

	Menu Pequeno almoço 6,90€		Menu Almoço & Jantar 13,70€			
Data	Prato frio	Prato quente	Entrada	Peixe	Carne	Massa
11 – 17 Jan 8 – 14 Mar 3 – 9 Mai 28 Jun – 4 Jul 23 – 29 Ago	Alface Portuguesa, Queijo Edam, Fiambre perú, Tomate e Uva Preta	Ovos Mexidos, Fiambre de Perú marcado e Croquete de Batata	Salada de Polvo	Bacalhau à Brás	Lombete em molho generoso	Lasanha de Vegetais
Sopa de legumes						
18 – 24 Jan 15 – 21 Mar 10 – 16 Mai 5 – 11 Jul 30 Ago – 5 Set	Alface Portuguesa, Queijo Terras da Raia, Presunto, Tomate Cherry e Uva Preta	Tortilha de Batata e Cebola, Bacon, Espinafres, Azeitona preta às rodelas	Salada de massa e atum	Corvina estufada com ervilhas	Bife Marrare	Tortellini ricotta
Caldo Verde						
25 – 31 Jan 22 – 28 Mar 17 – 23 Mai 12 – 18 Jul 6 – 12 Set	Alface roxa, Queijo Edam, Fiambre perú fumado, Tomate e Uva Preta	Ovos mexidos, Linguíça, Tomate Cherry e Courgette Verde	Salada colorida de Verão	Bacalhau à Bracarense	Frango com molho de laranja	Fuzilli com molho de milho
Creme Couve Flôr						
1 – 7 Fev 29 Mar – 4 Abr 24 – 30 Mai 19 – 25 Jul 13 – 19 Set	Alface Roxa, Queijo Creme, Paio do lombo, tomate e Uva	Tortilha com Chouriço, Cogumelos Salteados, Courgette grelhada e Tomate Concassé	Salada de bacalhau com grão	Papillote de salmão	Carne de porco à portuguesa	Penne al Arrabiata
Sopa de agrião						
8 – 14 Fev 5 – 11 Abr 31 Mai – 6 Jun 26 Jul – 1 Ago 20 – 26 Set	Alface Roxa, Wrap, Queijo Edam, Fiambre perú, Maionese e Tomate Cherry	Ovos Mexidos com cogumelos, Linguíça e Beringela	Salada de favas	Bacalhau com natas	Perna de porco, batata, courgette e beringela	Lasanha de frango com espinafres
Sopa de espinafres						
15 – 21 Fev 12 – 18 Abr 7 – 13 Jun 2 – 8 Ago 27 – 30 Set	Alface Portuguesa, Queijo Edam, Mortadela de perú, Tomate e Uva Preta	Omelete com alheira, Courgette grelhada, Beringela grelhada, Gomo tomate grelhado	Salada de agrião	Lombos de pescada com molho de funcho	Peito de perú assado com ameixas	Risotto de camarão
Creme de abóbora						
28 Dez – 3 Jan 22 – 28 Fev 19 – 25 Abr 14 – 20 Jun 9 – 15 Ago	Alface portuguesa, marmelada, Queijo Beirão, miolo de noz e Tomate cherry	Omelete de queijo, salchicas de aves, tomate grelhado, beringela	Salada fresca de grão com atum	Bacalhau com broa	Arroz de pato	Ravioli quatro queijos
Sopa de Feijão						
4 – 10 Jan 1 – 7 Mar 26 Abr – 2 Mai 21 – 27 Jun 16 – 22 Ago	Alface Portuguesa, Paio york, Queijo Ilha de S. Jorge, tomate e Uva Preta	Omelete com ervas, linguíça, Courgette grelhada, tomate cherry	Salada de feijão frade	Perca recheada à Lagareiro	Carne de porco à portuguesa	Fuzilli com azeitonas
Creme de courgette						
Complemento	+ Fruta da Época + Pão + Doce ou Mel e Manteiga + Sumo + Bebida Quente		+ Pão + Agua 33 cl + Bebida Quente (Café ou Chá) + Fruta da Época ou Doce			

	Breakfast Menu 6,90€		Lunch & Dinner Menu 13,70€			
Dates	Cold dishes	Hot dishes	Starter	Fish	Meat	Pasta
11 – 17 Jan 8 – 14 Mar 3 – 9 May 28 Jun – 4 Jul 23 – 29 Aug	Portuguese lettuce, Edam cheese, Cold cuts, Tomato and Black grapes	Scrambled eggs, Smoked Peruvian cold cuts, Potato croquette and Grilled tomato	Octopus Salad	Brás Codfish	Fillet pork with sauce	Vegetables lasagna
			Vegetables soup			
18 – 24 Jan 15 – 21 Mar 10 – 16 May 5 – 11 Jul 30 Aug – 5 Sep	Portuguese lettuce, Terras da Raia cheese, Ham, Cherry tomatoes and Black grapes	Onions, Bacon, Spinach and Black olive Omelet	Pasta and tuna salad	Bean stew cuttlefish	Steak with cream	Ricotta tortellini
			‘Caldo Verde’ Soup			
25 – 31 Jan 22 – 28 Mar 17 – 23 May 12 – 18 Jul 6 – 12 Sep	Red lettuce, Edam cheese, Cold cuts, Tomato and Black grapes	Scrambled eggs, Sausage, tomato and grilled corgette	Summer salad	Codfish in oven	Chicken with orange sauce	Fuzilli com molho de milho
			Cauliflower soup			
1 – 7 Feb 29 Mar – 4 Apr 24 – 30 May 19 – 25 Jul 13 – 19 Sep	Red lettuce, Cream cheese, cold cuts, Tomato and Capers	Spicy sausage omelet, salted mushrooms and Crushed tomato	Codfish and chickpea salad	Salmon en Papillote	Portuguese way pork	Penne al Arrabiata
			Watercress soup			
8 – 14 Feb 5 – 11 Apr 31 May – 6 Jun 26 Jul – 1 Aug 20 – 26 Sep	Red lettuce, Wrap, Edam cheese, Cold cuts, Mayonnaise and Cherry tomatoes	Scrambled eggs with mushrooms, Sausage and eggplant	Broad beans salad	Creamy codfish	Pork shoulder with potatoes, courgette and eggplant	Chicken and spinach lasagna
			Spinach soup			
15 – 21 Feb 12 – 18 Apr 7 – 13 Jun 2 – 8 Aug 27 – 30 Sep	Portuguese lettuce, Edam cheese, Cold cuts, Tomato and Black grapes	Sausage omelet with grilled courgette, eggplanet and tomato	Watercress salad	Hake loins with dill sauce	Roasted turkey breast with plums	Shrimp risotto
			Pumpkin cream			
28 Dec – 3 Jan 22 – 28 Feb 19 – 25 Apr 14 – 20 Jun 9 – 15 Aug	Portuguese lettuce, marmalade, Beirão cheese, Walnuts and Cherry tomato	Cheese Omelet, with poultry sausage, eggplanet and tomato	Chickpea and tuna salad	Codfish with cornbread	Duck rice	4 cheese Ravioli
			Bean soup			
4 – 10 Jan 1 – 7 Mar 26 Apr – 2 May 21 – 27 Jun 16 – 22 Aug	Portuguese lettuce, cold cuts, Ilha de S. Jorge cheese, Tomato and black grapes	Herb omelet, Potatoes with spacy sausage, grilled courgette and tomato	Black eyed beans salad	Lagareiro Stuffed Bass	Portuguese way pork	Fusilli with olive
			Courgette cream			
Side Dishes	+ Fruit of the Season + Bread+ Sweet or Honey and Butter + Juice + Hot drink		+ Bread + Water (33 cl)+ Hot drink (Coffee or Tea) + Fruit of the Season			