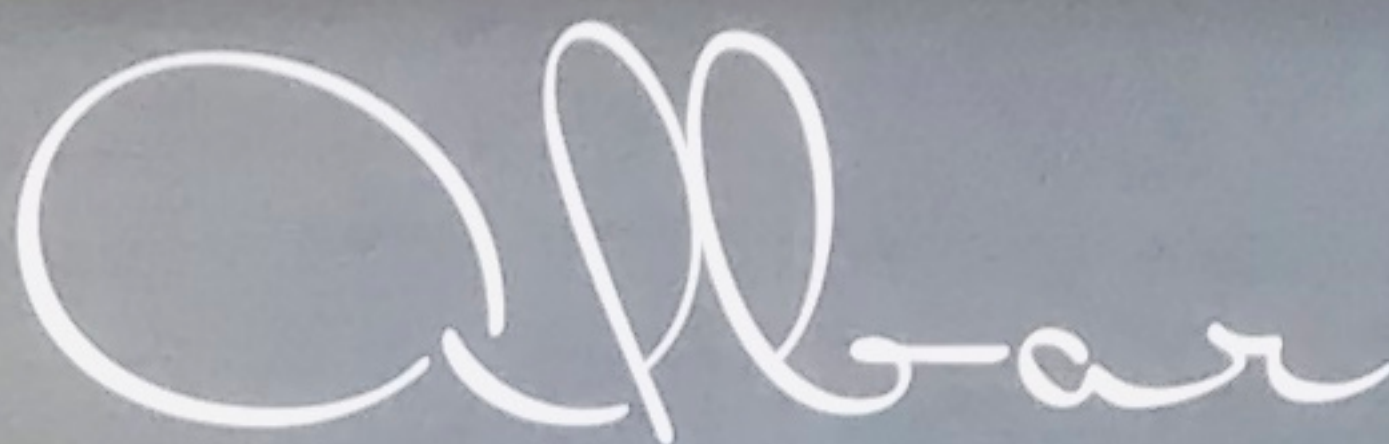




Snack-Bar | Coffee-Shop

Pequenos-Almoços

Pequeno-Almoço Inglês	7,20 €
2 ovos, bacon, salchicha inglesa, feijão, tomate grelhado, tosta, manteiga & chá ou café	
Super Pequeno-Almoço Inglês	8,50 €
2 ovos, bacon, salchicha inglesa, feijão, cogumelos, tomate grelhado, batata roasty, tosta, manteiga, doce & chá ou café	
Pequeno-Almoço Francês	5,90 €
tosta, croissant, queijo, flambé, doce, manteiga & chá ou café	
Pequeno-Almoço Albar	8,50 €
tosta, manteiga, croissant, doce, ovo cozido, flambé, queijo, iogurte, sumo de laranja natural & chá ou café	

Snacks

Sandesh, Bifanas, Tostas, Hambúrgueres, Omeletes e Saladas

Entradas

Couvert:	2,50 €
Pão 0,90 €	Manteiga 0,75 €
Queijo 1,00 €	Pasta de sardinha 1,00 €
Pão com Alho	2,20 €
Sopa do Dia	1,95 €
Sopa de Peixe	3,20 €
Melão com Presunto	5,80 €
Cocktail de Camarão	6,20 €
Cogumelos com Bacon e Alho	6,20 €
Camarão Frito com Alinho e Piri-piri	6,50 €
Terrina de Pato com Porto servido com Tostas	6,20 €
Asas de Frango com Molho BBQ ou Picante	6,50 €
Abacate com Camarão	6,60 €

Peixes

Filetes de Pescada envoltos em polme servidos c/ puré de ervilha	8,80 €
Lulas à Sevilhana	9,50 €
Scampi Camarões sem casca com polme	11,50 €
Posta de Salmão na grelha c/ manteiga de limão	12,50 €
Bife de Atum de Cebolada	12,90 €
Filetes de Linguado na frigideira	13,50 €
Bife de Espadarte grelhado, c/ manteiga de limão	13,95 €
Bacalhau c/ Crosta na Caçarola c/ batatinhas a murro	14,95 €
Camarão Grande à la Plancha sobre Tosta Balsâmica azeite, alho e piri-piri	16,95 €

Carnes

Bitoque de Vaca	8,50 €
Peito de Frango com Cogumelos	10,20 €
Entrecosto no Forno c/ Molho BBQ	10,90 €
Espetada de Frango Saté	11,50 €
Espetada de Frango Picante c/ Molho de iogurte	11,50 €
Chili com Carne à Mexicana (suavemente Picante)	11,90 €
Bife Albar molhos à escolha (Cogumelos, Pimenta ou Porto)	12,50 €
Espetada Mista de Carne	12,50 €
Medalhões de Porco Grelhado c/ Molho BBQ	12,90 €
Cordon Bleu Peito de frango recheado c/ queijo & flambé	12,90 €
Bife à Portuguesa	13,90 €
Costeletas de Borrego com Molho de Hortela	13,90 €
Bife Gammon c/ Ovo ou Ananás Grelhado	14,50 €
Bife do Lombo Especial Albar com Queijo Azul	16,50 €

Todos os pratos são servidos c/ batata frita, batata no forno ou arroz e salada.

Massas / Esparguetes

Primavera Ratatouille de legumes um pouco picante	9,50 €
Bolonhesa molho de carne com tomate	9,80 €
Cremona flambé, bacon, salame, cogumelos & natas	9,90 €
Albar molho, carne, cebola, bacon & cogumelos	10,80 €
Lasanha de Carne Prato Individual	11,50 €
Marisco molho de tomate & mariscos	12,50 €

Vegetarianos

Quiche Vegetariano c/ Salada	7,90 €
Legumes Grelhados c/ Salteado de Quinoa e Nozes	11,50 €

Menu Infantil 5,50€

Nuggets de Frango
Douradinhos
Esparguete Bolonhesa
Salchichas e Batatas Fritas

Sobremesas Especiais

Breakfast

English Breakfast	7,20 €
2 eggs, english bacon, english sausages, beans, grilled tomato, toast butter & tea or coffee	
Super English Breakfast	8,50 €
2 eggs, english bacon, english sausages, beans, mushrooms, grilled tomato, roasty potato, toast, butter, jam & tea or coffee	
French Breakfast	5,90 €
toast, croissant, cheese, ham, jam, butter & tea or coffee	
Albar Breakfast	8,50 €
toast, butter, croissant, jam, boiled egg, ham, cheese, yoghurt, fresh orange juice & tea or coffee	

Snacks

Sandwiches, Toasts, Hamburgers, Omelets & Salads

Starter

Couvert:	2,50 €
Bread 0,90 €	Butter 0,75 €
Cheese 1,00 €	Sardine Paté 1,00 €
Garlic Bread	2,20 €
Soup of the Day	1,95 €
Fish Soup	3,20 €
Melon with Ham	5,80 €
Prawn Cocktail	6,20 €
Mushrooms with Bacon & Garlic	6,20 €
Fried Prawns with Garlic & Piri-piri	6,50 €
Duck Liver Terrine with Port served with Toasts	6,20 €
Chicken Wings with BBQ or Hot Sauce	6,50 €
Avocado with Prawns	6,60 €

Fish

Fish & Chips made in English batter served with pea puree	8,80 €
Calamari	9,50 €
Scampi Prawns fried in batter	11,50 €
Salmon Steak fried in butter & lemon sauce	12,50 €
Tuna Fish Steak with Onions Sauce	12,90 €
Sole Fillets lightly floured fried	13,50 €
Sword Fish Steak grilled drizzled with butter & lemon sauce	13,95 €
Codfish with Crust in Casserole w/ baked potatoes	14,95 €
King Size Prawns "A La Plancha" on a Balsamic Toast olive oil, garlic & piri-piri	16,95 €

Meat

Minute Steak served w/ fried egg on top	8,50 €
Chicken Breast w/ Mushrooms	10,20 €
Spare Ribs w/ BBQ Sauce	10,90 €
Chicken Satay Kebab	11,50 €
Spicy Chicken Kebab w/ Yoghurt Sauce	11,50 €
Chilli Con Carne (Mildly spicy)	11,90 €
Albar Sirloin with 3 Sauce Options (Mushrooms, Pepper or Port)	12,50 €
Mixed Kebab w/ BBQ Sauce	12,50 €
Grilled Pork Medallions w/ BBQ Sauce	12,90 €
Cordon Bleu chicken breast stuffed w/ ham & cheese	12,90 €
Portuguese Steak	13,90 €
Lamb Chops w/ Mint Sauce	13,90 €
Gammon Steak w/ Egg or Grilled Pineapple	14,50 €
Fillet Steak Albar Special with Blue Cheese	16,50 €

All main courses served with chips, baked potatoes or rice & salad.

Pasta / Spaghetti

Primavera ratatouille of vegetables slightly spicy	9,50 €
Bolognese meat tomato sauce	9,80 €
Cremona ham, bacon, salami, mushrooms & cream	9,90 €
Albar meat sauce, onion, bacon & mushrooms	10,80 €
Lasagna Individual Dish	11,50 €
Seafood tomato sauce & seafood	12,50 €

Vegetarian

Vegetable Quiche w/ Salad	7,90 €
Grilled Vegetables w/ Sautéed of Quinoa and Walnuts	11,50 €

Kids Menu 5,50€

Chicken Nuggets
Fish Fingers
Spaghetti Bolognese
Sausages and Chips

Special Desserts