



LAGO MONTARGIL
CONFERENCE & SPA
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MENU

POOL BAR



HOTELS & RESORTS

MENU

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



VEGETARIANO . VEGETARIAN

SALADA MOZZARELLA E PESTO COM TOMATE CHERRY 14,00 €  

MOZZARELLA AND PESTO SALAD WITH CHERRY TOMATO



SALADA CÉSAR COM FRANGO 15,00 €  

CAESAR SALAD WITH CHICKEN



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HAMBÚRGUER | HAMBURGER

HAMBÚRGUER DE FEIJÃO VERMELHO - VEGAN 15,00 €  

RED BEAN BREAD BURGER

COGUMELOS LAMINADOS, PIMENTO VERMELHO, CEBOLA ALFACE, TOMATE, COURGETTE E MAIONESE VEGAN
SLICED MUSHROOMS, RED BELL PEPPER, ONION, LETTUCE, TOMATO, ZUCCHINI AND VEGAN MAYONNAISE



HAMBÚRGUER SIMPLES 15,00 €  

PLAIN BURGER

PÃO DE HAMBURGUER, BLACK ANGUS, ALFACE, TOMATE E MAIONESE
HAMBURGER BUN, BLACK ANGUS BEEF, LETTUCE, TOMATO AND MAYONNAISE



HAMBÚRGUER AP 18,00 €  

HOUSE SPECIAL AP HAMBURGUER

PÃO DE HAMBURGUER, BLACK ANGUS, ALFACE, TOMATE, QUEIJO NISA, MAIONESE E MOLHO CHEDDAR
HAMBURGER BUN, BLACK ANGUS BEEF, LETTUCE, TOMATO, NISA CHEESE, MAYONNAISE, AND CHEDDAR SAUCE



CHEESEBURGER 17,00 €  

PÃO DE HAMBURGUER, BLACK ANGUS, ALFACE, TOMATE, MAIONESE, MOLHO BBQ
HAMBURGER BUN, BLACK ANGUS BEEF, LETTUCE, TOMATO, MAYONNAISE, BBQ SAUCE.



MASSAS | PASTA

ESPARGUETE À BOLONHESA 14,00 €  

SPAGHETTI BOLOGNESE



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SANDES | SANDWICHES

PACOTE DE BATATA FRITA (40G) 3,00 €  

PACKET OF CHIPS

TOSTA MISTA 9,50 €  

HAM AND CHEESE TOAST



TOSTA DE FRANGO 12,00 €  

CHICKEN TOAST

PÃO HOGAZA, PASTA DE FRANGO (MAIONESE, CEBOLA ROXA, PIMENTA), ALFACE, TOMATE E QUEIJO CHEDDAR
HOGAZA BREAD, CHICKEN PASTE (MAYONNAISE, RED ONION, PEPPER), LETTUCE, TOMATO, AND CHEDDAR CHEESE



TOSTA DE ATUM 11,50 €  

TUNA TOAST

PÃO HOGAZA, PASTA DE ATUM (MAIONESE CEBOLA ROXA E PIMENTA), TOMATE, ALFACE E QUEIJO CHEDDAR
HOGAZA BREAD, TUNA PASTE (MAYONNAISE, RED ONION AND PEPPER), TOMATO, LETTUCE AND CHEDDAR CHEESE



BAGUETTE DE FRANGO COM BACON 12,00 €  

CHICKEN BAGUETTE WITH BACON

PASTA DE FRANGO (CEBOLA ROXA, PIMENTA E MAIONESE), ALFACE, TOMATE, BACON E QUEIJO CHEDDAR
CHICKEN PASTA (RED ONION, PEPPER AND MAYONNAISE), LETTUCE, TOMATO, BACON AND CHEDDAR CHEESE



BAGUETTE DE ATUM COM QUEIJO CHEDDAR 12,00 €  

TUNA BAGUETTE WITH CHEDDAR CHEESE

PASTA DE ATUM(CEBOLA ROXA, PIMENTA E MAIONESE), ALFACE, TOMATE, OVO E QUEIJO CHEDDAR
TUNA PASTA (RED ONION, PEPPER AND MAYONNAISE), LETTUCE, TOMATO, EGG AND CHEDDAR CHEESE



WRAP DE FRANGO 12,00 €  

CHICKEN WRAP

TORTILHA MEXICANA, FRANGO DESFIADO,MAIONESE, ALFACE, CEBOLA, TOMATE, BACON,MOLHO CESAR E
MOLHO CHEDDAR

MEXICAN TORTILLA, SHREDDED CHICKEN, MAYONNAISE, LETTUCE, TOMATO, BACON, AND CAESAR DRES-
SING AND CHEDDAR SAUCE



WRAP DE LEGUMES GRELHADOS - VEGAN 12,00 €  

GRILLED VEGETABLES WRAP

TORTILHA MEXICANA, MAIONESE VEGAN, ALFACE, CEBOLA, TOMATE, PEPINO, COGUMELOS, MOLHO CESAR
E MOLHO CHEDDAR

MEXICAN TORTILLA, VEGAN MAYONNAISE, LETTUCE, ONION, TOMATO, CUCUMBER, MUSHROOMS, CAESAR
DRESSING AND CHEDDAR SAUCE



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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

ALL INCLUSIVE PREMIUM

CAFETARIA / COFFEES

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

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



HOTELS & RESORTS



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BEBIDAS - DRINKS

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ÁGUAS / WATER

ÁGUA SEM GÁS - STILL WATER (20CL)	2.00 €		
ÁGUA SEM GÁS - STILL WATER (50 CL)	3.00 €		
ÁGUA SEM GÁS (1 LT) - STILL WATER (1 LT)	4.00 €		
ÁGUA COM GÁS - FIZZY SPRING WATER (25 CL)	2.50 €		
ÁGUA DAS PEDRAS (75 CL)	5.00 €		

REFRIGERANTES / SOFT DRINKS

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

SUMOS / JUICES

COMPAL LARANJA - ORANGE (20 CL)	3.50 €		
ANANÁS - PINEAPPLE			

SUMOS NATURAIS / FRESH JUICES

SUMO DE LARANJA - FRESH ORANGE JUICE (27 CL)	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

COPO DE VINHO TINTO | GLASS OF RED WINE (16 CL) _____ 5.00 €  

SÃO SEBASTIÃO (COPO / GLASS) (16 CL) _____ 6.00 € 

SÃO SEBASTIÃO (75 CL) _____ 20.00 €

BRANCO - WHITE

COPO DE VINHO BRANCO | GLASS OF WHITE WINE (16 CL) _____ 5.00 €  

SÃO SEBASTIÃO (COPO / GLASS) (16 CL) _____ 6.00 € 

SÃO SEBASTIÃO (75 CL) _____ 20.00 €

ROSÉ - ROSE

COPO DE VINHO ROSÉ | GLASS OF RED ROSE (16 CL) _____ 5.00 €  

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 €

BEBIDAS - DRINKS

ALL INCLUSIVE

ALL INCLUSIVE PREMIUM

ESPUMANTE / SPARKLING WINE / CHAMPAGNE

NUVENS DOURADAS (COPO / GLASS) (10 CL) _____ 6.00 €

MURGANHEIRA RESERVA (COPO / GLASS) (10 CL) _____ 9.50 €

SANGRIA

SANGRIA A COPO BRANCO - TINTO - ROSÉ (20CL) _____ 5.00 €
 SANGRIA BY THE GLASS - WHITE - RED - ROSÉ)

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 €

ESPIRITUOSAS | SPIRITS DRINKS

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AMARGOS / BITTERS

APEROL (5 CL) 7.00 €

LICORES / LIQUEURS

BAILEYS (5 CL) 7.00 €

KAHLÚA (5 CL) 7.00 €

TRIPLE SEC (5 CL) 7.00 €

LICOR BEIRÃO (5 CL) 7.00 €

AMARGUINHA (5 CL) 7.00 €

VODKA

SMIRNOFF (5 CL) 8.00 €

GIROC (5 CL) 9.00 €

GIROC RASPBERRY (5 CL) 9.00 €

TEQUILLA

TEQUILLA (5 CL) 8.00 €

GASAMIGOS TEQUILLA WHITE (5 CL) 13.00 €

DON JULIO BLANCO (5 CL) 15.00 €

RUM

CAPTAIN MORGAN SPYCE GOLD (5 CL) 9.00 €

CAPTAIN MORGAN WHITE (5 CL) 8.00 €

CAPTAIN MORGAN BLACK (5 CL) 8.00 €



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ESPIRITUOSAS | SPIRITS DRINKS

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WHISKY

J&B (5 CL) _____ 8.00 €  

RED LABEL (5 CL) _____ 8.00 €  

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

GRF RESERVA (5 CL) _____ 10.00 € 



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GIN

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CACHAÇA

VELHO BARREIRO (5 CL) _____ 7.00 €  

GIN

GORDONS (5 CL) _____ 8.00 €  

GORDONS ZERO (5 CL) _____ 8.00 €  

GORDON'S PREMIUM PINK (5 CL) _____ 8.00 €  

TANQUERAY GIN (5 CL) _____ 9.00 € 

TANQUERAY TEN (5 CL) _____ 12.00 € 

TANQUERAY RANGPUR (5 CL) _____ 12.00 € 

TANQUERAY SEVILLA (5 CL) _____ 12.00 € 

MOCKTAILS

COCKTAILS SEM ÁLCOOL | COCKTAILS WITHOUT ALCOHOL

SHIRLEY TEMPLE _____ 7.00 €  

Sumo de limão, xarope de açúcar, grenadine, ginger ale
Lemon juice, sugar syrup, grenadine, ginger ale

BE HONEST _____ 7.00 €  

Água com gás, maracujá, manjeriço, lima
Soda water, passion fruit, basil, lime

CHLOE'S GARDEN _____ 7.00 €  

Sumo de maçã, morango, framboesa e bolacha de oreo
Apple juice, strawberry and raspberry, oreo cookie



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COCKTAILS

ALL INCLUSIVE

ALL INCLUSIVE PREMIUM

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



COCKTAILS

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ALL INCLUSIVE PREMIUM

COCKTAILS

“THE CLASSIC”

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

“LONG DRINKS”

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



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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