



**COMIDA | FOOD**

## SALADAS | SALADS

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Salada de salmão fumado e beterraba

*Smoked salmon and beetroot salad* .....take-away |N| 14,00€

Niçoise de Atum fresco

*Fresh tuna Niçoise*..... take-away 14,00€

Salada César com frango

*Caesar salad with chicken*..... take-away |G,L| 12,00€

Salada Grega com queijo feta marinado

*Greek salad with marinated feta cheese* .....take-away |L| 12,00€

Capresse com molho pesto

*Capresse with pesto sauce* ..... take-away |N,L|9,00€

## AS NOSSAS SANDES | OUR SANDWICHES

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Panini "Capresse" com molho pesto

*"Capresse" panini with pesto* .....|G, L, N| 12,00€

Frango, queijo cheddar e molho aioli

*Chicken and cheddar with aioli sauce*..... |G,L|12,00€

Panini misto

*Ham and cheese panini*.....|G,L| 8,00€

Wrap de salmão fumado e molho tartar

*Smoked salmon and tartar sauce*..... |G,L, E|10,00€

Club de camarão (ovo, alface, bacon, maionese e tomate)

*Shrimp Club sandwich (egg, lettuce, bacon, mayonnaise, tomato)*..... |G,L, E|10,00€

## **SNACK & FINGER FOOD**

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Batata frita com molho aioli

*French fries with aioli sauce*..... take-away |G| 4,00€

Pão de alho

*Garlic bread*..... take-away |G, L| 4,00€

Asinhas de frango com molho BBQ

*BBQ Chicken wings* ..... take-away |G, N| 8,00€

Calamares com molho tartar

*Calamari with tartar sauce*..... take-away |G, E| 8,50€

## **HAMBURGUER | HAMBURGER**

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Servidos com batata frita / Served with French fries

“Martinhal” tomate, alface iceberg, cebola, bacon e queijo

*Cheddar tomato, lettuce, onion, bacon*

*and cheddar cheese* .....take-away |G, L| 15,00€

“Clássico” Queijo cheddar, alface iceberg e tomate

*Cheddar, iceberg lettuce and tomato* .....take-away |G, L| 12,00€

“Frango” peito frango, molho teriyaki, pepino e abacaxi

*Chicken breast, teriyaki sauce, cucumber*

*and pineapple*.....take-away |G, L| 12,00€

“Vegetariano” Grão e espinafre, tomate,

pepino, alface e queijo creme

*Chickpeas and spinach, tomato, lettuce,*

*cucumber and cream cheese* ..... take-away |G, V, L| 14,00€

## PIZZA | DOIS TAMANHOS / 2 SIZES| take-away

Pequena / Small - 9,00€

Grande / Large - 14,00€

### Margherita |G, L|

molho de tomate, mozzarella e orégãos  
tomato sauce, mozzarella and oregan

### Diavolo |G, L|

molho tomate, pimentos vermelhos e verdes, peperoni picante e queijo mozzarella  
tomato sauce, green and red peppers, spicy peperoni and mozzarella

### Pollo |G, L|

molho de tomate, bacon, tomate seco, frango, queijo mozzarella e rúcula  
tomato sauce, bacon, dried tomato, chicken, mozzarella and rocket salad

### Salmão fumado |G, L|

queijo creme, salmão fumado, rúcula e mozzarella  
cream cheese, smoked salmon, rocket and mozzarella

### Vegetariana |G, L|

molho tomate, legumes grelhados e queijo mozzarella  
tomato sauce, grilled vegetables and mozzarella

### Rustica |G, L|

molho tomate, fiambre, cogumelos e queijo mozzarella  
tomato sauce, ham, mushrooms and mozzarella

## SOBREMESAS | DESSERTS

Cheesecake de frutos do bosque

**Cheesecake with wild fruits**..... take-away |G,L| 6,00€

Tiramissu..... |G,L,E| 6,00€

Mousse de manga

**Mango mousse**..... take-away |G,L| 5,50€

Fruta da época laminada

**Seasonal sliced fruit** .....take-away 5,50€

## CRIANÇAS | KIDS

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Sopa de legumes

**Vegetables soup** .....take-away |V| 4,00€

Hambúrger clássico com queijo cheddar  
e salada (100grs)

**Classic burger with cheese  
and salad (100grs)** ..... take-away |G,L| 8,00€

Penne com molho de tomate

**Penne with tomato sauce** ..... take-away |G| 6,00€

Esparguete à bolonhesa

**Spaghetti bolognese sauce** ..... take-away |G| 7,00€

Douradinhos de peixe com vegetais do dia e batata doce

**Fish fingers with vegetables and sweet  
potato** ..... take-away |G,L,E| 6,00€

Omelete de queijo

**Cheese omlet**..... take-away |L,E| 6,00€

## KIDS DESSERT TAKE-AWAY

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Gelatina

**Jelly** ..... 2,50€

Mousse de chocolate

**Chocolate mousse** ..... 3,00€

# OS PRIMEIROS SABORES | THE FIRST FLAVOR



## 4 a 6 MESES | 4 TO 6 MONTHS *take-away*

puré de legumes (130ml) cenoura, batata doce, courgette

*vegetables purée (130ml) carrot, sweet potatoes*

*and zucchini ..... 3,00€*

## 7 A 9 MESES | 7 TO 9 MONTHS *take-away*

puré de legumes com frango (150ml) (cenoura, courgette, milho doce, ervilhas e frango)

*Chicken and sweetcorn purée (150ml)*

*(carrot, courgette, sweet corn, peas and chicken) ..... 3,00€*

## 10 A 12 MESES | 10 TO 12 MONTHS *take-away*

puré de legumes com arroz e peixe

*vegetables purée with rice and fish ..... 3,00€*

Puré de maçã, banana e laranja

*Apple, banana and orange purée ..... 3,00€*

Puré de maçã e pêra

*Apple and pear purée ..... 3,00€*

(G) Gluten • (L) Lactose • (N) Frutos secos | Nuts • (V) Vegetariano | Vegetarian • (SH) Marisco | Shellfish (S) Picante | Spicy.

A descrição dos pratos pode não conter todos os ingredientes. Se tiver alguma intolerância ou dieta especial, agradecemos que nos informe. O menu pode também conter vestígios de: Crustáceos; Ovos; Peixes; Amendoins; Soja; Aipo; Mostarda; Sementes de sésamo; Sulfitos; Tremço; Moluscos. (De acordo com o Reg.CE, N.º 1169/2011)

*The menu description may not list all ingredients, If you suffer from any food intolerance or special diet, we kindly ask you to inform us. The menu can also contain traces of: Crustaceans; Eggs; Fishes; Peanuts; Soy; Celery; Mustard; Sesame seeds; Sulfites; Lupine; Mollusks. (According to Reg.CE, No. 1169/2011) IVA incluído / VAT included Nenhum prato, produto alimentar ou bebida, incluindo o couvert, pode ser cobrado se não for solicitado pelo cliente ou por este for inutilizado. All dishes, food, drinks or couvert cannot be charged if not used or requested by the customer.*

# BEBIDAS | DRINKS

## PERFECT SERVE GIN

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**HENDRICKS GIN**, FEVER TREE INDIAN ..... 15,00€  
pepino  
cucumber

**MARTIN MILLERS**, FEVER TREE INDIAN ..... 14,00€  
pimenta rosa, zeste de limão  
pink pepper, lemon zest

**BULLDOG**, FEVER TREE INDIAN ..... 14,00€  
zeste de laranja ou morangos  
orange zest or strawberries zest

**BOMBAY SAPPHIRE**, FEVER TREE INDIAN ..... 12,50€  
zeste de limão, cardamomo  
lemon zest, cardamom

**BROCKMAN'S**, FEVER TREE INDIAN ..... 17,00€  
toranja  
grapefruit

## GIN COCKTAILS

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**GIN FIZZ** ..... 7,50€  
Gin, xarope de açúcar, sumo de limão, água com gás  
Gin, sugar syrup, lemon juice, sparkling water

**RASPBERRY OR STRAWBERRY BUCK FIZZ** ..... 9,50€  
Gin, morangos ou framboesas, lima, ginger ale  
Gin, strawberries or raspberry, lime, ginger ale

## APERITIFS COCKTAILS

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**APEROL SPRITZER** ..... 8,50€  
Aperol, espumante, água com gás  
Aperol, sparkling wine, sparkling water

**PIMM'S CUP** ..... 8,00€  
Pimm's, pepino, laranja, limão Sprite,  
Pimm's, cucumber, orange, lemon, Sprite,

**HUGO** ..... 9,00€  
Flôr de Sabugueiro, espumante, lima, hortelã  
Elderflower, sparkling wine, lime, mint

**CAMPARI AND SODA** ..... 7,50€



## SPARKLING COCKTAILS

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**BELLINI** ..... 6,50€

Espumante, puré de pessego  
*Sparkling wine and peach purée*

**ROSSINI** ..... 6,50€

Espumante, puré de morango  
*Sparkling wine and strawberry purée*

## SOURS COCKTAILS

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**WHISKY SOUR** ..... 8,50€

Whisky, xarope de açúcar, sumo de lima, angostura  
*Whisky, sugar syrup, lime, angostura*

**AMARETTO SOUR** ..... 11,50€

Amaretto, xarope de açúcar, sumo de lima, angostura  
*Amaretto, sugar syrup, lime, angostura*

**CAIPIRINHA** ..... 8,50€

Cachaça, xarope de açúcar, sumo de lima  
*Cachaça, sugar syrup, lime*

## TEQUILLA COCKTAILS

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**MARGARITA** ..... 8,00€

Tequila, Cointreau, sumo de lima  
*Tequila, Cointreau, lime juice*

**TQ SUNRISE** ..... 8,00€

Tequila, sumo de laranja, grenadine  
*Tequila, orange juice, grenadine*

## VODKA COCKTAILS

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**COSMOPOLITAN** ..... 8,50€

Vodka, Cointreau, sumo de arando, sumo de lima  
*Vodka, Cointreau, cranberry juice, lemon juice*

**ON THE BEACH** ..... 8,50€

Vodka, xarope de açúcar, sumo de laranja, sumo de arando,  
grenadine, schnapps de pêsego  
*Vodka, sugar syrup, orange juice, cranberry juice,  
grenadine, peach schnapps*

**MARAJOKA** ..... 9,50€

Vodka, Maracujá, Lima, Manjeriçã, Angostura  
*Vodka, Passion Fruit, lime, basil, angostura*

**LONG ISLAND ICED TEA** ..... 9,50€

Vodka, gin, triple sec, tequila, rum, lima e Coca-Cola  
*Vodka, gin, triple sec, tequila, rhum, lima and coke*

**CAIPIROSKA**..... 8,00€

Vodka, lima e xarope de açúcar  
*Vodka, lime juice sugar syrup*

## RUM AND TIKI COCKTAILS

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**MOJITO** (Adicione fruta por/Add fruit for + 0.80€) ..... 8,50€

Rum, xarope de açúcar, sumo de lima, hortelã, água com gás  
*Rum, sugar syrup, lime juice, mint, sparkling water*

**FROZEN STRAWBERRY DAIQUIRI**..... 9,00€

Rum, xarope de açúcar, sumo de lima, morangos  
*Rum, sugar syrup, lime juice, strawberries*

**CAIPIRISSIMA** ..... 8,00€

Rum, lima e xarope de açúcar  
*Rum, lime and sugar syrup*

**PIÑA COLADA** ..... 8,50€

Rum, batida de coco, ananás  
*Rum, Coconut purée, pineapple*

**MAI TAI** ..... 9,50€

Rum branco, Rum escuro, grand-marnier, Amaretto Di Saronno,  
polpa de ananás, sumo de laranja, xarope falernum, grenadine  
*White Rum, dark Rum, grand-marnier, Amaretto Di Saronno,  
pineapple juice, orange juice, falernum syrupgrenadine*

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## ...RUM AND TIKI COCKTAILS

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**ZOMBIE** ..... 9,50€

Rum branco, Rum escuro, sumo de laranja, sumo de ananás, sumo de lima, puré de maracujá, grenadine, triple seco

*White and dark Rum, orange juice, pineapple juice, lime juice, passion fruit purée, grenadine, triple dry*

## CLEAN SMOOTHIES

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**ORANGE BOOSTER** ..... 7,00€

Cenoura, laranja, morango

*Carrot, orange, strawberry*

**PEACH SUNRISE** ..... 7,00€

Pêssego, ananás, morango

*Peach, pineapple, strawberry*

**TROPICAL PUNCH** ..... 7,00€

Ananás, manga, morango

*Pineapple, mango, strawberry*

**GRAPE ESCAPE** ..... 7,00€

Uvas, mirtilo, banana, morango

*Grapes, blueberry, banana, strawberry*

## FRESH SHAKES

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**STRAWBERRY BANANA SHAKE** ..... 7,00€

Gelado de baunilha, morango, banana, leite, chantily

*Vanilla ice cream, strawberry, banana, milk, whipped cream*

**ICE COFFEE** ..... 6,50€

Gelado de baunilha, café, leite

*Vanilla Ice cream, coffee, milk*

**BATIDO DE GELADO** ..... 6,00€

*ICE CREAM SHAKE*

## HEALTHY MOCKTAILS

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**TROPICAL MINT** ..... 6,00€  
Laranja, ananás, limão, xarope de açúcar e hortelã  
*Orange, pineapple, lemon, sugar syrup, mint*

**STRAWBERRY SPARKLING LEMONADE** ..... 6,50€  
Morangos, sumo de limão, Sprite  
*Strawberries, lemon juice, Sprite*

**SUMOS NATURAIS / FRESH SQUEEZED JUICES** ..... 6,00€

### SUMO VERDE / GREEN JUICE

Pepino, limão, espinafres ..... 6,00€  
*Cucumber, Lemon, spinach*

## ÁGUAS E SUMOS | WATER AND JUICES

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Água Sem, com Gás ..... 33 Cl 2,00€  
*Still / Sparkling Water* ..... 150 Cl 4,50€

Água de Coco ..... 33 CL 5,50€  
*Coconut Water*

Sumos de Fruta (Garrafa) & Refrigerantes ..... 3,10€  
*Fruit Juices (Bottle) And Soft Drinks*

*Red Bull* ..... 5,00€

## VINHOS E ESPUMANTES

### WINE & SPARKLING WINE

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#### ROSÉ

Quinta do Carqueijal |Douro| .....  6,50€ ...  26,00€

#### BRANCO | WHITE

Soalheiro ALLO ..... 7,00€ .... 28,00€

Vila Nova Sauvignon Blanc..... 7,00€ .... 27,00€

Vila Nova Chardonnay..... 7,00€ .... 26,00€

#### TINTO | RED

Altano ..... 6,50€ ... 26,00€

#### ESPUMANTE | SPARKLING WINE

Murganheira Reserva ..... 8,50€ ... 36,00€

Murganheira Rosé ..... 9,50€ ... 44,00€

#### CHAMPAGNE

Moët & Chandon Brut Impérial ..... 65,00€

Mumm Cordon Rouge ..... 60,00€

## SANGRIAS 1L

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Vinho rosé, branco ou tinto ..... 20,00€

*Rose, white or red*

Espumante ..... 30,00€

*Sparkling wine*

## CAFÉ E CHÁS | COFFEE AND TEA

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Café Expresso, Descafeinado ..... 2,50€  
*Expresso, decaffeinated*

Café duplo, Café com leite, Cappuccino, Latte macchiato,  
Mocha Coffee, Chocolate Quente ..... 3,80€  
*Double expresso, Coffee with milk, Cappuccino, Latte  
Macchiato, Mocha coffee, Hot Chocolate*

*Babyccino* ..... 2,50€

Seleção De Chás ..... 3,80€  
*Selection of tea and Infusions*

## CERVEJAS E CIDRAS | BEERS AND CIDERS

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### PRESSÃO | DRAUGHT

**Sagres** ..... 30 cl ..... 4,00€

**Sagres** ..... 50 cl ..... 5,80€

### GARRAFA | BOTTLED

**Heineken** ..... 33 cl ..... 4,50€

**Corona** ..... 35 cl ..... 5,50€

**Magners**..... 50 cl ..... 5,00€

**Guinness** ..... 44 cl ..... 5,50€

**Peroni** ..... 33 cl ..... 4,50€

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