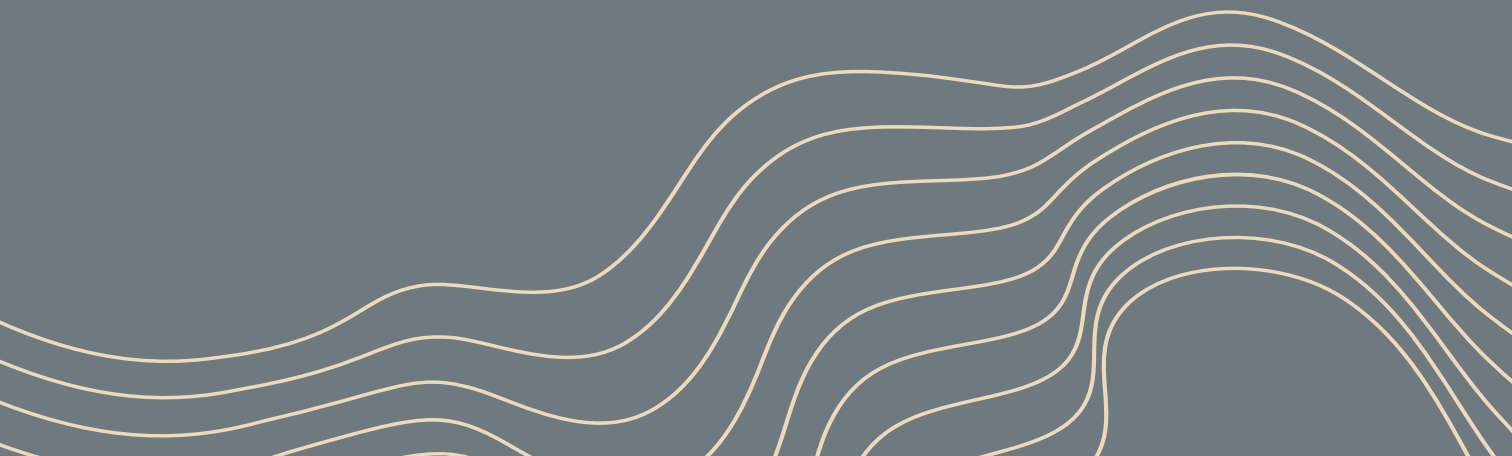


EN



Breakfast



Classics

IRISH   13.00 €

Eggs, bacon, sausage, mushrooms, roasted tomato, baked beans, hash browns and toast.

IRISH VEGGIE   11.00 €

Eggs, mushrooms, roasted tomato, baked beans, hash browns, onion and toast.

EGGS YOUR WAY   9.00 €

Eggs with bacon or sausages and toast of your choice.



How would you like your **eggs**: fried, scrambled, poached, or boiled?

PANCAKE   9.00 €

Pancake with fruit and topping options: honey, Nutella, chocolate, or strawberry.

Specialties

SEASONAL FRUIT CRUMBLE   8.50 €

Seasonal fruit baked with oats and honey (yoghurts available on the buffet).

AVOCADO TOAST    9.00 €

Seed bread, avocado puree, tomato, poached eggs and sesame seeds.

EGGS BENEDICT    10.00 €

Madeira traditional bread, cured ham, smoked salmon, mushrooms, poached eggs and hollandaise sauce.

OMELETTE   9.00 €

Choose your filling:

• cheese • ham • mushrooms • tomato • onion • pepper

+ 1.00 €
each

Café

SMOOTHIE BOWL

  9.50 €

Seasonal fruit, homemade granola, chia seeds and sliced almonds.

AÇAÍ BOWL

 10.00 €

Açaí, homemade granola, seasonal fruit and honey.

GRILLED CHEESE TOASTIE

  5.00 €

Choose your preferred bread: sliced, traditional, or gluten-free.
Also available as a sandwich option.

Extras: • ham • tomato • tuna

+ 1.50 €
each

HAM & CHEESE CROISSANT

  3.50 €

Butter or wholegrain croissant with cheese and ham.

CHOCOLATE CROISSANT

   3.00 €

Butter croissant with chocolate filling.

PLAIN CROISSANT

2.50 €

Butter or wholegrain croissant.

BUTTERED TOAST

  3.00 €

Choose your bread as you prefer: sliced, homemade, or gluten-free.
Add butter and homemade jam.

CUSTARD TART

   2.00 €

ASSORTED PASTRIES

   2.00 €

CAKE OF THE DAY

    4.80 €

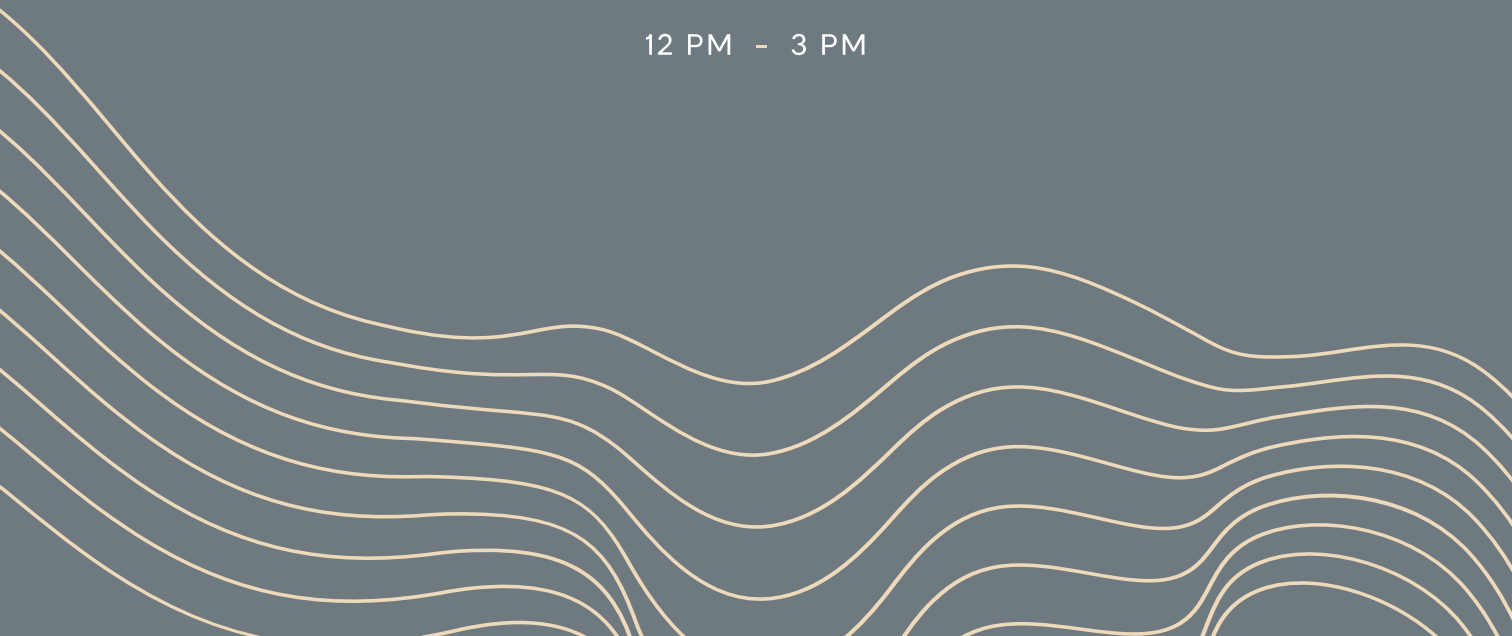
EN



Lunch

LUNCH HOURS

12 PM - 3 PM



Burgers, sandwiches and wraps

TUGA GOURMET BURGER

     14.50 €

Caco bread with Alentejo beef, prosciutto, egg, tomato, lettuce, and mustard.

BLACK ANGUS BURGER

    14.00 €

Black Angus, cheddar cheese, bacon, tomato, lettuce and mustard.

SPICY CHICKEN

    10.00 €

Chicken breast, kale salad, lettuce, mayonnaise and spicy sauce.

GRILLED CHEESE TOASTIE

  6.50 €

Choose your preferred bread: sliced, traditional, or gluten-free. Also available as a sandwich option.

Extras: • ham • tuna

+ 1.50 €
cada

Extras: • onion • tomato

+ 1.00 €
cada

CHAR GRILLED PORTOBELLO SANDWICH

  11.00 €

Caco bread, grilled portobello, rocket, vegan cheese, and garlic mayonnaise.

OMELETTE

   11.00 €

Plain omelette with chips.

Choose your filling:

• cheese • ham • mushrooms • tomato • onion • pepper

+ 1.00 €
cada

"BIFANA" TRADITIONAL PORK SANDWICH

  7.00 €

Pork steak, Mafra bread, and typical bifana sauce.

CHICKEN WRAP

   10.50 €

Chargrilled chicken breast, tomato, lettuce, cucumber and garlic mayonnaise.

FALAFEL AND AVOCADO WRAP

  10.50 €

Homemade falafels, smashed avocado, tomato, kale, cucumber, and vegan mayonnaise.

Pizzas

MARGHERITA

  11.00 €

Tomato, mozzarella and oregano.

AL TONNO

  13.00 €

Tomato, mozzarella, tuna, onion, olives and oregano.

PROSCIUTTO

  13.00 €

Tomato, mozzarella, ham or prosciutto, mushrooms and oregano.

VEGETARIANA

  12.00 €

Tomato, mozzarella, mushrooms, onion, pepper, roast tomato and oregano.

Snacks

CHICKEN WINGS

    11.00 €

Choose your seasoning: plain, teriyaki sauce, or piri-iri.
Served with garlic mayonnaise and vegetable sticks.

GARLIC PRAWNS

   16.00 €

Prawns sautéed with garlic, white wine and herbs.

CHIPS

 4.00 €

French fries or sweet potato fries.

DIPS

   1.00 €

• special mayonnaise (garlic or chorizo) • yoghurt • tartar • vegan

Healthy choices

CHICKEN CEASAR SALAD

   14.00 €

Grilled chicken breast, parmesan, bacon, lettuce, croutons, crispy onion and Ceasar dressing.

THE GREEN LOUNGE SALAD

    17.00 €

Garlic prawns, mango, lettuce, cucumber, cilantro and croutons.

FALAFEL SALAD

  11.00 €

Crispy falafels, coleslaw, cucumber, red onion and yoghurt sauce.

SMOKED SALMON SALAD

    17.00 €

Smoked salmon, lettuce, cherry tomato, cucumber, avocado, feta cheese and vinaigrette.

TUNA POKE

     15.00 €

Sushi rice, tuna, avocado, edamame, pepper, cherry tomatoes, sweetcorn, sesame, and Sriracha mayonnaise.

VEGAN POKE



13.00 €

Sushi rice, tofu, avocado, edamame, pepper, cherry tomato, corn, sesame seeds and Sriracha maionaise.

TUNA TATAKY



13.50 €

Tuna, mango, red onion, and red chili.

Desserts

CHOCOLATE & ORANGE



6.00 €

Orange roll, chocolate mousse, olive oil brownie and fleur de sel.

FINI ARTISANAL ICE CREAMS

4.00 €

Please ask our staff to know the available flavours.

SEASONAL FRUIT

4.00 €

Sweet crepes

CHOCO CRAZE CREPE



9.50 €

Nutella, chocolate ice cream, chantilly and M&M's.

FRUITY CREPE



9.50 €

Banana, strawberry, strawberry ice cream, honey and chantilly.

MAKE YOUR CREPE



5.00 €

Extra ingredients:

• sugar & cinnamon • strawberry • banana • honey • chantilly

+ 1.00 €
cada

Extra toppings:

• Nutella • vanilla ice cream • chocolate ice cream • strawberry ice cream
• M&M's • Maltesers

+ 2.00 €
cada

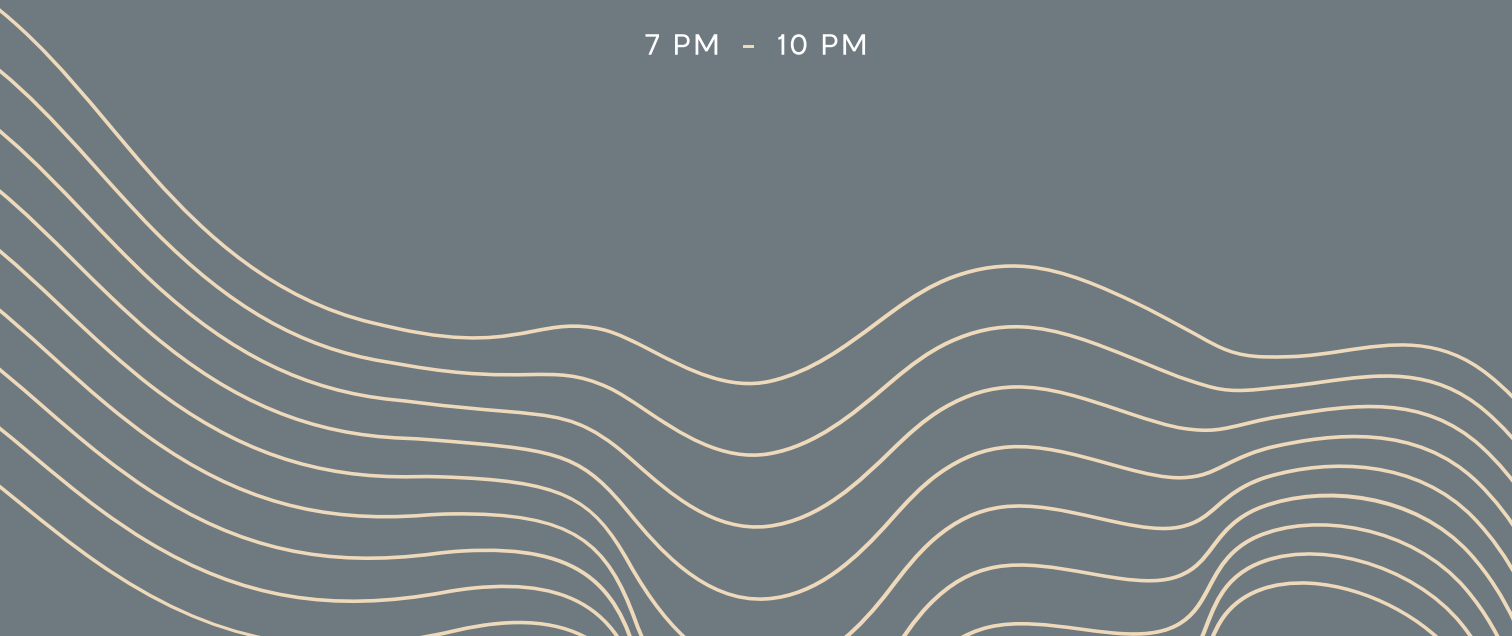
EN



Dinner

DINNER HOURS

7 PM - 10 PM











Couvert











For 2 persons

COUVERT		5.00 €
Bread, marinated olives, Algarve carrots, flavoured butter and Chef's pâté.		
BASKET OF BREAD		3.00 €
FLAVOURED BUTTER		2.00 €
MARINATED OLIVES		2.00 €
ALGARVE CARROTS		2.00 €
BREADED CAMEMBERT CHEESE WITH TOMATO JAM		4.50 €

To share

CRISPY ALHEIRA	  	7.50 €
Alheira croquettes served with honey and herb-infused mayonnaise.		
PICA-PAU VEAL	 	14.00 €
Strips of veal, garlic, white wine, mustard, olive oil, and pickles.		
CHORIZO-STUFFED MUSHROOMS	 	8.50 €
Fresh mushrooms stuffed with Portuguese chorizo and baked to perfection.		
CEVICHE		13.00 €
Peruvian fresh fish ceviche.		

Starters

SOUP OF THE DAY		3.50 €
Chef's suggestion.		
BELMAR'S FISH SOUP	  	6.00 €
Traditional portuguese soup with tomato base, mussels, shrimp and fish.		
CARPACCIO	  	12.00 €
Veal carpaccio with parmesan shavings and balsamic jelly.		
CHÈVRE CHEESE	   	10.00 €
"Chèvre" Cheese flaky pastry with Granny Smith, salad bouquet.		

LEVANTE MUSSELS



9.50 €

Cooked with onion, coriander, white wine, garlic and tomato.

BULHÃO PATO CLAMS



8.00 €

Clams à Bulhão Pato, cooked with garlic and olive oil.

SAUTÉED PRAWNS



16.50 €

With garlic, ginger and coriander.

CRISPY SQUID



9.00 €

Breaded squid from our coast.

Fish

MONKFISH FROM THE MOUNTAINS



23.00 €

Monkfish medallions wrapped in prosciutto, leek and creamy fennel, served with boiled potatoes.

GRILLED SEA BASS



19.00 €

Grilled sea bass fillets with vegetables, boiled potatoes and herb-infused olive oil.

LAGAREIRO-STYLE OCTOPUS



26.00 €

Octopus tentacle in Lagareiro style served with roasted potatoes and sautéed greens.

SEAFOOD CATAPLANA



24.00 €

Fish and seafood cataplana for one person.

Meat

PORK LOIN IN GARLIC MARINADE



18.00 €

Pork loin in vinha d'alhos, mashed potatoes and sautéed vegetables.

CHICKEN SUPREME



17.00 €

Chicken stuffed with alheira, potatoes au gratin, and vegetables.

PORTUGUESE-STYLE SIRLOIN STEAK



20.00 €

Sirloin steak with prosciutto and sautéed potatoes.

SECRETOS



18.00 €

Grilled Iberian pork with sweet potato wedges and salad.

Vegetarian

GREEN CURRY AND CHICKPEAS

Vegetable and chickpea curry with wild rice.



12.50 €

LINGUINE VERDI

With julienne vegetables, dried tomatoes and pesto sauce.



11.50 €

Pasta

LINGUINE AL MARE

Linguine nero served with sautéed prawns, cherry tomatoes and coriander.



15.00 €

COD RAVIOLI

Codfish with sun-dried tomatoes, spinach, and spiced cheese sauce.



17.00 €

Side dishes

MIXED SALAD

4.00 €

SWEET POTATO FRIES



4.50 €

FRENCH FRIES



3.50 €

SAUTÉED VEGETABLES

4.50 €

RICE

3.50 €

LINGUINE



3.50 €

Desserts

TONKA BEAN CRÈME BRÛLÉE

Tonka bean crème brûlée, lemon ice cream, and almond crumble with pink peppercorn.







8.00 €

CHOCOLATE AND PASSION FRUIT DELIGHT

Chocolate mousse with fleur de sel and passion fruit.



7.00 €

ALGARVE TRIO	  	7.00 €
Carob tart with fig jam served with orange ice cream.		
PINEAPPLE CARPACCIO		6.00 €
With pink pepper syrup and pineapple and basil sorbet.		
SEASONAL FRUIT		4.50 €
Assorted dish of fruits.		
FINI ICE CREAM		4.00 €
Portuguese artisanal ice creams.		

Kids menu

LINGUINE WITH TOMATO SAUCE		7.00 €
Choose your pasta side.		
Side dishes:		
• Meat balls		+ 3.50 €
• Crispy Falafel		+ 3.50 €
GRILLED CHICKEN		8.00 €
Grilled chicken breast served with rice, French fries, or vegetables.		
BLACK ANGUS BURGER	 	8.00 €
Grilled Black Angus beef burger (113 gr.), cheese, mayonnaise and French fries.		
MARGHERITA PIZZA	 	10.50 €
Tomato, mozzarella and oregano.		

Allergens



Lactose



Sesame seeds



Sulphites



Soy



Celery



Molluscs



Peanuts or peanut derivatives



Gluten



Nuts



Egg



Fish



Crustaceans



Mustard

No dish, food or beverage, including the couvert, can be charged if not requested or if made unusable by the consumer.
As predicted by the Decree- Law no 10/2015.

Consult our allergen table and please inform our staff of any allergy or intolerance for your own well being.

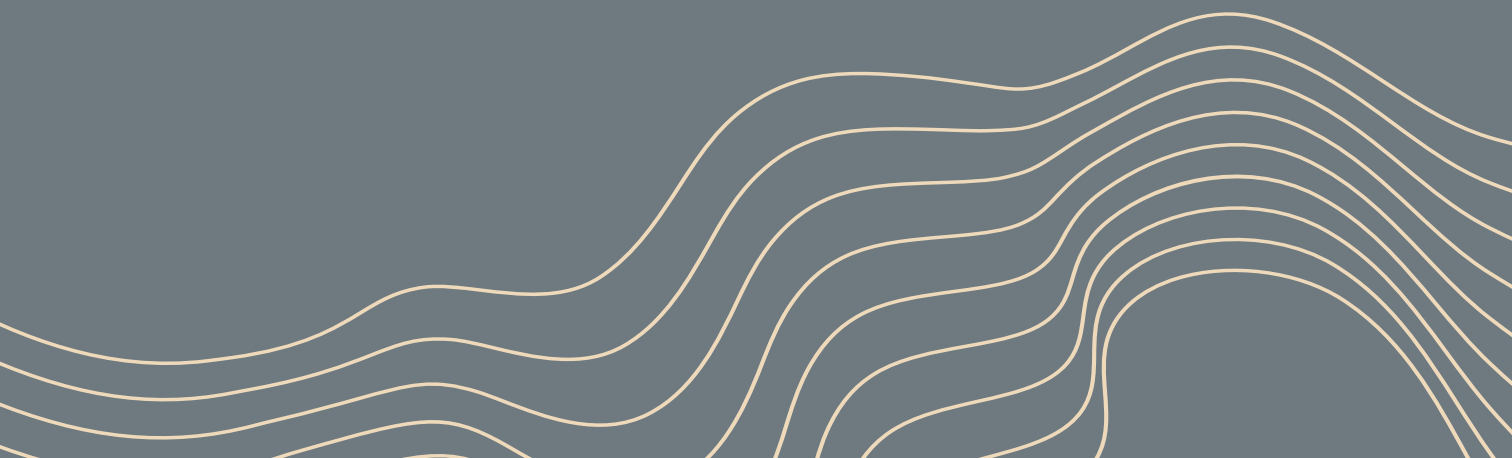
This establishment has a complaints book.

VAT is included at the legal rate.

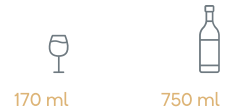
PT • EN



Vinhos • Wines



Tintos • Reds



CAIADO

Alentejo

 *Alicante Bouschet, Trincadeira, Aragonez*

5.00 € 17.00 €

ARVAD

Algarve

 *Touriga Nacional, Alicante Bouschet e Cabernet Sauvignon*

— 24.00 €

AL-RIA - CASA SANTOS LIMA

Algarve

 *100% Negra Mole*

— 23.00 €

NEGRA MOLE - ARVAD

Algarve

 *Negra Mole*

— 25.00 €

CLARETE - MORGADO DO QUINTÃO

Algarve

 *100% Negra Mole*

— 32.00 €

ÀS CLARAS

Algarve

 *Touriga Nacional, Negra Mole*

— 18.00 €

BARRANCO LONGO - TINTO PRIVATE SELECTION

Algarve

 *Aragonês e Alicante Bouschet*

— 21.00 €

JOÃO CLARA - RESERVA

Algarve

 *Syrah, Alicante Bouschet, Touriga Nacional*

— 38.00 €

VICENTINO

Alentejo (Costa Vicentina)

 *Syrah*

— 22.00 €

MONTE DAS SERVAS

Alentejo

 *Aragonez, Alicante Bouschet, Trincadeira e Syrah*

5.00 € 18.00 €

170 ml

750 ml

CALADESSA - HERDADE DA CALADA

7.00 € 25.00 €

Alentejo, DOC

 Syrah**ESPORÃO RESERVA**

— 38.00 €

Alentejo

 Aragonez, Trincadeira, Cabernet Sauvignon, Alicante Bouschet**DONA MARIA - JULIO BASTOS**

— 46.00 €

Alentejo

 Petit Verdot**M.O.B. LOTE 3**

— 21.00 €

Dão

 Touriga Nacional, Alfrocheiro e Jaen**QUINTA DOS CASTELARES - VINHO BIOLÓGICO**

— 22.00 €

Douro

 Touriga Nacional, Touriga Franca, Tinta Roriz**PIRR**

6.00 € 22.00 €

Alentejo

 Alicante, Touriga Nacional, Touriga Franca, Aragonez, Trincadeira**ENCOSTA DA ESTRELA - DOC**

5.00 € 18.00 €

Dão

 Jaen, Tinta Roriz, Tinta Pinheira**JOÃO CLARA TINTO DE ANFORA - NEGRA MOLE**

— 48.00 €

Algarve

 Touriga Nacional, Negra Mole**EUPHORIA**

6.00 € 21.00 €

Algarve

 Touriga Nacional, Aragonez, Cabernet Sauvignon**ADEGAMÃE - VINHO BIOLÓGICO**

— 19.00 €

Lisboa

 Caladoc, Syrah**HERDADE DOS OUTEIROS ALTOS - BIOLÓGICO, VEGAN, SEM SULFITOS**

— 38.00 €

Alentejo

 Aragonez, Alfrocheiro, Trincadeira, Touriga Nacional, Alicante Bouschet

170 ml

750 ml

MÃOS - RESERVA

Douro, DOC

*Touriga Nacional, Tinta Roriz*

— 56.00 €

Branços • Whites**CAIADO**

Alentejo

*Roupeiro, Arinto, Antão Vaz*

5.00 € 17.00 €

ARVAD

Algarve

*Alvarinho, Arinto, Sauvignon Blanc*

— 22.00 €

WHITE - MORGADO DO QUINTÃO

Algarve

*Crato Branco*

— 34.00 €

BARRANCO LONGO - GRANDE ESCOLHA

Algarve

*Arinto, Encruzado*

6.00 € 21.00 €

VILLA ALVOR

Algarve

*Sauvignon Blanc*

— 23.00 €

MORGADO DA SERRA DE MONCHIQUE

Algarve

*Sauvignon Blanc*

— 19.00 €

MORGADO DA SERRA DE MONCHIQUE

Algarve

*Chardonnay*

5.00 € 19.00 €

PIRR

Alentejo

*Verdelho, Sauvignon Blanc, Alvarinho, Arinto*

6.00 € 22.00 €

MÃOS

Douro, DOC

*Gouveio, Rabigato, Viosinho, Códèga do Larinho*

— 27.00 €

170 ml 750 ml

QUINTA DOS CASTELARES - VINHO BIOLÓGICO — 21.00 €

Douro, DOC

 *Códega do Larinho, Rabigato, Gouveio*

EUPHORIA 6.00 € 22.00 €

Algarve

 *Arinto, Alvarinho*

JOÃO CLARA — 24.00 €

Algarve

 *Arinto, Alvarinho, Verdelho*

CASA SANTOS LIMA - PINOT GRIS 5.00 € 18.00 €

Lisboa

 *Pinot Gris*

PAXÁ - SAUVIGNON BLANC 6.00 € 22.00 €

Algarve

 *Sauvignon Blanc*

PAXÁ - CHARDONNAY — 22.00 €

Algarve

 *Chardonnay*

ADEGAMÃE - VINHO BIOLÓGICO — 19.00 €

Lisboa

 *Viosinho, Alvarinho, Arinto, Fernão Pires*

Verdes

QUINTA DE SOALHEIRO - ALLO 5.00 € 20.00 €

Minho

 *Alvarinho, Loureiro*

CAPELA DA TAPADA - GRANDE ESCOLHA 5.00 € 18.00 €

Minho

 *Loureiro*

QUINTA DE SOALHEIRO — 24.00 €

Minho

 *Alvarinho*

170 ml

750 ml

MUROS DE MELGAÇO - ANSELMO MENDES

— 28.00 €

Melgaço



100% Alvarinho

Rosés

CAIADO

5.00 € 17.00 €

Alentejo



Castelão, Aragonez, Touriga Nacional

PIRR

6.00 € 22.00 €

Alentejo



Touriga Nacional, Aragonez, Pinot Gris e Gewürztraminer

BARRANCO LONGO

6.00 € 21.00 €

Algarve



Aragonez e Touriga Nacional

JOÃO CLARA

— 24.00 €

Algarve



Negra Mole

EUPHORIA

6.00 € 21.00 €

Algarve



Touriga Nacional, Castelão, Aragonez

QUINTA DOS CASTELARES - VINHO BIOLÓGICO

— 21.00 €

Douro, DOC



Touriga Nacional

MUSKET

— 34.00 €

Alentejo



Antão Vaz, Roupeiro, Arinto, Viosinho, Trincadeira

Colheita tardia • Late harvest

375 ml

**JOÃO CLARA**

24.00 €

Algarve

Champanhe e Espumante

Champagne & Sparkling Wine



170 ml



750 ml

GEORGE XV - VINHO GASIFICADO, BRUT

5.00 €

18.00 €

França

SIDÓNIO DE SOUSA - ESPUMANTE BRUT

6.00 €

21.00 €

Bairrada, Portugal

 Bical, Maria Gomes, Arinto

Método Tradicional • Traditional Method

SIDÓNIO DE SOUSA - ESPUMANTE ROSÉ

—

21.00 €

Bairrada, Portugal

 Baga

Método Tradicional • Traditional Method

BELISSIMO BRUTO NATURAL

5.00 €

22.00 €

Algarve, Portugal

 Negra Mole

Método Tradicional • Traditional Method

QUÊ 02 BARRANCO LONGO - GRANDE RESERVA BRUTO NATURAL

—

29.00 €

Algarve, Portugal

 Arinto, Chardonnay

Método Tradicional • Traditional Method

MOËT & CHANDON - IMPÉRIAL BRUT

—

85.00 €

Epernay, France

 Pinot Noir, Pinot Meunier, Chardonnay

VEUVE CLICQUOT PONSADIN - CUVÉE BRUT

—

95.00 €

Reims, France

 Pinot Noir, Chardonnay, Pinot Meunier

CHAMPAGNE RUINART - BRUT

—

120.00 €

Champagne, France

 Chardonnay, Pinot Noir, Meunier

Sangria



1lt

SANGRIA

Tinta / Branca / Rosé • Red / White / Rosé

18.00 €

SANGRIA

Espumante • Sparkling Wine

22.00 €

INFORMAÇÃO • INFORMATION



Neste estabelecimento aplicamos taxa de rolha.

In this establishment, we apply a corkage fee.

10.00 €