



GRÃO & TEMPO

pães de fermentação natural

The beauty of waiting for what's best.

At Grão & Tempo, every loaf carries the essence of time, patience, and respect for the craft. We carefully select our ingredients, shape each dough with dedication, and nurture authentic flavors — slowly, naturally, and with no shortcuts.

Here, every aroma stirs memories, every bite is a moment to be savored, and this menu is an invitation to your next sensory experience.

ORIGEM *sourdough dough*

CRUNCHY CRUST, SOFT AND SLIGHTLY TANGY CRUMB

WHEAT FLOUR, WATER, WHOLE SOURDOUGH STARTER, SALT

R\$ 23

500 G*

LINO *pita bread*

LIGHT, FLEXIBLE, PERFECT TO WRAP YOUR LOVED FILLINGS

WHEAT FLOUR, WATER, SOURDOUGH STARTER, OLIVE OIL, SALT

R\$ 17

300 G*

ESTALO *cassava crisps*

LIGHT AND CRUNCHY, WITH A TOUCH OF HERBS

SOUR CASSAVA STARCH, WATER, PLANT-BASED MILK, VEGETABLE

OIL, GOLDEN FLAXSEED, ONION POWDER, FINE HERBS, SALT

R\$ 9

110 G

CÁCIA *focaccia*

LIGHT AND AIRY CRUMB, WITH THE INTENSE FLAVOR OF OLIVE OIL

WHEAT FLOUR, WATER, SOURDOUGH STARTER, OLIVE OIL, SALT

OPTION 1 - PLANT-BASED GORGONZOLA, TOMATOES & ARUGULA

OPTION 2 - OLIVES, RED ONIONS, TOMATOES & BASIL

R\$ 27

400 G*

SERENO *burger bun*

SOFT TEXTURE, SUBTLE HINT OF SWEETNESS

WHEAT FLOUR, WATER, WHOLE SOURDOUGH STARTER, VEGETABLE OIL,

SUGAR, SESAME SEEDS, SALT

R\$ 15

300 G*

ESSENTIAL TASTING *special selection*

INCLUDED: ORIGEM, LINO, ESTALO, CÁCIA AND SERENO

A COMPLETE EXPERIENCE OF OUR NATURALLY LEAVENED BREADS.

SMALLER PORTIONS DESIGNED TO SAVOR EVERY FLAVOR.

R\$ 25

450 G*

** As a living food, the weight may vary depending on the weather, the dough's humidity, and the fermentation time.
It's all part of the beauty of the process.*