



## FOOD MENU



## LUNCH SELECTION

TUE - FRI 24.95 | SAT - SUN 26.95

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

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 -

TUE - THUR 36.95 | FRI - SUN 38.95

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 VEG/VEGAN

ALL WEEK 24.95

### LUNCH FISH

TUE - FRI 24.95 | SAT - SUN 26.95

### EVENING VEG/VEGAN

TUE - THUR 27.50 | FRI - SUN 29.50

### EVENING FISH

TUE - THUR 36.95 | FRI - SUN 38.95

**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

7.5

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

### CHURROS WITH CINNAMON SUGAR

8.2

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

### ROCKY ROAD CHOCOLATE BROWNIES

7.5

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

### PINEAPPLE FRITTOS

8.2

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

### PAVLOVA PARFAIT

7.5

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

### ICE-CREAM & SORBET

6.5

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

### CHEESECAKE

7.5

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

\* all of the above desserts may contain nuts

#### Allergens

C	Celery	E	Eggs	M	Milk	Mu	Mustard
G	Gluten	F	Fish	P	Peanuts	Sul	Sulphites
L	Lupin	So	Soya	N	Nuts	Mo	Molluscs
Cr	Crustaceans			Se	Sesame seeds		