



**LAGO MONTARGIL**  
CONFERENCE & SPA  
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MENU

# POOL BAR



HOTELS & RESORTS



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# POOL BAR

OS PRATOS PODEM CONTER MARISCO, GLÚTEN E ALERGÊNIOS, POR FAVOR, CONSULTE O FUNCIONÁRIO.  
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.

PROIBIDA A VENDA E O CONSUMO DE BEBIDAS ALCOÓLICAS A MENORES.

A QUEM SE APRESENTE NOTORIAMENTE EMBRIAGADO; A QUEM APARENTE POSSUIR ANOMALIA PSÍQUICA.

FORBIDDEN THE SALE AND CONSUMPTION OF ALCOHOLIC BEVERAGES TO MINORS.

ANYONE WHO IS NOTORIOUSLY DRUNK; ANYONE WHO APPEARS TO HAVE A MENTAL DISORDER.

(DL 50/2013 DE 16-4 – DL 106/2015 DE 16-6)



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## SNACKS

ALL INCLUSIVE

ALL INCLUSIVE PREMIUM

## SOPAS | SOUPS

**CREME DE LEGUMES - VEGAN** ..... 6,00 €    
VEGETABLE CREAM SOUP



## SALADAS | SALADS



**SALADA MISTA - VEGAN** ..... 9,00 €    
**COM ALFACE TOMATE, PEPINO, PIMENTO, CENOURA E MOLHO VINAGRETE**

MIX SALAD WITH LETTUCE, TOMATO, CUCUMBER, BELLPEPER, CARROT AND VINAIGRETTE SAUCE



**SALADA MOZZARELLA E PESTO - VEGETARIANO . VEGETARIAN** ..... 14,00 €    
MOZZARELLA AND PESTO SALAD





**SALADA CÉSAR COM FRANGO** ..... 15,00 €    
CAESAR SALAD WITH CHICKEN





## HAMBÚRGUER | HAMBURGER

**HAMBÚRGUER DE FEIJÃO VERMELHO - VEGAN** ..... 15,00 €    
RED BEAN BREAD BURGER





**HAMBÚRGUER SIMPLES** ..... 15,00 €    
HAMBURGUER



**HAMBÚRGUER AP** ..... 19,00 €    
HOUSE SPECIAL AP HAMBURGUER



**CHEESEBURGER COM MOLHO CHEDDAR** ..... 17,00 €    
CHEESEBURGER WITH CHEDDAR SAUCE



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## MASSAS | PASTA

**ESPARGUETE À BOLONHESA** ..... 14,00 €    
SPAGHETTI BOLOGNESE  
     

## SANDES | SANDWICHES



**TOSTA MISTA** ..... 9,50 €    
HAM AND CHEESE TOAST  
  

**TOSTA DE FRANGO** ..... 12,00 €    
CHICKEN TOAST  
  

**TOSTA DE ATUM** ..... 11,50 €    
TUNA TOAST  
    

**BAGUETTE DE FRANGO COM BACON** ..... 12,00 €    
CHICKEN BAGUETTE WITH BACON  
      

**BAGUETTE DE ATUM COM QUEIJO CHEDDAR** ..... 12,00 €    
TUNA BAGUETTE WITH CHEDDAR CHEESE  
      

**WRAP DE FRANGO** ..... 11,00 €    
CHICKEN WRAP  
    

**WRAP DE LEGUMES GRELHADOS - VEGAN** ..... 11,00 €    
GRILLED VEGETABLES WRAP  
    



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## SOBREMESAS | DESSERTS

**MOUSSE DE CHOCOLATE** ..... 9,50 €  



CHOCOLATE MOUSSE



**BABA DE CAMELO** ..... 9,00 €  

"BABA DE CAMELO" IS A TRADICIONAL PORTUGUESE DESSERT MADE  
WITH CONDENSED MILK, EGGS AND ALMOND



**FRUTA DA ÉPOCA À PEÇA** ..... 7,00 €  

FRUIT PIECE



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## CAFETARIA - COFFEES

ALL INCLUSIVE

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### CAFETARIA / COFFEES

<b>EXPRESSO</b> _____	2,50 €		
<b>DUPLO EXPRESSO - DOUBLE EXPRESSO</b> _____	3,50 €		
<b>AMERICANO</b> _____	3,50 €		
<b>DESCAFEINADO - DECAF</b> _____	2,50 €		
<b>CAFÉ COM LEITE - COFFEE WITH MILK</b> _____	3,50 €		
<b>LATTE MACHIATTO</b> _____	3,50 €		
<b>CAPUCCINO</b> _____	3,50 €		
<b>LEITE COPO/DOSE - MILK</b> _____	1,50 €		
<b>CHOCOLATE QUENTE - HOT CHOCOLATE</b> _____	3,50 €		
<b>CHÁ / TEA</b> _____	3,00 €		

(EARL GREY, MENTA, ENGLISH BREAKFAST, VERDE, LIMÃO, CAMOMILA, TILIA) (EARL GREY, PEPPE MINT, ENGLISH BREAKFAST, GREEN, LEMON, CAMOMILE)



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## BEBIDAS - DRINKS

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### ÁGUAS / WATER

<b>ÁGUA SEM GÁS - STILL WATER (20CL)</b> _____	2.00 €	■	■
<b>ÁGUA SEM GÁS - STILL WATER (50 CL)</b> _____	3.00 €	■	■
<b>ÁGUA SEM GÁS (1 LT) - STILL WATER (1 LT)</b> _____	4.00 €	■	■
<b>ÁGUA COM GÁS - FIZZY SPRING WATER (25 CL)</b> _____	2.50 €	■	■
<b>AGUA DAS PEDRAS (75 CL)</b> _____	5.00 €	■	■

### REFRIGERANTES / SOFT DRINKS

<b>PEPSI (27 CL)</b> _____	3.50 €	■	■
<b>PEPSI MAX (27 CL)</b> _____	3.50 €	■	■
<b>7UP (27 CL)</b> _____	3.50 €	■	■
<b>SUMOL LARANJA - FIZZY ORANGE DRINK (27 CL)</b> _____	3.50 €	■	■
<b>ICE TEA PESSEGO / LIMÃO / MANGA / ANANÁS (27 CL)</b> _____	3.50 €	■	■
<b>ICE TEA PEACH / LEMON / MANGO / PINEAPPLE</b>			
<b>ÁGUA TÔNICA - TONIC WATER (20 CL)</b> _____	3.50 €	■	■
<b>GINGER ALE (25 CL)</b> _____	3.50 €	■	■

### SUMOS / JUICES

<b>COMPAL LARANJA - ORANGE (20 CL)</b> _____	3.50 €	■	■
ANANÁS - PINEAPPLE / LIMÃO - LEMON			

### SUMOS NATURAIS / FRESH JUICES

<b>SUMO DE LARANJA - FRESH ORANGE JUICE (27 CL)</b> _____	6.00 €	■
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## BEBIDAS - DRINKS

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### CERVEJA / BEER

**IMPERIAL - DRAFT** (20 CL) \_\_\_\_\_ 3.00 €  

**CANECA- DRAFT** (40 CL) \_\_\_\_\_ 5.00 €  

### CIDRA / CIDER

**SOMERSBY - BOTTLE** (33 CL) \_\_\_\_\_ 4.00 €  


### VINHO / WINE

#### TINTO - RED

**SÃO SEBASTIÃO** (COPO / GLASS) (16 CL) \_\_\_\_\_ 6.00 € 

**SÃO SEBASTIÃO** (75 CL) \_\_\_\_\_ 20.00 €

#### BRANCO - WHITE

**SÃO SEBASTIÃO** (COPO / GLASS) (16 CL) \_\_\_\_\_ 6.00 € 

**SÃO SEBASTIÃO** (75 CL) \_\_\_\_\_ 20.00 €

#### ROSÉ - ROSÉ

**SÃO SEBASTIÃO** (COPO / GLASS) \_\_\_\_\_ 6.00 € 

**SÃO SEBASTIÃO** \_\_\_\_\_ 20.00 €

#### VERDE - GREEN

**FORTE DO CEGO** (COPO / GLASS) (16 CL) \_\_\_\_\_ 6.00 € 

**FORTE DO CEGO** (75 CL) \_\_\_\_\_ 20.00 €



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## BEBIDAS - DRINKS

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### ESPUMANTE / SPARKLING WINE / CHAMPAGNE

**MURGANHEIRA RESERVA** (COPO / GLASS) (10 CL) \_\_\_\_\_ 9.50 € ■

### SANGRIA

**TINTA - RED** (1,5 LT) \_\_\_\_\_ 27.00 € ■ ■

**BRANCA - WHITE** (1,5 LT) \_\_\_\_\_ 27.00 € ■ ■

**ROSÉ - ROSÉ** (1,5 LT) \_\_\_\_\_ 27.00 € ■ ■

### PORTOS / PORT WINE

**PORTO BRANCO/ TINTO** (5 CL) \_\_\_\_\_ 6.00 € ■ ■

**PORTO VAL MOREIRA BRANCO DRY** - WHITE PORT (5 CL) \_\_\_\_\_ 6.00 € ■

**PORTO VAL MOREIRA RUBY** (5 CL) \_\_\_\_\_ 5.00 € ■

**PORTO VAL MOREIRA TAWNY** (5 CL) \_\_\_\_\_ 6.00 € ■

### VERMUTES / VERMOUTHS

**MARTINI BIANCO** (5 CL) \_\_\_\_\_ 6.00 € ■ ■

**MARTINI ROSSO** (5 CL) \_\_\_\_\_ 6.00 € ■ ■

**MARTINI EXTRA DRY** (5 CL) \_\_\_\_\_ 6.00 € ■

### AMARGOS / BITTERS

**APEROL** (5 CL) \_\_\_\_\_ 7.00 €



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## ESPIRITUOSAS | SPIRITS DRINKS





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### LICORES / LIQUEURS

<b>BAILEYS</b> (5 CL) _____	7.00 €		
<b>KAHLÚA</b> (5 CL) _____	7.00 €		
<b>TRIPLE SEC</b> (5 CL) _____	7.00 €		
<b>LICOR BEIRÃO</b> (5 CL) _____	7.00 €		
<b>AMARGUINHA</b> (5 CL) _____	7.00 €		






### VODKA

<b>SMIRNOFF</b> (5 CL) _____	8.00 €		
<b>CIROC</b> (5 CL) _____	9.00 €		
<b>CIROC RASPBERRY</b> (5 CL) _____	9.00 €		





### TEQUILLA

<b>TEQUILLA</b> (5 CL) _____	8.00 €		
<b>CASAMIGOS TEQUILLA WHITE</b> (5 CL) _____	13.00 €		
<b>DON JULIO BLANCO</b> (5 CL) _____	15.00 €		

### RUM

<b>CAPTAIN MORGAN SPYCE GOLD</b> (5 CL) _____	9.00 €		
<b>CAPTAIN MORGAN WHITE</b> (5 CL) _____	8.00 €		
<b>CAPTAIN MORGAN BLACK</b> (5 CL) _____	8.00 €		

### WHISKY

<b>J&amp;B</b> (5 CL) _____	8.00 €		
<b>RED LABEL</b> (5 CL) _____	8.00 €		



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## ESPIRITUOSAS | SPIRITS DRINKS

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### WHISKY VELHO

**BLACK LABEL** (5 CL) \_\_\_\_\_ 9.00 € ■

**CARDHU** (5 CL) \_\_\_\_\_ 9.00 € ■

### BOURBON

**BULLEIT BOURBON** (5 CL) \_\_\_\_\_ 9.00 € ■

### IRISH

**ROE & CO** (5 CL) \_\_\_\_\_ 9.00 € ■

### COGNAC / BRANDY

**CROFT** (5 CL) \_\_\_\_\_ 7.00 € ■

**MACIEIRA** (5 CL) \_\_\_\_\_ 7.00 € ■ ■

### AGUARDENTES

**CRF RESERVA** (5 CL) \_\_\_\_\_ 10.00 € ■

### CACHAÇA

**VELHO BARREIRO** (5 CL) \_\_\_\_\_ 7.00 € ■ ■



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## GIN

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## GIN

<b>GORDONS</b> (5 CL) _____	8.00 €	 
<b>GORDONS ZERO</b> (5 CL) _____	8.00 €	 
<b>GORDON'S PREMIUM PINK</b> (5 CL) _____	8.00 €	 
<b>TANQUERAY GIN</b> (5 CL) _____	9.00 €	
<b>TANQUERAY TEN</b> (5 CL) _____	12.00 €	
<b>TANQUERAY RANGPUR</b> (5 CL) _____	12.00 €	
<b>TANQUERAY SEVILLA</b> (5 CL) _____	12.00 €	

## MOCKTAILS

### COCKTAILS SEM ÁLCOOL | COCKTAILS WITHOUT ALCOHOL

<b>SHIRLEY TEMPLE</b> _____	7.00 €	 
Sumo de limão, xarope de açúcar, grenadine, ginger ale Lemon juice, sugar syrup, grenadine, ginger ale		
<b>BE HONEST</b> _____	7.00 €	 
Água com gás, maracujá, manjeriçao, lima Soda water, passion fruit, basil, lime		
<b>CHLOE´S GARDEN</b> _____	7.00 €	 
Sumo de maça, morango, framboesa e bolacha de oreo Apple juice, strawberry and raspberry, oreo cookie		



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## COCKTAILS

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## COCKTAILS

### “SPARKLING”

**PORTO TONIC** \_\_\_\_\_ 8.00 €  

Porto branco seco, água tônica, limão e alecrim  
Dry Port Wine, tonic water, lemon and thyme

**APEROL SPRITZ** \_\_\_\_\_ 9.00 €  

Aperol, sparkling wine, soda water  
Aperol, vinho espumante, água com gás

### “MUST TRY”

**STRAWBERRY DAIQUIRI** \_\_\_\_\_ 9.00 €  

Rum, morangos, puré de morango, lima  
Ron, strawberry, lime

**MANGO MARGARITA** \_\_\_\_\_ 9.00 €  

Tequila, puré de manga, triple sec, lima  
Tequila, mango syrup, triple sec, lime

**TIKI MOJITO** \_\_\_\_\_ 10.00 €

Rum, menta fresca, puré de maracujá, manga, gomos de lima  
Rum, fresh mint, passion fruit, mango pureé, fresh lime wedges



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## COCKTAILS

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## COCKTAILS

### “THE CLASSIC”

<b>NEGRONI</b>	9.00 €	■
Martini rosso, campari, gin		
<b>CAIPIRINHA</b>	8.00 €	■ ■
Cachaça, sumo de lima, menta fresca, xarope de açúcar Cachaça, lime juice, fresh mint, sugar syrup		
<b>EXPRESSO MARTINI</b>	10.00 €	
vodka, espresso, kahlúa, xarope de baunilha vodka, espresso, kahlúa, vanilla syrup		
<b>OLD FASHION</b>	10.00 €	■ ■
Bourbon, açúcar, angostura, água Bourbon, sugar, angostura, water		
<b>PORN STAR MARTINI</b>	10.00 €	■
Vodka, maracujá, xarope de baunilha, lima e shot de espumante Vodka, passion fruit, vanilla syrup, lime and sparkling wine shooter		

### “LONG DRINKS”

<b>MOJITO</b>	9.00 €	■ ■
Rum, lima, xarope de açúcar, menta fresca, Angostura, soda Rum, lime, sugar syrup, fresh mint, Angostura Bitter, soda water		
<b>TEQUILA SUNRISE</b>	9.00 €	■ ■
Tequilla, sumo de laranja natural , Grenadine Tequilla ,fresh orange juice, Grenadine		
<b>PIÑA COLADA</b>	9.00 €	■ ■
Rum, abacaxi, sumo de ananás, puré de coco, lima Rum, ananas, pineapple juice, coconut pureé, lima		
<b>LONG ISLAND ICE TEA</b>	10.00 €	■
Vodka, Gin, tequila, rum, sumo de limão, xarope de açúcar, pepsi Vodka, Gin, tequila, rum, fresh lemon juice, sugar syrup, pepsi		
<b>SEX ON THE BEACH</b>	10.00 €	■ ■
Vodka, Peach Schnapps, sumo de laranja, sumo de arando Vodka, Peach Schnapps, Orange juice, cranberry juice		
<b>GIN FIZZ</b>	9,00 €	■ ■
Gin, sumo de limão, xarope de açúcar, água com gás Gin, fresh lemon juice, sugar syrup, soda water		



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# LISTA DE INGREDIENTES ALERGÉNICOS

## LIST OF FOOD ALLERGENS



contém glúten  
contains gluten



contém crustáceos  
contains crustacean



contém molusco  
contains molluscs



contém peixe  
contains fish



contém leite  
contains milk



contém frutos de casca rija  
contains nuts



contém alho  
contains garlic



contém amendoins  
contains peanuts



contém aipo  
contains celery



contém mostarda  
contains mustard



contém sulfitos  
contains sulfite



contém tremçoços  
contains lupins



contém ovo  
contains eggs



contém soja  
contains soy



contém sésamo  
contains sesame



vegetariano  
vegetarian

NATURALMENTE DISTINTOS  
NATURALLY UNIQUE



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