

# Menu

ALMOÇO 12:30 - 15:00

## COUVERT

Pão, azeitonas, azeite com flor de sal e balsâmico, queijo de cabra marinado e pasta de delícias do mar

(Glúten, Crustáceos, Peixe, Ovo e Lactose)

4,00€

## SOPA DO DIA

5,00€

## PRATOS PRINCIPAIS

### SALADA DE FRANGO

Alface, folhas de espinafre, frango, manga, abacate, pepino, cenoura, tomate, sementes de chia, aipo e molho cocktail

(Ovo, Soja e Aipo)

13,00€

### RISOTTO DE ABÓBORA, CASTANHAS E MASCARPONE

Com alho, cebola, tomilho, queijo grana Padano, espumante e espargos

(VEGETARIANO - Lactose, Frutos casca rija)

15,00€

### SALADA DE ATUM

Atum, alface, tomate, cebola, cenoura, milho doce, azeitonas, pepino, ovo cozido e vinagrete

(Peixe, Ovo, Mostarda e Sulfitos)

13,50€

### FILETE DE SALMÃO COM MANGA GRELHADA E MOLHO DE NATA AZEDA

Servido com arroz de legumes

(Peixe e Lactose)

18,00€

### SALADA ORIENTAL

Alface, tomate, pepino, tofu, algas wakame, sementes de sésamo, cenoura, couve roxa, molho de iogurte

(VEGETARIANA - Lactose, Mostarda e Sésamo)

13,00€

### BITOQUE DE NOVILHO

Servido com ovo e batata frita

(Glúten e Ovo)

16,00€

### LINGUINE COM LULAS E CAMARÃO

Linguine com lulas, camarão, alcaparras, courgette, pimento verde, alho, tomate, vinho branco São Sebastião casta Arinto e salsa fresca

(Glúten, Crustáceos, Moluscos e Sulfitos)

16,00€

### BIFE DA VAZIA GRELHADO

Bife da vazia de novilho com 300grs

Batata quartier com especiarias e legumes salteados  
Molho á escolha: Pimenta | Cogumelos | Gorgonzola

(Glúten e Lactose)

21,00€

## SOBREMESAS

Cheesecake de maracujá ..... 6.00€  
(Glúten, Ovo, Lactose e Soja)

Pudim de caramelo com pinhões ..... 5.00€  
(Ovo, Lactose e Frutos casca rija)

Bolo de chocolate ..... 5.50€  
(VEGAN - Glúten e Sulfitos)

Tarte de limão com merengue ..... 6.00€  
(Glúten, Ovo e Lactose)

Fruta fresca do dia ..... 4.00€

PARA MAIS INFORMAÇÕES SOBRE OS INGREDIENTES E ALERGÉNIOS POR FAVOR, PERGUNTE AO NOSSO STAFF.

IVA incluído à taxa em vigor | Decreto-lei nº 10/2015, artigo 135. Nenhum prato, produto alimentar ou bebida, incluindo o couvert, pode ser cobrado se não for solicitado pelo cliente ou por este for inutilizado. | Existe Livro de reclamações.

Menu

LUNCH 12:30 - 15:00

COUVERT

Bread, olives, fleur de sel, olive oil, balsamic vinegar  
marinated Goat Feta cheese and crab stick paste

(Gluten, Egg, Lactose)

4,00€

SOUP OF THE DAY

5,00€

MAIN DISHES

CHICKEN SALAD

Lettuce, spinach leaves, chicken, mango, avocado,  
cucumber carrots, tomato, chia seeds and cocktail sauce

(Egg, Soya, and Celery)

13,00€

PUMPKIN, CHESTNUT

AND MASCARPONE RISOTTO

With garlic, onions, thyme, Grana Padano cheese,  
sparkling wine and green asparagus

(VEGETARIAN - Lactose and Nuts)

15,00€

TUNAFISH SALAD

Tuna, lettuce, tomato, onions, carrots, sweet corn, olives  
cucumber, boiled egg and vinaigrette dressing

(Fish, Egg, Mustard and Sulphites)

13,50€

SALMON FILLET WITH GRILLED MANGO  
AND SOUR CREAM SAUCE

Served with a vegetables rice

(Fish and Lactose)

18,00€

ORIENTAL SALAD

Lettuce, tomato, cucumber, tofu, wakame seaweed, sesame  
seeds carrots, red cabbage and yogurt dip sauce

(VEGETARIAN - Lactose, Mustard and Sesame)

13,00€

TRADITIONAL PORTUGUESE "BITOQUE"

Small size sirloin beef steak with egg and french fries

(Gluten and Egg)

16,00€

LINGUINI WITH CALAMARI AND PRAWNS

Clean squids, prawns, capers, zucchini, green peppers, garlic  
tomato, White wine São Sebastião Arinto and fresh parsley

(Gluten, Crustaceans, Molluscs and Sulfites)

16,00€

GRILLED ENTRECÔTE BEEF STEAK

300grs beef steak with potato wedges  
and sauteed vegetables

Add a sauce to your choice: Pepper sauce  
or Mushroom sauce or Gorgonzola cheese sauce

(Gluten and Lactose)

21,00€

DESSERTS

Passion fruit Cheesecake ..... 6.00€  
(Gluten, Egg, Lactose and Soy)

Caramel pudding with pine nuts ..... 5.00€  
(Egg, Lactose and Nuts)

Chocolate cake ..... 5.50€  
(VEGAN - Gluten and Sulfites)

Lemon Meringue Pie ..... 6.00€  
(Gluten, Egg and Lactose)

Fresh fruit of the day ..... 4.00€

FOR MORE INFORMATION ON INGREDIENTS AND ALLERGENS, PLEASE ASK OUR STAFF.

VAT included at current rate | Decree-Law no. 10/2015, article 135. No dish, food product or drink, including the couvert,  
can be charged if it is not requested by the customer or if it is not used by the customer. | Complaints book available.