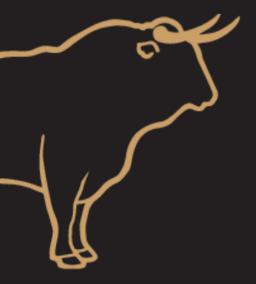


# Food Menu





# LUNCH SELECTION

#### 22.95

**BIFE COM ALHO** Garlic Steak

PICANHA Cap of Rump

MAMINHA Bottom Sirloin

FRALDINHA Beef Skirt

CORDFIRO Garlic & Mint Lamb

PORCO DOCE Honey Pork Collar (Sul)

SOBRECOXA DE FRANGO Chicken Thighs

CORAÇÃO DE FRANGO Chicken Hearts

**DE PRESUNTO** Gammon

PAO DE ALHO Grilled Garlic Bread (G, M, E, So)

CHORIZO PICANTE Pork Chorizo (G, So)

ABACAXI **Grilled Pineapple** 

# **EVENING SELECTION**

INCLUDES LUNCH SELECTION 35

NOBRE PICANHA Top Sirloin

**CONTRA FILE** Sirloin

FRANGO COM BACON Chicken With Bacon

CAMARÕES CORCOVADO Grilled Tiger Prawns (Cr)

> HALLOUMI Grilled Cheese (M)

CARNE DE VEADO North Yorkshire Venison Haunch

SEAFOOD OF THE DAY Fresh daily market seafood

**BUTCHER'S SPECIAL** A meat of the day handpicked by our Grill Chef

### HAPPY TO SERVE ALL CUTS To Your Taste

Our red meats are usually served medium-rare to medium. Let us know how you prefer yours cooked; rare through to well done - we are happy to serve all our cuts to your taste.

## Mesa do Mercado

In addition to our wide selection of speciality meats and meals, enjoy a variety of options from our bountiful salad bar – "Mesa Do Mercado". With fresh seasonal vegetables, salads, fruits, and sauces, they're a meal on their own!

## VEGETARIAN, VEGAN & Pescatarian

LUNCH 22.95 EVENING 27.50 (V, VEG) / 33.50 (FISH)

Choose a main meal from the below tasty dishes - price also inclusive of all suitable items from our grill and a fantastic Mesa do mercado salad bar

CURRY DE COCO Lentil meatballs, whole grain quinoa rice & coconut curry (vegan, C,G, Mu, Sul)

PESCADA E SOL BEIJOU TOMATES Pan-seared hake, sun kissed tomatos & grilled asparagus (pescitarian, F)

PISOTO DE COGUMELO Mushroom risotto, toasted pinenuts & prosociano cheese (vegan, M,So, Sul)

SALMÃO GRELHADO Grilled salmon, roasted vegetables & mango salsa (pescetarian, F)

BAHIAN MOQUECA COM TOFU Brazilian stew, tofu fritto, long-grain rice & grilled lime (vegan, C, Se,So, Sul)

MACARRÃO PENNE Penne Alla Norma, grilled aubergine & fresh basil (vegan, C, G, Sul)

# CHILDRENS

UNDER 8 YRS FREE 8-14 YRS 13.5

Not all ingredients are listed on the menu and as it is a working commercial kitchen, we cannot guarantee the total absence of allergens. Please inform your server of any food allergens before placing your order.

## DESSERTS

### ULTIMATE VANILLA CREME BRULEE

Creamy brulee with crackling hard caramel on top (G,E,M)

#### CHURROS WITH CINNAMON SUGAR

Our best selling home made churros with double dips - chocolate & berry coulis  $(\mathsf{E},\mathsf{N},\mathsf{M},\mathsf{G})$ 

#### ROCKY ROAD CHOCOLATE BROWNIES

Double chocolate brownies with salted caramel and vanilla ice cream (G, So, E, M)

#### PINEAPPLE FRITTOS

NEW - Crispy and golden juicy pineapple fritters drizzled with chocolate sauce (G, So, E, M)

## PAVLOVA PARFAIT Tropical Eton mess with fresh passionfruit & coconut ice cream (E,M)

#### ICE-CREAM & SORBET

Three scoops: Vanilla (E,M), Chocolate (E,M), Coconut, Mango sorbet, Raspberry sorbet, Yellow Lemon sorbet

#### CHEESECAKE

Ask our staff for today's flavour - with pineapple compote (G, E, M, Sul, So)

\* all of the above desserts may contain nuts

				Aller	gens			
c	Celery	E	Eggs	M	Milk	Mu	Mustard	
G	Gluten	F	Fish	Р	Peanuts	Sul	Sulphites	
L	Lupin	So	Soya	Ν	Nuts	Мо	Molluscs	
Cr	Crustace	ans	Se Sesame seeds					

#### 6.9

## 5.5

7.0

6.9

7.2

6.8