

Menu Pequeno-Almoço – 5,40€*

Data	Prato a escolher		Complementos
08/12 – 14/12 29/12 – 04/12 19/01 – 25/01 09/02 – 15/02	FRÍOS	Carnes frias e queijos	+ Pão com manteiga e geleia + Fruta fresca fatiada + Croissant + Café ou chá
15/12 – 21/12 04/01 – 11/01 26/01 – 01/02 16/02 – 22/02		Carnes frias e queijos	
22/12 – 28/12 12/01 – 18/01 02/02 – 08/02 23/02 – 01/03		Carnes frias e queijos	
		QUENTES	
			Omelete com salsicha e batata rosti frita
			Ovo mexido com bacon e cogumelos
			Crêpe com cogumelos, tomate e courgette

* Pre-reservas com um desconto de 15%



Menu Almoço/Jantar – 13,40€*

Data	Entrada a escolher	Prato quente a escolher				Sobremesa a escolher
		PEIXE	CARNE	VEGETARIANO	DIETA	
08/12 – 14/12 29/12 – 04/12 19/01 – 25/01 09/02 – 15/02	<ul style="list-style-type: none"> Salmão fumado com rúcula e tomate seco Salada alface com tomate e mozzarella 	Bacalhau assado com broa de milho, batata assada e grelos salteados	Frango com molho de mostarda e mel, arroz açafraão e ervilhas	Lasanha de soja	Escalopes perú com couscous e vegetais	<ul style="list-style-type: none"> Fruta fresca fatiada Pastel de nata
15/12 – 21/12 04/01 – 11/01 26/01 – 01/02 16/02 – 22/02	<ul style="list-style-type: none"> Lombo porco fumado com patê de cogumelos e broa milho Salada alface com tomate e mozzarella 	Salmão grelhado com batata vapor, brócolos e pimento	Arroz de pato com chouriço e bacon	Legumes estufados com arroz e legumes	Escalopes perú com couscous e vegetais	<ul style="list-style-type: none"> Fruta fresca fatiada Quindim
22/12 – 28/12 12/01 – 18/01 02/02 – 08/02 23/02 – 01/03	<ul style="list-style-type: none"> Frango piri-piri com laranja e mirtilo Salada alface com tomate e mozzarella 	Pescada com risotto, cenoura, manjeriço e espargos	Lombinho porco salteado com puré de batata doce e chouriço	Quinoa com feijão e nabiças, cogumelos e courgete	Escalopes perú com couscous e vegetais	<ul style="list-style-type: none"> Fruta fresca fatiada Tiramisu

Complementos

- + Pão e manteiga
- + Garrafa de água (50 cl)

* Pre-reservas com um desconto de 15%



Menu Breakfast– 5,40€*

Date	Plate to choose		Included
08/12 – 14/12 29/12 – 04/12 19/01 – 25/01 09/02 – 15/02	COLD	Ham & Cheese	+ Bread with butter & jam + Fresh fruits + Croissant + Coffee or tea
15/12 – 21/12 04/01 – 11/01 26/01 – 01/02 16/02 – 22/02		Ham & Cheese	
22/12 – 28/12 12/01 – 18/01 02/02 – 08/02 23/02 – 01/03		Ham & Cheese	
		HOT	
		Omelette with sausages and rosti potatoes	
		Scrambled eggs with bacon & mushrooms	
		Crêpe with mushrooms, tomape & zucchini	

* Pre-book and get a 15% discount



Menu Lunch/Dinner – 13,40€*

Date	Starter to choose	Hot dish to choose				Dessert to choose
		FISH	MEAT	VEGETARIAN	DIET	
08/12 – 14/12 29/12 – 04/12 19/01 – 25/01 09/02 – 15/02	<ul style="list-style-type: none"> Smoked salmon with arugula and dried tomatoes Lettuce with tomato and mozzarella 	Baked codfish with corn bread, boiled potatoes and sautéed turnip greens	Chicken in mustard & honey sauce served with saffron rice & peas	Soy lasagnas	Escalope of turkey served with couscous e vegetables	<ul style="list-style-type: none"> Fresh fruits Pastel de nata
15/12 – 21/12 04/01 – 11/01 26/01 – 01/02 16/02 – 22/02	<ul style="list-style-type: none"> Smoked pork loin with mushroom patê and corn bread Lettuce with tomato and mozzarella 	Grilled salmon with steamed potatoes, broccolis and peppers	Duck rice with chorizo and bacon	Vegetable stew with rice	Escalope of turkey served with couscous e vegetables	<ul style="list-style-type: none"> Fresh fruits Brazilian custard
22/12 – 28/12 12/01 – 18/01 02/02 – 08/02 23/02 – 01/03	<ul style="list-style-type: none"> Chicken Piri piri with orange and blackberry Lettuce with tomato and mozzarella 	Haddock with risotto, carrots, basil and asparagus	Sautéed pork tenderloin with sweet potatoes purée and chorizo	Quinoa with beans, turnips, mushrooms and zucchini	Escalope of turkey served with couscous e vegetables	<ul style="list-style-type: none"> Fresh fruits Tiramisu

Included

- + Bread and butter
- + Bottle of water (50 cl)

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