



almoço e snacks
lunch & snacks

12.30 até às 22.00

Couvert (p.p) 2,30€
Pão com alho 2,30€

SOPAS

Sopa do dia 2,90€

Sopa de tomate 3,40€

Gazpacho 3,50€
apenas de Maio a Setembro

SALADAS

Waldorf com queijo cheddar 7,70€
Queijo cheddar, maçã banana, kiwi,
alface, aipo, tamaras e miolo de noz

Hawaii 8,90€
Camarão, ananás, frango, alface,
e banana

Fruta fresca 7,10€
Manga, kiwi, banana, ananás, uvas,
laranja e morango

“Serrana” 7,90€
Fiambre, frango, pepino e milho doce

Tricolour 7,10€
Queijo mozzarella, tomate e abacate

Niçoise 8,20€
Atum, feijão verde, batata, ovo, alface,
cebola roxa e azeitonas

12.30pm till 10.00pm

Couvert (p.p) 2,30€
Garlic bread 2,30€

SOUPS

Soup of the day 2,90€

Tomato soup 3,40€

Gazpacho 3,50€
From May to September

SALADS

Waldorf 7,70€
Cheddar Cheese, apple, banana,
kiwi, lettuce, celery, dates &
crushed walnuts

Hawaii 8,90€
Shrimp, pineapple, chicken,
lettuce & banana

Fresh fruit 7,10€
Mango, kiwi, banana, pineapple,
grapes, orange and strawberry

“Serrana” 7,90€
Ham, chicken, cucumber
and sweetcorn

Tricolour 7,10€
Mozzarella cheese, tomato
and avocado

Niçoise 8,20€
Tuna, green beans, potato, egg,
lettuce, red onion and olives



SANDWICHES

Com batata frita e escolha de pão de forma branco, caseiro, baguete branca ou integral

Clube	8,00€
Pão de forma branco tostado, salsicha, ovo, tomate, queijo e fiambre (pão de forma branco)	
Atum	5,90€
Atum, alface, tomate, milho e maionese	
Frango	6,00€
Frango, alface, tomate e maionese	
"B.L.T."	6,20€
Bacon, alface e tomate	
Frango panado	6,50€
Frango panado, alface, tomate e maionese	
Vegetariana	4,70€
Alface, tomate, pepino, cenoura, queijo parmesão e oregãos	
TOSTA Mista ou "Hawaii"	4,40€
(em pão de forma branco)	

SNACKS

Tosta mista	4,30€
Tosta de fiambre ou queijo	3,40€
Sandes mista	3,20€
Sandes de fiambre ou queijo	2,90€
Torradas	2,40€
Croissant misto	3,50€
Croissant de fiambre, queijo ou doce	3,30€
Feijão sobre tosta	3,60€
Ovos mexidos, estrelados ou escalfados sobre tosta	4,60€
Omelete com feijão	5,40€

SANDWICHES

With chips and a choice of white sliced bread, homemade bread, white or brown baguette

Club	8,00€
Toasted sliced white bread, sausage, egg, tomato, cheese and ham (white sliced bread only)	
Tuna	5,90€
Tuna, lettuce, tomato, sweetcorn and mayonnaise	
Chicken	6,00€
Chicken, lettuce, tomato and mayonnaise	
"B.L.T."	6,20€
Bacon, lettuce and tomato	
Breadcrumbs chicken	6,50€
Chicken with breadcrumbs, lettuce, tomato and mayonnaise	
Vegetarian	4,70€
Lettuce, tomato, cucumber, carrot, parmesan cheese and oregano	
Ham and cheese or "Hawaii" TOASTED	4,40€
(white sliced bread only)	

SNACKS

Ham and cheese on toast	4,30€
Ham or cheese on toast	3,40€
Ham and cheese sandwich	3,20€
Ham or cheese sandwich	2,90€
White bread toast	2,40€
Ham and cheese croissant	3,50€
Ham, cheese or jam croissant	3,30€
Beans on toast	3,60€
Scrambled, fried or poached eggs on toast	4,60€
Omelette with beans	5,40€

REFEIÇÕES LIGEIRAS

* Omeletes à escolha, com dois ingredientes 7,70€
Por cada ingrediente extra mais 0,95€

Quiche de legumes com salada 5,90€

Batata assada 5,90€
com escolha entre: Atum com milho, feijão, frango ou bolonhesa

Bitoque de lombo de vaca com ovo estrelado 14,50€

* Filetes de pescada dourados com molho tártaro 10,50€

* Franguinho assado 9,00€

* Hamburguer simples 6,70€

* Hamburguer com queijo 7,40€

* Hamburguer four seasons 9,90€
Bacon, queijo e ovo

Dose de batatas fritas 2,70€

* Acompanhado com batata frita, alface e tomate

LIGHT MEALS

* Soft omelette of your choice with 2 ingredients 7,70€
For every additional ingredient 0,95€

Vegetable quiche with salad 5,90€

Jacket potato 5,90€
with choice of filling: tuna with sweet corn, beans, chicken or bolognaise

Minute fillet steak with fried egg 14,50€

* Fried hake fillets with tartare sauce 10,50€

* Grilled chicken 9,00€

* Plain hamburger 6,70€

* Cheeseburger 7,40€

* Four seasons hamburger 9,90€
Bacon, cheese & egg

Portion of chips 2,70€

* Served with chips, lettuce and tomato



PASTA

Esparguete, fettuccine ou penne	
Com molho de tomate e manjeriçã	7,50€
Com molho carbonara	8,50€
Bolonhesa	9,90€
Com legumes	8,90€
Com frutos do mar Camarão, mexilhão e natas	11,50€

PIZZA

Vegetariana Cogumelos, cebola, milho, queijo Mozzarella e molho de tomate	9,90€
Hawaii Ananás, frango, queijo Mozzarella e molho de tomate	10,50€
Camponesa Fiambre, cogumelos, queijo Mozzarella e molho de tomate	10,50€
Pepperoni Pepperoni, queijo Mozzarella e molho de tomate	10,50€

PASTA

Spaghetti, fettuccine or penne	
With tomato and basil sauce	7,50€
With carbonara sauce	8,50€
Bolognaise	9,90€
With vegetables	8,90€
With seafood Shrimps, mussels and cream	11,50€

PIZZA

Vegetarian Mushrooms, onion, sweetcorn, Mozzarella and tomato sauce	9,90€
Hawaiian Pineapple, chicken, Mozzarella and tomato sauce	10,50€
Farmer's Ham, mushrooms, Mozzarella and tomato sauce	10,50€
Pepperoni Pepperoni, Mozzarella and tomato sauce	10,50€



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Preços estão incluídos com IVA
All prices are inclusive of VAT

