



LAGO MONTARGIL  
CONFERENCE & SPA  
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MENU

# NAUTICO

RESTAURANTE | RESTAURANT



HOTELS & RESORTS



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## COUVERT

**VARIEDADE DE PÃO, MANTEIGAS AROMATIZADAS, AZEITONAS MARINADAS E AZEITE BALSÂMICO** ..... 7,00 €  
VARIETY OF BREAD, FLAVOURED BUTTERS, MARINATED OLIVES AND BALSAMIC OLIVE OIL

## ENTRADAS | STARTERS

**AMEIJOAS Á BULHÃO PATO** ..... 16,00 €  
PORTUGUESE-STYLE CLAMS WITH GARLIC, OLIVE OIL AND CILANTRO

**CAMARÃO À LA GUILLO** ..... 18,00 €  
PRAWNS A LA GUILLO

**CROQUETE DE RABO DE BOI** ..... 9,00 €  
OXTAIL CROQUETTE

**COGUMELOS SALTEADOS COM PURÉ DE COUVE FLOR TRUFADO E OVO BT** ..... 13,00 €  
SAUTÉED MUSHROOMS WITH TRUFFLED CAULIFLOWER PUREE AND LOW-TEMPERATURE EGG

**QUEIJO ALENTEJANO GRATINADO COM CHUTNEY DE PIMENTOS** ..... 13,00 €  
ALENTEJO CHEESE AU GRATIN WITH CHILLI CHUTNEY

**TABUA DE QUEIJOS ALENTEJANOS** ..... 19,00 €  
ALENTEJO CHEESE BOARD

**TOMATADA COM OVO ESCALFADO E PÃO FRITO COM TOUCINHO** ..... 11,00 €  
TOMATO WITH POACHED EGG AND FRIED BREAD WITH BACON

**VIEIRAS SALTEADAS AO MOLHO DE LIMÃO COM SALADA DE FUNGHO CITRICA** ..... 17,00 €  
SAUTÉED SCALLOPS IN LEMON SAUCE WITH CITRUS FENNEL SALAD



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## SOPAS | SOUPS

<b>CREME DE LEGUMES</b> VEGETARIANO . VEGETARIAN .....	6,00 €
VEGETABLE CREAM SOUP	
<b>CREME DE FEIJÃO COM LASCAS DE BACALHAU</b> .....	6,50 €
CREAMY BEAN SOUP WITH FLAKES OF COD FISH	
<b>CREME DE ERVILHAS COM CROQUETE DE PRESUNTO</b> .....	7,00 €
CREAMY PEA SOUP SERVED WITH A CRISPY HAM CROQUETTE	

## SALADAS | SALADS

<b>SALADA MISTA</b> .....	6,00 €
FRESH MIXED SALAD	
<b>SALADA MONTANHEIRA</b> .....	6,50 €
RUSTIC MOUNTAIN SALAD	
<b>SALADA DE PIMENTOS GRELHADOS</b> .....	7,00 €
SALAD WITH GRILLED PEPPERS	
<b>SALADA DE TOMATE COM CEBOLA E OREGÃOS</b> .....	6,00 €
FRESH TOMATO SALAD WITH ONION AND A SPRINKLE OF OREGANO	



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## PEIXES E MARISCOS | FISH AND SHELLFISH

<b>BACALHAU CONFITADO COM BATATA AO MURRO E BIMIS SALTEADOS</b> .....	23,00 €
SLOW-COOKED COD FISH IN OLIVE OIL, SERVED WITH SMASHED POTATOES AND SAUTÉED BIMBI (BABY BROCCOLI)	
<b>POLVO À LAGAREIRO COM BATATA AO MURRO E PIMENTOS GRELHADOS</b> .....	22,00 €
ROASTED OCTOPUS IN OLIVE OIL (LAGAREIRO STYLE), SERVED WITH SMASHED POTATOES AND GRILLED BELL PEPPERS	
<b>PREGADO CORADO AO MOLHO LIMÃO COM MIGAS DE OVAS E LEGUMES</b> .....	22,00 €
GOLDEN-SEARED TURBOT WITH LEMON SAUCE, SERVED WITH FISH ROE MIGAS AND SEASONAL VEGETABLES	
<b>ROBALO GRELHADO COM BATATA ASSADA E FEIJÃO VERDE</b> .....	23,00 €
GRILLED SEA BASS SERVED WITH OVEN-ROASTED POTATOES AND SAUTÉED GREEN BEANS	
<b>RISOTO DE CAMARÃO</b> .....	21,00 €
SHRIMP RISOTTO	
<b>ARROZ MALANDRINHO DE TAMBORIL COM GAMBAS</b> .....	24,00 €
CREAMY MONKFISH RICE WITH PRAWNS	
<b>ARROZ DE TOMATE E FEIJÃO COM FILETE DE DOURADA</b> .....	20,00 €
TOMATO AND BEAN RICE WITH SEA BREAM FILLET	



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## CARNE | MEAT

**MISTA DE PORCO PRETO GRELHADA COM MIGAS DE COENTROS** ..... 24,00 €  
GRILLED BLACK PORK ASSORTMENT SERVED WITH CORIANDER BREADCRUMBS

**LOMBINHO DE PORCO E AMEIJOAS COM ESMAGADA DE BATATA E CHOURIÇO** ..... 22,00 €  
TENDER PORK LOIN AND CLAMS SERVED WITH CRUSHED POTATOES AND CHORIZO

**BOCHECHA DE PORCO PRETO ESTUFADA COM MIGAS SOLTAS** ..... 20,00 €  
SLOW-BRAISED BLACK PORK CHEEK SERVED WITH LOOSE BREADCRUMBS

**LOMBO DE NOVILHO COM PURÉ DE BATATA AROMATIZADO** ..... 25,00 €  
TENDER BEEF LOIN SERVED WITH AROMATIC MASHED POTATOES

**BITOQUE DE NOVILHO** ..... 21,00 €  
SUCCULENT BEEF STEAK, SERVED IN THE CLASSIC PORTUGUESE BITOQUE STYLE

**NACO DA VAZIA GRELHADO ARROZ DE ALHO E COENTROS E BATATA** ..... 22,00 €  
GRILLED SIRLOIN STEAK WITH GARLIC AND CILANTRO RICE AND POTATOES

**MOLHOS A ESCOLHA - COGUMELOS, PIMENTAS OU MOSTARDA E MEL**  
CHOICE OF SAUCES - MUSHROOMS, PEPPERS, OR MUSTARD AND HONEY



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## VEGETARIANOS | VEGETARIANS

<b>GNOCCHI DE PESTO, COM TOMATE CHERRY E QUEIJO FETA</b> .....	18,00 €
PESTO GNOCCHI SERVED WITH CHERRY TOMATOES AND CRUMBLed FETA CHEESE	
<b>RISOTO DE COGUMELOS</b> .....	19,00 €
MUSHROOM RISOTTO	
<b>CARIL DE LEGUMES COM ARROZ BASMATI</b> .....	17,00 €
VEGETABLE CURRY SERVED WITH AROMATIC BASMATI RICE	

## KIDS

<b>HAMBÚRGUER COM OVO ESTRELADO, ARROZ E BATATA FRITA</b> .....	15,00 €
HAMBURGER WITH FRIED EGG, RICE AND CHIPS	
<b>SALMÃO COM PURÉ DE BATATA E LEGUMES SALTEADOS</b> .....	16,00 €
SALMON WITH MASHED POTATOES AND PAN-SEARED VEGETABLES	
<b>ESPARQUETE À BOLONHESA</b> .....	16,00 €
SPAGHETTI BOLOGNESE	



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## SOBREMESAS | DESSERTS

<b>PUDIM DE AZEITE E MEL</b> .....	8,00 €
OLIVE OIL AND HONEY PUDDING	
<b>SERICAIA COM GELADO DE AMEIXA</b> .....	8,00 €
TRADITIONAL SERICAIA SERVED WITH PLUM ICE CREAM	
<b>TIRAMISSU</b> .....	10,00 €
TIRAMISU – TRADITIONAL ITALIAN DESSERT WITH LAYERS OF COFFEE-SOAKED BISCUITS AND MASCARPONE CREAM	
<b>MOUSSE DE CHOCOLATE NEGRO E NOZES COM CAMELO SALGADO</b> .....	10,00 €
RICH DARK CHOCOLATE MOUSSE WITH CRUNCHY WALNUTS AND A TOUCH OF SALTED CARAMEL	
<b>TOUCINHO DO CÉU COM GELADO DE LIMÃO</b> .....	10,00 €
"TOUCINHO DO CÉU" WITH LEMON ICE CREAM – A PORTUGUESE DESSERT WITH ALMOND AND EGG-BASED LAYERS	
<b>DELICIA TROPICAL - MOUSSE DE MARACUJÁ COM SALADA DE MANGA E CRUMBLE DE COCO VEGAN</b> .....	9,00 €
TROPICAL DELIGHT – CREAMY PASSION FRUIT MOUSSE, FRESH MANGO SALAD & TOASTED COCONUT CRUMBLE	
<b>FRUTA DA ÉPOCA LAMINADA VEGAN</b> .....	6,00 €
LAMINATED SEASONAL FRUIT	

CASO TENHA ALGUMA DÚVIDA RELATIVAMENTE AOS ALERGÊNIOS, SOLICITAMOS QUE CONSULTE UM DOS NOSSOS COLABORADORES.  
SHOULD YOU HAVE ANY INQUIRIES REGARDING ALLERGENS, WE KINDLY ASK YOU TO CONSULT ONE OF OUR STAFF MEMBERS.

TODOS OS PRATOS ESTÃO LIMITADOS AO STOCK EXISTENTE E SUJEITOS À DEMORA, POR SEREM COZINHADOS NO MOMENTO.

OS PRATOS PODEM CONTER MARISCO, GLÚTEN E ALERGÊNIOS, POR FAVOR, CONSULTE O FUNCIONÁRIO.  
ALL DISHES ARE LIMITED TO EXISTING STOCK AND SUBJECT TO DELAY, AS THEY ARE COOKED TO ORDER.  
DISHES MAY CONTAIN SHELLFISH, GLUTEN AND ALLERGENS, PLEASE CHECK WITH THE STAFF.

ESTE ESTABELECIMENTO POSSUI LIVRO DE RECLAMAÇÕES. NENHUM PRATO, PRODUTO ALIMENTAR OU BEBIDA,  
INCLUINDO COUVERT, PODE SER COBRADO SE NÃO FOR SOLICITADO PELO CLIENTE.  
THIS ESTABLISHMENT HAS A COMPLAINTS BOOK. NO DISH, FOOD PRODUCT OR DRINK,  
INCLUDING COUVERT, CAN BE CHARGED FOR UNLESS REQUESTED BY THE CUSTOMER.

OS PREÇOS APRESENTADOS TÊM IVA INCLUÍDO À TAXA EM VIGOR.  
THE PRICES SHOWN INCLUDE VAT AT THE CURRENT RATE.



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