal rate. No dish, food product, or beverage, including couvert, may be charged if not ordered by the customer or if left unused. DL 10/2015, of 16-1. This establishment provides information on the presence of substances or products that may cause allergies or food intolerances. DL 26/2016, of 9-6 and EU 1169/2011, of 25-10.



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Wellness shots

*Our freshly made functional shots,
a powerful start to energise your day*

O Cais Syrups

*Our handcrafted natural syrups,
a perfect flavour boost for
your drinks and dishes.*

Golden Roots Kick 2.50
Ginger, turmeric, lemongrass, orange, cayenne
A warming blend inspired by Algarve spices

Turmeric Boost 2.50
Turmeric, black pepper, orange, honey
A comforting blend traditionally enjoyed for warmth and balance

Herbal Soul Tonic 2.50
Algarve honey, rosemary, thyme, lemon, apple cider vinegar
Portuguese herbs with a refreshing and revitalizing character

Immunity Fire 2.50
Ginger, turmeric, cayenne, apple cider vinegar
An intense, warming blend with bold spice

Beet Power 2.50
Beetroot, ginger, lime, cayenne
Earthy energy boosts circulation and stamina naturally

Raízes Douradas (Golden Roots) 4.90
Ginger, turmeric, lemongrass, lemon
Our warm and spicy syrup for everyday use

Alma Herbal (Herbal Soul) 5.90
Rosemary, thyme, honey, lemon
Sweet herbal syrup with local honey.

Essência Algarvia (Algarvian Essence) 3.90
Fig, carob, orange peel
Rich syrup inspired by Algarve flavours.



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Fresh Juices

*Our vibrant cold-pressed juices,
crafted daily for pure flavour and energy*

Natural Smoothies

*Wholesome, creamy blends made fresh,
perfect for nourishing
any moment of your day*

*Add a boost to any juice:
ginger, turmeric, mint,
chia seeds or spirulina
+0.50 each*

Golden Glow 5.50
Apple, carrot, ginger, turmeric, orange
A bright blend that lifts your energy and awakens the senses

Beet Breeze 5.00
Beetroot, apple, carrot, ginger, mint
A smooth boost that refreshes the body and restores balance

Citrus Zen 5.50
Orange, grapefruit, lemon, ginger, mint
A bright citrus medley that awakens clarity, brightens and refreshes

Carrot Boost 5.50
Carrot, orange, apple, ginger, turmeric
A nourishing blend that brightens your day from the inside out

Coconut Cooler 5.00
Coconut water, pineapple, cucumber, lime, mint
A light tropical refresher that hydrates and cools you instantly

Green Spirit 5.50
Spinach, apple, cucumber, mint, homemade Herbal Soul syrup
A fresh and light green smoothie that brings a feeling of lightness

Tropical Sun 6.00
Pineapple, orange, homemade Golden Roots syrup, coconut
A bright and creamy tropical blend that brings instant sunshine

Berry Bliss 6.50
Strawberry, berries, banana, homemade Local Essence syrup
A vibrant fruity smoothie with natural antioxidant power

Mango Dream 6.00
Mango, pineapple, banana, coconut, homemade Local Essence syrup
A smooth and exotic tropical blend that feels like pure escape

Avocado Power 5.50
Avocado, banana, spinach, homemade Local Essence syrup, chia
A creamy green smoothie that delivers steady natural energy



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Mindful Mocktails

Sophisticated mocktails with care and craft, proving you don't need alcohol for an extraordinary experience

Signature Cocktails

Crafted with our homemade Algarve syrups, each cocktail tells a story of local flavours and traditions

Golden Roots Detox Cooler 6.00
Homemade Golden Roots syrup, cucumber, apple, carrot juice
A wellness cooler that cleanses while warming with gentle spice

Algarve Orchard Cooler 5.50
Apple juice, pear, homemade Local Essence syrup, orange
A taste of Algarve countryside orchards in sparkling, refreshing form

Carrot Ginger Sparkler 5.50
Carrot juice, ginger, lemon, orange, turmeric
A pure pressed sparkler that energizes without any added sugar

Pink Beet Lemonade 6.00
Beetroot juice, strawberry, homemade Golden Roots syrup, mint
A stunning pink lemonade that's as beautiful as it is refreshing

Virgin passionfruit Mojito 6.50
Passion fruit, lime, mint, homemade Herbal Soul syrup
An exotic mocktail that transports you to tropical paradise instantly

Ginger Roots Mule 8.50
Vodka, homemade Golden Roots syrup, lime, ginger beer
A Portuguese twist on the classic that tingles with warmth

Rosemary Lemon Gin Fizz 9.00
Gin, Herbal Soul syrup, lemon
An elegant gin fizz with our Herbal Soul syrup and fresh herbs

Carob Old Fashioned 9.50
Whisky, homemade Local Essence syrup, bitters, orange
A sophisticated old fashioned with unique Algarve carob depth

Algarve Herb Mojito 8.50
Rum, homemade Herbal Soul syrup, mint, lime
A herbaceous mojito that brings Portuguese countryside to your glass

O Cais Spicy Margarita 9.00
Tequila, homemade Golden Roots syrup, lime, chili
Our signature margarita with golden turmeric heat and spicy kick



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O Cais Signature Tea Blends

*Our intentional house blends,
crafted with purpose, warmth
and a touch of magic*

Black & Green Teas

*Classic leaf teas with character
from bright greens to elegant,
aromatic blacks*

For tea moments at home

*All our blends can be purchased to enjoy
at home — pure and loose, or
wrapped as a heartfelt gift.
A little ritual, ready to accompany
you wherever you go.*

Get Rooted in Love Tea

A warm, comforting blend that supports emotional balance and grounding, combining earthy roots with sweetness for deeply nurturing moments
Grounding · Warm · Gentle

Heart Energy Boost Tea

A delicate floral tisane that uplifts the heart, bringing emotional clarity, gentle vitality and a balanced sense of inner openness
Harmonizing · Floral · Uplifting

Star Seeds & Flowers Tea

A bright herbal infusion supporting digestion and clarity, offering a refreshing sense of lightness and gentle expansion throughout the body
Bright · Cleansing · Opening

Single Mug (240ml)	2.95
Personal Teapot (400ml)	4.45
Teapot for Two (500ml)	5.45

Earl Grey Blue Black Tea

A refined Earl Grey blending bright citrus and soft floral notes, creating a smooth and uplifting cup suitable for any moment
Elegant · Citrusy · Floral

Green Tea Snow in the Mountains

A cozy green tea with warm cinnamon, apple sweetness and soft fir notes that evoke relaxing evenings in a mountain cabin
Cozy · Wintery · Comforting

Green Tea Red Velvet

A vibrant berry-infused green tea with cranberry richness and floral softness, creating a refreshing yet indulgently smooth and velvety drink
Lush · Fruity · Velvety

Pu-Erh Red Tea with Jasmine & Rose

A smooth Pu-Erh softened by jasmine and rose, balancing earthy richness with delicate floral brightness in every warming sip
Earthy · Floral · Gentle

Single Mug (240ml)	2.45
Personal Teapot (400ml)	3.95
Teapot for Two (500ml)	4.95



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Rooibos Teas

*Naturally caffeine-free infusions,
smooth, grounding and
full of gentle sweetness*

Rooibos Natural

A naturally sweet, smooth caffeine-free infusion that relaxes the body and offers gentle comfort at any time of day
Smooth · Sweet · Caffeine-free

Rooibos Gourmet Almond & Cinnamon

A warm rooibos with comforting cinnamon depth and soft almond sweetness, creating a cozy, nurturing drink for peaceful moments
Warm · Nutty · Comforting

Rooibos Orange and Lemon

A lively caffeine-free rooibos with juicy citrus notes that brighten the palate and offer refreshing cheerful energy throughout the day
Bright · Citrusy · Fresh

Single Mug (240ml)	2.45
Personal Teapot (400ml)	3.95
Teapot for Two (500ml)	4.95

Herbal & Wellness Tisanes

*Functional botanical blends
that nourish, restore and
support your wellbeing*

Tisane Ayurveda Yogi Inspiration

A warming Ayurvedic blend with vibrant spices that support clarity, inner focus and gently invigorating balanced energy throughout the day
Spiced · Warming · Focused

Tisane Sweet Temptation

A juicy, tropical tisane combining sweet fruit notes with fresh herbal brightness, creating a playful and refreshing infusion full of sunshine
Juicy · Tropical · Playful

Tisane Good Sleep

A gentle evening tisane with calming herbs that ease tension and support deep, peaceful, naturally restorative sleep
Calming · Soothing · Restful

Detox Premium Tea

A refreshing detox tea that supports the body's natural cleansing, offering light vitality and a pleasantly balanced daily infusion
Cleansing · Light · Refreshing

Single Mug (240ml)	2.95
Personal Teapot (400ml)	4.45
Teapot for Two (500ml)	5.45

Take the O Cais experience home

*Every tea you find on our menu is also
available for purchase — freshly packed
or beautifully presented as a gift box.
Treat yourself or surprise someone with
a thoughtful, aromatic present*



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Classic Herbal Infusions

*Pure single-herb infusions,
simple and soothing
timeless and comforting*

Lemon Balm (Cidreira)

A soft, citrus-touched herbal infusion known for its calming properties, ideal for moments of relaxation and quiet comfort

Gentle · Calming · Citrusy

Linden (Tilia)

A gentle floral infusion traditionally enjoyed before rest, supporting relaxation, comfort and a peaceful, unwinding evening routine

Relaxing · Floral · Soft

Moringa

A nutrient-rich leaf infusion supporting vitality, wellbeing and gentle everyday nourishment through its naturally vibrant green character

Vital · Nutritious · Green

Chamomile

A classic floral infusion offering gentle relaxation and comforting softness, perfect for unwinding body and mind at any time

Floral · Calming · Soft

Peppermint

A pure peppermint infusion offering cooling freshness, clear aroma and invigorating energy, perfect for cleansing moments throughout the day

Cooling · Invigorating · Pure

Fresh Mint

A vibrant mint infusion delivering cooling freshness and bright energy, ideal for awakening the senses at any moment

Fresh · Cooling · Bright

Ginger & Lemon

A bright warming infusion blending spicy ginger and zesty lemon, offering energizing freshness and soothing heat in perfect harmony

Spicy · Zesty · Warming

Single Mug (240ml)

2.45

Personal Teapot (400ml)

3.95

Teapot for Two (500ml)

4.95

*Take the purity of
nature home.*

*All our Classic Herbal Infusions
are available to purchase
freshly packed herbs for
your own tea rituals*

Explore even more botanicals in our Cantinho Herbático, where you'll find a beautiful selection of leaves, flowers, peels, roots, seeds, berries and fruits to create your perfect infusion at home.



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Warm Latte Creations

Matcha, chai and golden blends made to energize, comfort and brighten your day naturally, warmly and deliciously

Matcha Latte

3.75

A creamy ceremonial matcha latte delivering clean energy, bright green flavor and naturally uplifting clarity for focused moments

Smooth · Vibrant · Energizing

Rooibos Masala Chai Latte

3.75

A soft caffeine-free chai latte with warming spices, offering gentle comfort and aromatic sweetness suitable for any moment

Gentle · Spiced · Caffeine-free

Dirty Chai

4.25

A bold chai latte enriched with strong espresso, combining warming spices and energizing depth for a powerful flavorful experience

Bold · Spiced · Energizing

Classic Golden Latte

3.75

A soothing golden-spice latte combining turmeric, ginger and honey for a warm, comforting drink that nourishes body and mind

Golden · Spiced · Soothing

Golden Roots Latte (House Special)

4.25

A vibrant ginger-turmeric latte made with our house syrup, delivering refreshing brightness and warm spice in perfect harmony

Bright · Gingered · Invigorating

Served with milk, oat milk or coconut milk
(+0.30 for plant-based milk).



Vegan



Vegetariano



Glúten



Leite



Ovos



Amendoins



Soja



Frutos de casca rija



Aipo



Mostarda



Sésamo



Sulfitos



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Morning & Light Bites

*Homemade vegan & vegetarian food,
prepared with care.*

*We cook in small batches, following the
rhythm of the day and the season.*

Gentle Beginnings

Plant-based Yoghurt Bowl 4.90

Creamy coconut yoghurt, granola & seasonal fruit (v, gf)

Warm Comfort Bowl 4.90

Rice, oat milk, apple & cinnamon. Soft, grounding and warming (v, gf)

Cinnamon Apple Pancakes 4.90

Small rice pancakes with caramelized apple & cinnamon (gf)

French Toast 4.90

Made from yesterday's bread, served with fruit

Optional with fresh fruit of the day +1.00

On Toast

Avocado & Egg 6.90

Creamy avocado, scrambled eggs, lemon & seasoning

Mushrooms & Egg 5.90

Pan-fried mushrooms, scrambled eggs & fresh herbs

Goat Cheese, Walnut & Honey 6.90

Warm goat cheese, walnuts & a gentle drizzle of honey

Cheddar and Tomatoes 4.90

Warm cheddar and fresh tomatoes

Optional with vegan Cheddar (v) +1.00

All toasts are served with a small fresh side salad

Optional on Gluten-free bread +1.50

To Share · Or Not

O Cais Couvert 4.50

Bread, garlic & herb butter, house-marinated olives & carrots (v)

Optional with vegan butter

All items also available separately

A note from our kitchen

Everything is prepared fresh, just for you.

This means dishes may take a little longer

and sometimes a favourite

may already be gone.

Thank you for your patience,

and for arriving.





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Nourishing Plates

We serve plant-based and vegetarian food, mostly homemade and rooted in organic, local and farm-to-table produce. By cooking in small batches, we reduce food waste and keep our food honest, fresh and alive.

From the Pot & the Oven

Soup of the Day Made fresh with seasonal vegetables (v, gf)	4.50
Savoury Vegan Quiche Baked fresh with changing fillings, with small fresh side salad (v, gf)	6.90
O Cais Plate Soup and savory quiche with a small seasonal salad (v, gf)	10.50

Something Sweet

Vegan Pastel de Nata Our plant-based twist on a Portuguese classic (v)	1.95
Box of 6 Vegan Pastel de Nata To enjoy at home or to share (v)	10.95
Seasonal Fruit Tarte Our daily sweet tarte, gently baked and fruit-led (v, gf)	3.50 - 5.50
Apple Crumble Soft baked apples with a light crumble topping (v)	4.50
Energy Fruit & Nuts Bar, zero waste Homemade energy bar of seasonal fruitpulp, nuts and chocolate (v, gf)	2.50
Energy Ball, zero waste Daily changing. Naturally sweet and satisfying (v, gf)	1.50

Just ask

If you have allergies or special wishes, just ask we're happy to help when we can.





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Coffees

*Our classic organic coffees,
crafted to bring comfort, warmth
and everyday enjoyment*

Espresso	1.00
Double espresso	1.50
Pingado (espresso with a dash of milk)	1.50
Americano	2.00
Meia de leite (half coffee, half milk)	2.00
Galão (tall coffee with milk)	2.00
Latte Macchiato	2.50
Cappuccino	2.50
Mocha (espresso, chocolate, and milk)	3.00
Hot chocolate milk	2.50
Irish coffee	7.00
With plant-based milk	+ 0.30
Extra whipped cream	+ 0.50
Extra shot	+ 0.50
Decaf coffee is available for all options	+ 0.30

Water & Lemonade

*Refreshing choices for any moment
crisp, cool and easy to enjoy*

Still water 33cl	1.50
Still water 1lt	3.50
Sparkling water, Pedras 25cl	1.70
Sparkling water, Pedras 75cl	3.50
Pedras com Lemon	2.00
Fresh Golden Roots lemonade (still or sparkling)	2.50
Fresh Golden Roots lemonade with fresh mint	3.00
Fresh orange juice	2.50
Fresh apple juice	2.00
Soft drinks 33cl	2.50
Kombucha	3.75
Why Not Soda	3.75
Cider, Bandida, 50cl	3.50

Artisanal Beer

*Local craft beers from the Algarve,
brewed in small batches*

Marafada Pilsner, 4.5%, 33cl	3.75
Marafada IPA, 6.2%, 33cl	3.75
Marafada Pale Ale, 5.4%, 33cl	3.75
Marafada Algarve Orange Witbier, 3.6%, 33cl	4.50
Super Bock Gluten free	3.00
Sagres, Super Bock 33cl	2.50
Alcohol free beer 0.0	2.50

Wines

*Wines showcasing the
character and richness of Portugal*

House wine, Red, Rose, White	4.00	16.00
Jaap, Organic Wine Red, Rose	5.00	20.00
Pequenos Rebentos, Green Wine	4.50	18.00
Sangria, Red, Rose, White		16.00
Sangria, Sparkling		19.00

