

Couvert

Couvert (Bread, Olives, Carrot “Algarvian” style and Butter) – **3.90€**
Bread Basket – **1,60€** | Gluten free bread basket – **2,90€**
Olives – **1,30€** | Homemade Tuna Patê – **2,90€**
Butter / Carrots “Algarvian Style” – **0,60€** | Cheese (Cow/Goat/Sheep) – **3,50€**

Soup

Soup of the Day – 3.20€
Portuguese Soup made with a potato base, olive oil, carrots & Season vegetables

Tomato Soup – 4,90€
Fresh tomato creamy Soup, olive oil, basil & croutons

Starters

Portuguese Style “Bulhão Pato” Mussels Fresh Mussels Cooked in a pan with White Wine, Olive Oil & Garlic	6.50€
Muxama Salad (Smoked Tuna) Traditional Algarvian Salad with Smoked Tuna “Sea Smoked Ham” Mix of Green leaves, Orange & Vinagrete	9.90€
Tomato with fresh Mozzarella Cheese Fresh Tomato with Fresh Mozzarella Cheese, Olive Oil, Oregano & Basil	6.90€
Garlic Prawns Flambé with Brandy Garlic king Prawns Flambé with Brandy (250g) - option with Piri Piri	15.90€
Algarvian Filo Pastries Delight Oven Filo Pastries with Fig, Goat Cheese & Honey	6.50€
Sautéed Mushrooms Sautéed Fresh Mushrooms in a Creamy Sauce With Garlic & Bacon served on a Home Made Bread Nest	6.50€
Goat Cheese and Drunk Pear Samosas (Chamuças) Goat Cheese and Drunk Pear Samosas over rocket Salad	6.50€
Louro & Salsa Garlic Bread With Cheese (home Made) Toasted Bread with garlic butter, Parsley, Cheese & Oregano	4.50€
Louro & Salsa Garlic Bread (home made) Toasted Bread with garlic butter & parsley	3.50€
Louro & Salsa Gluten Free Garlic Bread (home made) + 1.50€	



Soup of the Day

3.20€

Portuguese Soup made with a potato base, olive oil, carrots & Season vegetables

Tomato Soup

4.90€

Traditiona Algarvian Fresh tomato "creamy" Soup, olive oil, basil & croutons

Louro & Salsa Garlic Bread With Cheese (home Made)

4.50€

Toasted Bread with garlic margarine, Parsley, Cheese & Oregano

Louro & Salsa Garlic Bread (home made)

3.50€

Toasted Bread with garlic margarine & parsley

Louro & Salsa Gluten Free Garlic Bread (home made) + 1.50€

Vegan "Caprese" Salad

6.90€

Fresh Tomato with Fresh Tofu, Olive Oil, Oregano & Basil

Green Salad

4.20€

Mix of Green Leaves, Cucumber, Green Pepper & Purple onion

Tomato Salad

4.90€

Fresh Tomato, Purple Onion, & Oregano

Mixt Salad

4.90€

Mix of Green Leaves, Tomato, Cucumber, Green Peppers & Purple onion

Farmer's Salad

5.90€

Traditional Algarvian Salada with Fresh Tomato, Purple Onion, Cucumber, Green Peppers (all in cubes) olives & Oregano

Vegetables & Tofu Cataplana

12.90€

Traditional Algarvian Dish, Slow Cooked Fresh Season Vegetables & Tofu Aromatized with Mediterranean Flavours

Penne Bolognese

11.90€

Penne Al Dente with Soya & Tomato Sauce

Spring Lasagna

12.90€

Homemade Fresh Seasonal Lasagna (Vegan Cheese & Bechamel)

Tofu & Sweet Potatoes

12.90€

Laminated Sautéed Fresh Tofu, Aromatized with Mediterranean Flavours with Smashed Sweet Potatoes & Salad

Vegetables & Lentil Curry

13.90€

Fresh Season Vegetables & Lentil with Coconut Curry With Rice



Fish

Salmon Fillet and Passion fruit Grilled Salmon Fillet with Passion fruit sauce served with Smashed Sweet Potatoes	18.90€
Grilled Golden Bream Fresh Golden Bream served with potatoes & season Vegetables	16.90€
Grilled Sea Bass Fresh Sea Bass served with potatoes & season Vegetables	16.90€
Prawns "Louro&Salsa" Style Fried Garlic Prawns & Creamy Prawn "Louro&Salsa" sauce served with rice	17.90€
Cod Fish and Corn Bread Traditional Portuguese Dish made on the oven, composed of layers of cod, typical Corn Bread, turnip greens & served with roasted potatoes	21.90€
Grilled Cod Loin Traditional Portuguese Dried and salted cod loin served with roasted potatoes, olive oil & Garlic	24.90€
Prawns Curry "Indian" Prawn Curry served with Rice & Fruit Chutney	19.90€

Fish of the Day

In our expositor you will find fresh fish including the fishermen's "Catch of the Day" our offer may vary depending the Season and the Good Tides ask us what we have for today!

Algarve Flavours

Fish & Shellfish Cataplana - for two people Traditional algarvian Slow Cooked Dish, Mix of sea flavour (Sea Bass, Golden Bream, Monk Fish, Clams, Mussels & prawns) served with potatoes - 30 minutes cooking time	41.90€
Chicken Cataplana - for two people Traditional algarvian dish, Slow Cooked, Aromatized Free range Chicken (on the Bone) with Mediterranean Flavours (tomato, peppers, olive oil & garlic) served with potatoes – 30 minutes cooking time	27.90€
Traditional Portuguese Seafood Rice for two people Traditional Algarvian Slow Cooked Dish, Mix of Sea Flavours (Cockles, Monk Fish, Clams, Mussels & prawns) Mix with Rice on a Mediterranean sauce - 30 minutes cooking time	46.90€
Grilled Squids Grilled squids served with Sweet potatoes & vegetables, olive oil & Garlic	23.90€
Grilled or Fried Tuna with "Algarvian Sauce" Grilled or Fried Tuna Steak served with Potatoes, vegetables and tomato, pepper & onion sauce (cooked rare or medium)	19.90€
Roasted Octopus Roasted Octopus served over Roasted potatoes and turnip greens	21.90€

Meat

Grilled Chicken / Piri-Piri Half of a traditional fresh Grilled Chicken on the bone (350g), served with chips	9,90€
Grilled Chicken Supreme Fresh Grilled supreme served with Chips	10.90€
Chicken Kebab Grilled Chicken Breast on a skewer served with Chips	16.90€
Chicken Curry “Indian” Chicken Curry served with Rice & Fruit Chutney	14.90€
Magret de Pato Duck Magret Sealed Duck Breast on Orange & Madeira wine reduction served with Potato Grantin (minime 20 minutes cooking time – served RARE)	20.90€
Duck confit Confited Duck Leg Served with Mushed Potatoes	18.90€
Pork Tenderloin & Prawns Sauteé pork tenderloin with prawns served with Rice	19,90€
Grilled Lamb Chops Grilled Lamb Chops served with Mint Sauce - (Choose one side – included)	19.90€
Lamb Shank Oven Rosted Lamb Shank served with mashed Potatoes on a Portuguese Sauce	21.90€
Grilled Fillet Steak 250g of Grilled Black Angus Fillet Steak - (Choose one side – included)	26.90€
Black angus T-Bone 400g Grilled Black Angus T-Bone - (Choose one side – included)	29.90€
Fillet Steak “Portuguese” Style Black Angus Fillet Steak cooked in a traditional clay Dish, Smoked Ham and traditional Portuguese chips	27.90€

Side Dishes - Extras

Rustic Potatoes Wedges – 3,90€ | Chips – 3,90€ | Boiled Potatoes - 1.90€
Boiled Vegetables – 4.50€ | Sautéed Vegetables - 4,50€ | White Rice - 1.90€
Salads: Mixed – 4.90€ | Green – 4.20€ | Tomato - 4,90€ | Farmer – 5.90€

Sauces

Three Peppers Sauce | Mushrooms Sauce | Curry Sauce – 3.50€

Cooked the way you like

Rare – Medium Rare – Medium – Medium Well – Well done

Pasta & Lasagna *(homemade)*

Meat Lasagna Mixed Pork & Beef Homemade Lasagna	12.90€
Salmon Lasagna Fresh Salmon & Spinach Lasagna	14.90€
Tagliatelle Carbonara Tagliatelle Al Dente with traditional Carbonara Sauce (Parmesan, bacon, Cream & egg)	12.90€
Spaghetti Bolognese Spaghetti Al Dente with traditional Meat & tomato Sauce	11.90€
Black Linguini & Prawns Linguini sapia del nero with Prawns, Saffron & Cream	20.90€
Gluten Free Option - FUSILI + 2.50€	
Grated Parmesan Cheese + 1.50€	

Pizza

Our Pizza is Made with Fresh Dough & Fresh Ingredients in a Clay Based Oven		
	Ø9,5inc	Ø12inc
Margarita Tomato sauce, Mozzarella Cheese, Oregano	11.90€	13.90€
Riviera Tomato sauce, Mozzarella Cheese, Ham, Oregano	12.90€	14.90€
Vegan Tomato sauce, Vegan Cheese, Mushrooms, Sweet Corn, Pepper, Onion, Oregano	16.90€	18.90€
Campestra Tomato sauce, Mozzarella Cheese, Mushrooms, "Chouriço", Bacon, Oregano	14.90€	16.90€
Franganatti Tomato sauce, Mozzarella Cheese, Chicken, Mustard, Cream, Oregano	14.90€	17.50€
Gluten Free Ø9,5inc + 2,50€		