



LUNCH | DINNER

FORMIGAS

Menu



ENTRADAS

STARTERS

PÃO D'ALHO, PATÉ DE ATUM E AZEITONAS Garlic bread, tuna and olives	2,6	REVOLTO DE SETAS E GAMBAS Scrambled eggs with mushrooms and shrimps	8,0
CREME DE LEGUMES Vegetable soup	2,5	EDEMAME	3,8
PRESUNTO 100% BELLOTA 100% Bellota ham	18,0	GYOZA	3,8
PIMENTOS PADRÓN Padrón peppers	4,9	THAI KIMUCHI ROBALO Thai kimuchi sea bass	7,5
SETAS SALTEADAS Sautéed oyster mushrooms	5,0	CRISPY DE CAMARÃO	7,8
GAMBAS À GUILHO Prawns cooked in olive oil and garlic	9,8	TEMPURA DE CAMARÃO Prawn tempura	7,8
POLVO À GALEGA Galician style octopus	9,8	TEMPURA DE CAMARÃO C/AMÊNDOA Shrimp tempura with almond	7,8

MENU INFANTIL

CHILDREN'S MENU | ≤ 8 ANOS/YEARS

PREGO DO LOMBO NO PRATO Sirloin steak with an egg, lettuce and french fries	11,5	PANADO DE FRANGO COM TAGLIATELLE (MOLHO DE TOMATE OPCIONAL) Breaded chicken with tagliatelle (tomato sauce optional)	6,5
TAGLIATELLE SALTEADO COM FRANGO Sautéed tagliatelle with chicken	6,5		

SALADAS, MASSAS, RISOTTOS E FOLHADOS

SALAD, PASTAS, RISOTTOS AND PUFF'S

SALADA PRESIDENTE (SETAS, CAMARÃO, FRANGO E PARMESÃO) President salad (grilled mushrooms, shrimp, chicken and parmesan)	15,5	LASANHA À BOLONHESA Lasagna bolognese	11,5
TAGLIATELLE DE FRANGO GRATINADO NO FORNO Chicken tagliatelle gratin	12,5	RISOTTO COM COGUMELOS Mushroom risotto	12,0
TAGLIATELLE COM CAMARÃO E TOMATE SECO AROMATIZADO COM COENTROS Tagliatelle with shrimp dried tomatoes flavored with coriander	15,5	RISOTTO COM ESPARGOS VERDES E CAMARÃO Green asparagus and shrimp risotto	15,5
		FOLHADO DE LEGUMES Vegetable puff	12,0



PEIXE

FISH

BACALHAU COM BROA, BATATA A MURRO E GRELOS

Cod fish with corn bread,
potatos and brocoli

15,8

POLVO CONFITADO COM MIGAS DE FEIJÃO E MANTEIGA

Octopus confit with butter bean
crums (migas)

19,8

ARROZ DE ROBALO

Sea bass rice

19,5

ROBALO AO SAL OU GRELHADO

Grilled or in salt sea bass

KG/PVP

FILETE DE ROBALO GRELHADO COM LEGUMES E BATATA DOCE

Grilled sea bass fillet with vegetables
and sweet potato

19,5

ARROZ DE TAMBORIL COM GAMBAS

Monkfish rice with prawns

16,5

GAMBAS À BRÁS

Portuguese dish with prawns
potatoes, eggs, olives and parsley

17,5

SALMÃO GRELHADO COM BATATA CORADA E ESPARGOS

Grilled salmon with baked potatoes
and asparagus

14,5

CARNE

MEAT

TORNEDÓ DO LOMBO COM BATATA GRATINADA E LEGUMES

Sirloin steak with sliced potatoes
and vegetables

19,5

NACO DE NOVILHO COM BATATA FRITA ÀS RODELAS E LEGUMES

Veal beef with potato fries
and vegetables

13,5

FOLHADO DE FRANGO COM SALADA MISTA

Chicken leaf with mixed salad

13,0

MEDALHÃO DE VITELA COM BATATA GRATINADA E LEGUMES

Veal medallion with sliced potatoes
and vegetables

13,5

PEITO DE FRANGO COM BATATA DOCE E LEGUMES

Chicken brest with sweet potato
and vegetables

12,0

FRANCESINHA ESPECIAL DO LOMBO DE BOI

13,0

GUARNIÇÕES COMPLEMENTARES

EXTRA SIDE DISHES

SALADA MISTA

Mixed Salad

3,5

GRELOS

Turnip greens

3,5

LEGUMES

Vegetables

3,5

COGUMELOS

Mushrooms

3,5

ARROZ DE LEGUMES, TOMATE, GRELOS, BRÓCOLOS, ETC

Vegetables, tomato, turnip greens or
broccoli rice

4,0

TIGELA DE ARROZ

Rice bowl

2,0

TIGELA DE ARROZ DE SUSHI

Sushi Rice Bowl

3,5

RISOTTO

5,0

BATATA FRITA

French potatoes

2,5

BATATA POBRE

Poor "style" potato

3,8

BATATA GRATINADA

Potato gratin

3,8

Sushi

TÁRTAROS E CARPACCIOS

TARTARS & CARPACCIOS

TÁRTATO DE SALMÃO COM MANGA E ABACATE 9,8

Salmon tartar with mango and avocado

CARPACCIO DE SALMÃO 9,8

Salmon carpaccio

CARPACCIO DE ROBALO 9,8

Seabass carpaccio

CARPACCIO MISTO 9,8

Mixed carpaccio

TEMAKI (SALMÃO, ATUM OU CAMARÃO) 6,0

Salmon, tuna or shrimp temaki

TATAKI DE SALMÃO 14,0

Salmon tataki

TATAKI DE ATUM 14,5

Tuna tataki (vegetables and prawns)

HOT ROLLS

PRIMAVERA 4 pcs 6,5

FILADELFIA 4 pcs 6,5

MAKI 4 pcs 6,5

SASHIMI

SASHIMI 5 pcs 7,0

Salmão, atum, robalo
Salmon, sea bass, tuna

SUSHI COMBINADO

SUSHI COMBO

EDOMAEZUSHI 12 pcs 16,0

OMAKASE 15 pcs 24,0

CHIRASHI DO CHEFE 24,0

Variado de peixe cru e flamejado,
com uma tigela de arroz / Mix of raw
and flamed fish with a rice bowl

HOT FUSION 12 pcs 16,0

FORMIGAS FUSION 24 pcs 32,0

SAMURAI FUSION 36 pcs 45,0





Sobremesas

DESSERTS

TARTE DE MARACUJÁ (MARACUJÁ FRESCO)	4,8
Passion fruit tart with fresh fruit	
CHEESECAKE DE FRUTOS SILVESTRES E BASE DE FRUTOS SECOS	5,0
Wild berries cheesecake with a dried fruit base	
DOCE DO DIA COM GELADO	5,0
Sweet of the day with ice cream	
PUDIM ABADE PRISCOS COM GELADO DE LIMÃO	5,0
Abade priscos pudin with lemon ice cream	
TARTE DE MAÇÃ QUENTE COM GELADO (10MIN)	6,8
Hot apple tart with ice cream	
ESTALADIÇO DE LEITE CREME (10MIN)	5,0
Crisp stuffed with custard milk	
MUFFIN DE CARAMELO COM GELADO (15MIN)	6,5
Caramel muffin with ice cream	
MUFFIN DE CHOCOLATE COM GELADO (10MIN)	6,5
Chocolate muffin with ice cream	
MANGA/MORANGOS/ABACAXI	3,9
Mango/strawberries/pinapple	
FRUTA DA ÉPOCA	PVP
Sliced fruit plate	
TAÇA DE GELADO - 1 BOLA OU 2 BOLAS	3,0 5,0
Ice cream - 1 scoop or 2 scoops	

*As melhores lembranças são feitas de
boa comida e bons amigos...*

VINHO BRANCO - VERDE / ALVARINHO

WHITE WINE - GREEN / ALVARINHO

D. DIOGO (Azal/Arinto)	11,5	SOALHEIRO Primeiras Vinhas (Alvarinho)	25,0
QUINTA DA RAZA Grande Escolha (Alvarinho / Trajuda)	13,0		

VINHO BRANCO - DOURO

WHITE WINE - DOURO

PALATO ROSÉ	16,5	CRASTO	18,5
CASTELO D'ALBA	12,0	MEANDRO	21,0
TRÊS BAGOS	18,0	GRAINHA	22,0

VINHO BRANCO - ALENTEJO

WHITE WINE - ALENTEJO

VINHA D'ERVIDEIRA	15,5	SOBRO	14,5
ANTÃO VAZ - PECEGUINA	19,5	MONTE DA PECEGUINA	17,5

VINHO TINTO - DOURO

RED WINE - DOURO

CASTELO D'ALBA	12,0	PAPA FIGOS	16,0
CARM RESERVA	21,0	CEDRO DO NOVAL	21,5
CRASTO SUPERIOR	24,0	MEANDRO	22,0

VINHO TINTO - ALENTEJO

RED WINE - ALENTEJO

REYNOLDS	17,5	SOBRO	14,5
AZAMOR	19,5		

VINHO AO COPO

WINE BY THE GLASS

BRANCO OU TINTO Glass of white or red wine	3,5	BRANCO OU TINTO Glass of white or red win	5,0
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ESPUMANTES & CHAMPAGNES

SPARKLING WINES & CHAMPAGNES

TERRAS DO DEMO (BRANCO)	16,0	H.BLIN	45,0
TERRAS DO DEMO (ROSÉ)	16,0	RUINART BRUTO	65,0
VÉRTICE	23,0	RUINART BLANC DU BLANC	85,0

SANGRIAS

BRANCA White	17,0	TINTA Red	17,0
ROSÉ Rose	17,0	AZUL Blue	17,0
FRUTOS VERMELHOS Red berries	17,0	PEPINO Cucumber	17,0
1/2 SANGRIA	10,0	CHAMPAGNE H BLIN Champagne H Blin	55,0
COPO DE SANGRIA Glass of Sangria	6,0		



*não deixe para
amanhã o que pode
comer hoje*



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Vat included - IVA incluído