

a Cascata

RESTAURANTE · RESTAURANT



Four Seasons
VILAMOURA

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A MAIORIA DOS NOSSOS PRATOS SÃO PREPARADOS E CONFECCIONADOS COM
PRODUTOS FRESCOS DOS MERCADOS LOCAIS.

ENQUANTO RELAXA E GOZA O AMBIENTE, NÓS FAREMOS TUDO AO NOSSO ALCANCE
PARA PREPARAR OS VOSSOS PEDIDOS NO MINIMO DE TEMPO POSSÍVEL.

AGRADECEMOS O VOSSO APOIO E BOM APETITE.

MOST OF OUR DISHES ARE PREPARED ON/TO ORDER WITH FRESH PRODUCE FROM
OUR LOCAL MARKETS.

WHILST YOU RELAX AND ENJOY OUR SURROUNDINGS, WE WILL MAKE THE MOST
OF OUR EFFORTS TO TAKE THE LEAST TIME IN PREPARING YOUR ORDER.

THANK YOU FOR EXPERIENCING OUR CUISINE AND BON APETIT.



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COUVERT (P.P.) - 2,50€

SOPAS CASEIRAS · HOMEMADE SOUPS

SOPA DO DIA · SOUP OF THE DAY

3,50€

AVELUDADO DE CAMARÃO · VELVET CREAM OF SHRIMPS

4,10€



ENTRADAS · STARTERS

ABACATE COM SANTOLA · SPIDER CRAB WITH AVOCADO

9,50€

CARPÁCIO DE LARANJA DA BAÍA COM FRUTOS SECOS · CARPACCIO “BAÍA” (FRESH ORANGE AND DRIED FRUITS)

6,50€

COCKTAIL DE CAMARÃO · PRAWN COCKTAIL WITH “MARIE ROSE” SAUCE

12,00€

SALADAS · SALADS

SALADA DE TOMATE À ALGARVIA · TOMATO SALAD “ALGARVE” STYLE

5,30€

SALADA MISTA COM ALFACES DIVERSAS, ENDÍVIAS E TOMATE CHERRY
MIXED SALAD OF LETTUCES WITH ENDIVES AND CHERRY TOMATOES

5,30€



PEIXES • FISH

CATAPLANA DE PEIXE (MISTA DE PEIXE, AMÊIJOAS E CAMARÃO) - (2 PESSOAS)

MIXED FISH "CATAPLANA" (MIXED FISH, CLAMS & PRAWNS) - (2 PAX)

ESTE PEDIDO TEM QUE SER EFECTUADO COM MINIMO DE 24 HORAS DE ANTECEDÊNCIA
MUST BE PRE-ORDERED MINIMUM OF 24 HOURS IN ADVANCE

38,40€

ESPETADA DE TAMBORIL E CAMARÃO COM MANTEIGA DE ALHO E ARROZ

MONKFISH AND PRAWN KEBAB WITH GARLIC BUTTER AND RICE

19,50€

ATUM EM CROSTA DE SÉSAMO COM CREME DE CHALOTAS CARAMELIZADAS

FRESH TUNAFISH SERVED IN A SESAME SEED CRUST WITH CREAM OF CARAMALIZED SHALLOTS

17,50€

LOMBINHOS DE CHERNE COM FUNCHO E MOLHO NANTUA

STONE BASS FILLETS WITH FENNEL AND NANTUA SAUCE

22,50€



CARNES • MEAT

PEITINHOS DE FRANGO Á NOSSA MODA COM MOLHO DE CARIL
CHICKEN BREAST WITH CURRY SAUCE

15,50€

TORNEDÓ (DIANA OU PIMENTA) COM LEGUMES DA ÉPOCA
“TOURNEDO” STEAK (DIANE OR PEPPERED) WITH SEASONABLE VEGETABLES

PODE SER SERVIDO BIFE DA VAZIA / SIRLOIN STEAK MAY BE REQUESTED

22,00€

VAZIA DE BORREGO NA GRELHA
GRILLED SIRLOIN OF LAMB

21,00€

CHATEAUBRIAND (2 PESSOAS / 2 PAX)

A CONFEÇÃO DESTA EXCELENTE PRATO REQUER UM MAIOR TEMPO DE EXECUÇÃO.
PLEASE NOTE THAT THIS DELICIOUS DISH TAKES A WHILE TO PREPARE.

40,40€





MASSAS · PASTA DISHES

MASSA COM MOLHO DE TOMATE E MANJERICÃO*

PASTA WITH TOMATO AND BASIL SAUCE*

7,00₺

MASSA Á BOLONHESA*

PASTA BOLOGNAISE*

9,60₺

MASSA COM FRUTOS DO MAR*

PASTA WITH SEAFOOD*

10,60₺

PRATOS VEGETARIANOS · VEGETARIAN DISHES

BERINGELAS NO FORNO COM CROSTA DE PÃO DE ERVAS E PIMENTOS GRELHADOS

AUBERGINES IN THE OVEN WITH CRUST OF HERBY BREAD AND GRILLED PEPPERS

9,00₺

MASSA COM LEGUMES DA ÉPOCA*

PASTA WITH SEASONABLE VEGETABLES*

8,70₺

*ESCOLHA DE MASSA: ESPARGUETE, FETTUCINE OU PENNE

*CHOICE OF PASTA: SPAGHETTI, FETTUCCINE OR PENNE



SOBREMESAS · DESSERTS

FRUTA DA ÉPOCA · FRUIT OF THE SEASON

3,50€

FRUTAS TROPICAIS (MANGA, KIWI, ANANÁS, LARANJA)
TROPICAL FRUITS (MANGO, KIWI, PINEAPPLE, ORANGE)

4,50€

À SUA ESCOLHA DO CARRINHO DE SOBREMESAS · DO SELECT FROM THE “TEMPTATION” TROLLEY!

4,50€

PRATO DE QUEIJOS (BRIE, CHEVRE, MEIO-SECO) ACOMPANHADO DE PORTO, FIGOS SECOS E UVAS
CHEESE PLATTER SERVED WITH PORT WINE, DRIED FIGS AND GRAPES

7,50€

CREPES SUZETE · CREPES SUZETTE

8,10€

BANANA FLAMBEADA COM GELADO · FLAMBÉED BANANA WITH ICE CREAM

8,10€



TAÇA DE GELADOS • “FOUR SEASONS” ICE CREAMS



BANANA SPLIT

6,50₺

ALGARVE

6,50₺

FOUR SEASONS

7,00₺

CASCATA “WATERFALL”

5,50₺

DAMA BRANCA “WHITE LADY”

4,50₺

PESSEGO MELBA “PEACH MELBA”

6,50₺

CREPES COM A ESCOLHA DE SALADA FRUTAS,
BANANA OU CHOCOLATE

SWEET CREPES WITH CHOICE OF FRUIT SALAD,
BANANA OR CHOCOLATE

5,50₺



MENU DE CRIANÇAS · PORCUPINES MENU



SOPA DO DIA · SOUP OF THE DAY
2,10₺

NOGETS DE FRANGO COM BATATA FRITA · CHICKEN NUGGETS WITH FRENCH FRIES
4,30₺

FILETES DE PESCADA “DOURADOS” COM BATATA FRITA · GOLDEN FISH FILLETS W/FRENCH FRIES
3,80₺

OVOS MEXIDOS COM SALSICHAS E FEIJÃO · SCRAMBLED EGGS, SAUSAGE & BAKED BEANS
4,10₺

1/2 BIFE DE VACA GRELHADO C/OVO E BATATA FRITA · 1/2 GRILLED VEAL STEAK WITH FRIED EGG & FRENCH FRIES
4,60₺

FEIJÃO SALTEADO EM TOMATE SOBRE TOSTA · BAKED BEANS ON TOAST
3,00₺

HAMBURGER COM BATATA FRITA · HAMBURGER W/ FRENCH FRIES
4,60₺

CACHORRO QUENTE · HOT DOG
4,60₺

1/2 PIZZA MARGUERITA COM QUEIJO E ANANÁS · 1/2 MARGUERITA PIZZA WITH PINEAPPLE & CHEESE
4,30₺

1/2 PIZZA MARGUERITA COM FIAMBRE E QUEIJO · 1/2 MARGUERITA PIZZA CHEESE & HAM
4,30₺

ESPARGUETE À BOLONHESA · SPAGHETTI BOLOGNAISE
5,10₺



SOBREMESAS · DESSERTS

SALADA DE FRUTAS · FRUIT SALAD
2,50₺

GELADO COM SALADA DE FRUTAS · ICE CREAM & FRUIT SALAD
3,00₺

PASTELARIA DO CARRO DOS DOCES · DESSERTS FROM THE SWEET T
3,90₺

PARA BEBER TEMOS UMA VARIEDADE DE REFRIGERANTES, SUMO DE LARANJA ENTRE OUTROS.

TO DRINK WE HAVE SEVERAL SOFT DRINKS, FRESH ORANGE JUICE. TRY OUT OUR WONDERFUL

CHILDREN'S COCKTAILS. PLEASE ASK FOR THE DRINKS LIST.

