

ENTRADAS STARTERS

Focaccia com vinagrete de balsâmico

Focaccia with balsamic vinaigrette



4

Sopa do Dia

Soup of the day



4

Nachos com dipping guacamole

Nachos with guacamole



4,5

Bolas de risotto de pato com molho de azeitonas e orégãos

Duck arancini (risotto balls) served
with olives and oregano sauce



5

Tábua de queijos e enchidos

Cheese & charcuterie board



16,5

Asinhas frango barbecue

BBQ chicken wings



5,5

Lifestyle tuna

Atum braseado em cama de manga e abacate,
gingibre, lima, soja, sementes de sésamo
Braised tuna, served on a mango and avocado bed,
ginger, lime, soya, sesame seeds

9,5



CARNE MEAT

Bochecha de porco preto estufada em vinho tinto

Pork cheek stewed in red wine



16

Bife à Portuguesa

Portuguese style steak



19

PEIXE FISH

Cod and chips



15

Atum braseado

Sobre uma cama de húmus de pesto
e molho teriaki com barbecue e sementes de sésamo
Served on hummus pesto bed,
BBQ & teriyaki sauce & sesame seeds



18

ACOMPANHAMENTOS SIDE DISHES

Batata frita

Chips

3,5

Legumes assados

Roasted vegetables

4

Salada verde

Green Salad

3

BOWLS

Bowl queijo cabra

15

Goat Cheese Bowl



com figo seco, alface, nozes, alperce, tomate cherry, abacate, romã, bochecha de porco, com vinagrete de fruta e maracujá

Dried fig, lettuce, nuts, apricot, cherry tomato, avocado, pomegranate, pork cheek with fruity & passion fruit vinaigrette

Bowl veggie

13,5

Veggie Bowl



Feijão encarnado, grão de bico, quinoa, cebola roxa, tomate cherry, tofu frito, espargos verdes, e rúcula, moho pesto.

Red beans, chickpeas, quinoa, red onions, cherry tomato, fried tofu, asparagus, rocket & pesto sauce dressing.

Bowl CR7

16,5

CR7 Bowl



Alface, rúcula, tomate cherry, camarão, abacate, goji, passas, manga, lascas de coco, wakame e molho de iogurte grego

Lettuce, rocket, cherry tomato, shrimp, avocado, goji berries, raisings, mango, coconut shavings, wakame with greek yogurt dressing

Bowl salmão

14

Salmon Bowl



Salmão fumado, Quinoa, rúcula, tomate cherry, cebola roxa, pepino, azeitonas, sementes de girassol, manga, molho iogurte e hortelã

Smoked salmon, quinoa, rocket, cherry tomato, red onions, cucumber, olives, sunflower seeds, mango with mint & yogurt dressing.

Tuna Tataki Poke Bowl

15,5

Tuna Tataki Poke Bowl

Tataki de atum, quinoa, abacate, manga, feijão edamame, sementes de sésamo, milho doce e wakame com molho de soja

Tuna Tataki, quinoa, avocado, mango, beans, sesame seeds, sweetcorn, wakame with soy sauce.



KIDS MENU

Pizza Marguerita

6

Pizza Margherita



Cheeseburger

6

Hmbúrguer novilho, alface, tomate, queijo cheddar e maionese

Angus beef burger, tomato, cheddar cheese & maionese



Nuggets de frango com maionese

5

Chicken nuggets with mayonnaise



VEGGIE

Veggie lasanha

13

Vegetarian Lasagne



Veggie Wellington sobre cama de verdes

14

Vegetarian Wellington on a bed of greens



PIZZAS

Pizza Marguerita   9
Pizza Margherita

Pizza funghi e alcachofra   . . 16
Pizza with mushrooms and artichoke

guarnecido com trufa negra
garnished with black truffle

Pizza HotMatch     . . . 13,5

com pepperoni e pimenta da terra
with pepperoni & pepper

Pizza queijo e pesto    . . . 14

Com queijo cabra, queijo gorgonzola, e parmesão regado
com molho pesto
with goat cheese, parmesan, gorgonzola drizzled in pesto

Pizza prosciutto   13,5
Pizza with prosciutto

com tomate seco e manjeriço
dried tomato & basil

Pizza di mari    16

Molho tomate, mozzarella, salmão fumado, queijo creme, rúcula
e azeitonas
Tomato sauce, mozzarella, smoked salmon, cream cheese, rocket & olives

Pizza vegetariana   16

Courgete, beringela, pimentos e cogumelos marron
Zucchini, eggplant, capsicum & mushrooms

Pizza CR7    16

Camarão, rúcula, cebola caramelizada e lascas de parmesão
Pizza with shrimp, rocket, caramelised onions & parmesan shavings

Pizza Penalty   15

molho de tomate, queijo cheddar e mozzarella, frango,
bacon tostado, pickle de jalapeno e molho de caril e coco
*tomato sauce, mozzarella and cheddar, chicken, crispy bacon,
pickled jalapeno & coconut & coriander curry sauce*

TOSTAS TOASTS

**Tosta de frango em pão
caseiro**    9

Chicken toast in homemade bread

Peito de frango, queijo cheddar, bacon com tomate
e alface e molho de azeitonas e orégãos
*chicken, cheddar, bacon, tomato, lettuce, olives
& oregano sauce*

**Tosta aberta em pão
caseiro com queijo
provolone**     10

Open provolone cheese toast

Presunto, rúcula, tomate seco
cheese, prosciutto, rocket & dried tomato

Tosta aberta de abacate 8,5
Avocado open toast

em pão de carvão ativo com tomate, azeite
de alho ovo escalfado
*in activated charcoal bread with tomato,
garlic oil & a poached egg*

HAMBURGUERS

Derby

Hamburguer Angus 180gr em pão de carvão ativo, com mescla de alfaces, tomate, queijo cheddar, molho BBQ, cebola caramelizada

180g of Angus beef burger, activated charcoal bread, mix lettuce, tomato, cheddar, bbq sauce & caramelized onions



Sloppy Burger

Bochecha de porco preto em pão de carvão ativo com rúcula, tomate, pickle de jalapeno, molho de mostarda e mel, queijo provolone

Pork cheeks, charcoal bread, rocket, tomato, pickled jalapeno, honey & mustard sauce, provolone cheese.



Prego especial

Beef de novilho, manteiga de alho, bolo do caco, alface, tomate, queijo cheddar, bacon, ovo estrelado

Traditional bread 'Bolo do caco' with garlic butter, steak, lettuce, tomato, cheddar, bacon, fried egg.



ÍNDICE ALERGÉNICOS

1 SULFIDE AND SULFUR DIOXIDE	2 OVOS EGGS	3 CRUSTÁCEOS CRUSTACEANS	4 MOLUSCOS MOLLUSCS	5 PEIXE FISH
6 SÊSAMO SESAME	7 SOJA SOY	8 FRUTOS CASCA RUA NUTS	9 GLÚTEN GLUTEN	10 AIPO CELERY
11 MOSTARDA MUSTARD	12 LEITE MILK	13 AMENDOIM PEANUTS	14 TREMOÇO LUPINE	15 VEGETARIANO VEGETARIAN

SOBREMESAS

Hat trick

5

Gelado de chocolate, sorvete de maracujá e gelado de pistachio

Chocolate ice cream, passion fruit sorvet & pistachio ice cream



Mousse de amendoim e caramelo salgado

5

com crocante de areia

Peanut and salted caramel mousse, crunchy biscuit



Chocolate paradise

6

Merengue de chocolate, com mousse de chocolate acompanhado por sorvet de maracujá.

Chocolate Meringue, chocolate mousse, banana & passion fruit sorvet.



Fruta da estação

4

Fruit of the season

Ingredientes adicionais = 2.50€

Extra ingredients = 2.50€

Ingrediente adicional camarão = 4€

Shrimp extra ingredien= 4€

10% TAXA DE SERVIÇO SUGERIDA
SUGESTED 10% SERVICE CHARGE