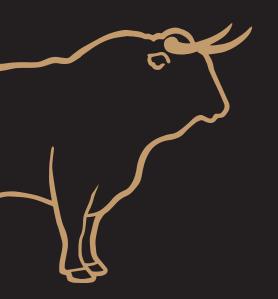
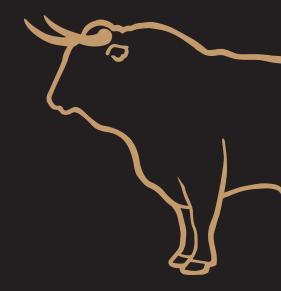


# Food Menu





# LUNCH SELECTION

23.95

BIFE COM ALHO Garlic Steak PICANHA Cap of Rump MAMINHA Bottom Sirloin

FRALDINHA Beef Skirt

CORDEIRO Garlic & Mint Lamb PORCO DOCE Honey Pork Collar (Sul)

SOBRECOXA DE FRANGO Chicken Thighs

CORAÇAO 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 - SUN - THUR 35.95 | FRI - SAT 37.95

NOBRE PICANHA Top Sirloin CONTRA FILE Sirloin

FRANGO COM BACON Chicken With Bacon CARNE DE VEADO

North Yorkshire Venison Haunch

CAMARÕES CORCOVADO Grilled Tiger Prawns (Cr)

SEAFOOD OF THE DAY Fresh daily market seafood

HALLOUMI Grilled Cheese (M)

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 23.95

EVENING VEG/VEGAN SUN - THUR 27.50 | FRI - SAT 29.50 **EVENING FISH** 

SUN - THUR 35.95 | FRI - SAT 37.95

Choose a main meal from the below tasty dishes - price also inclusive of all suitable items from our grill and a unlimited 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

UP TO 4YRS FREE 5-8 YRS 10.95 9-12 YRS 16.95

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

6.8

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

### CHURROS WITH CINNAMON SUGAR

7.2

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

### **ROCKY ROAD CHOCOLATE BROWNIES**

6.9

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

### PINEAPPLE FRITTOS

7.5

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

#### PAVLOVA PARFAIT

6.9

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

#### **ICE-CREAM & SORBET**

5.5

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

### **CHEESECAKE**

70

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

\* all of the above desserts may contain nuts

### **Allergens**

С	Celery	E	Eggs	М	Milk	Mu	Mustard
G	Gluten	F	Fish	Р	Peanuts	Sul	Sulphites
L	Lupin	So	Soya	N	Nuts	Мо	Molluscs
Cr	Crustace		Se	Sesame seeds			