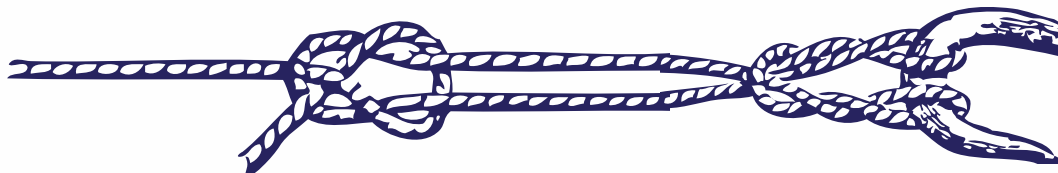


## Ezequiel Seabra the "Wolf of the Sea" Why? Will it be tribute or fantasy?

So let's tell a story of dedication and bravery:

The First Patron of the Lifeguard of Angeiras,  
Ezequiel da Silva Seabra (1894-1974), lived in this house and was born in Lavra.  
And no, he wasn't a one-hour or one-day hero,  
He was, indeed, a hero of many hours in many, many days.  
For more than 40 years the sea was his fight.  
He had respect for the sea and a great and empirical knowledge.  
Early in the morning, he would go out to "surround" the sea, to look at the sky, to  
"study" the weather.  
In moments of distress, of screaming on the beach, he never hesitated.  
At the command of the Lifeboat, piercing the waves, facing the winds, in the midst of  
storms, day or night,  
He advanced with courage and self-sacrifice to save those who were in danger.  
And, how fragile the rowing boats were, how small the means of rescue were, in  
those other times, which were not so long ago.  
Medals and decorations, many he received from so many lives he saved.  
He was proud of them without false modesty and everyone on earth and beyond  
respected and esteemed him.  
And if at sea he fought bravely,  
On land, he was always at the forefront of improving the life of this community, which  
at the time was very tough.  
And there was so much to tell about such a rich and unusual personality!  
Looking, now, at the horizon, we see a pier moving forward.  
It's the little sea port, that harbor for fishermen, who haven't seen it because it took  
so long, but it was one of the dreams he fought for.

MASM



## - COUVERT -

**Bread Basket/Cornbread Basket • 2.50**

**Couvert Lobo do Mar • 5.50**

**Garlic Butter Toast • 2.50**

## - SALADS -

**Lobo do Mar Salad • 11.00**

(Lettuce, Tomato, Tuna, Egg, Corn, Vinaigrette Mussel and Fried Onion)

**Season Salad • 2.00/4.00**

## - SOUPS -

**Seafood Soup • 6.90**

**Cream of the Day • 3.50**

## - TAPAS -

**"Alheira" puff pastry with almonds • 6.80**

**"Ovos Rotos" • 6.50/11.00**

**Gratin "Saloio" Cheese • 4.50**

**"Padron" Peppers • 5.00**

**Steak in "Bolo de Caco" • 9.60**

**"Petinga" • 6.00**

**Clams "à Bulhão Pato" • 16.00**

**Razor Clams "à Bulhão Pato" • 18.00**

**"PO" Sandwich with "Saloio" Cheese • 5.00**

**Fried Cuttlefish • 10.00**

**Crunchy Squid • 11.00**

**Roasted Chorizo with Garlic  
Bread and Cheese • 7.00**

**Black Tiger Shrimp with  
Garlic • 14.00**

**Vinaigrette Mussel • 9.00**

**Vinaigrette Octopus • 14.00**

**Codfish "Patanisca" un • 2.00**

**Assorted snacks un • 1.90**

## - CHILDREN'S MENU 11.00 -

**Chicken Nuggets with French  
Fries + Drink**

**Steak Chicken/Turkey with Egg and  
French Fries + Drink**

**"Douradinhos" with White Rice +  
Drink**

## - VEGETARIAN 14.50 -

**Vegetable Curry with Basmati Rice  
Sauteed vegetables with french  
fries and egg**



## - FROM SEA TO PLATE -

Grilled Salmon with Smoked ham • 16.00

Confited Codfish with Cheakpea Purée • 21.00

Codfish "à Zé do Pipo" • 20.50

Codfish with Cornbread • 20.50

Codfish "à Braga" • 19.00

Octopus "à Lagareiro" • 20.00 / 38.00

Squid and Prawns Skewer • 16.00

Parrilhada do Mar "À Patrão" • 42.50

Skewer "à Lobo do Mar" • 38.00

"Foda" of Codfish in "Rio Maior" Bread - 45.00 (only for request)

Oven-Roasted Sea Bass (over 1.5kg) - only for request

## - FRESH FISH PER KILO -

Sea Bream • 38.00

Sea Bass • 38.00

Turbot • 44.00

Other Fish from Local Market - Upon request

**2 Garnishes Included**

Extra Garnish: 2.00/4.00

## - SEAFOOD PER KILO -

CHECK AVAILABILITY

Selected Prawns • 40.00

Stuffed Sea Crab • 28.00

Other Seafood from Local Market -  
Upon request

## - RICE / "AÇORDA" / PASTA -

Seafood Rice 2 Pax • 38.00

Seafood Linguini • 14.50

Seafood "Açorda" • 14.00/29.00

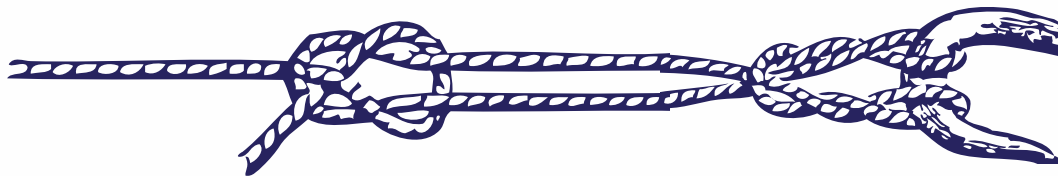
Prawn Curry With Basmati Rice • 17.00

## - MEAT ON THE BOARD -

Tenderloin "Barrosã" Lobo do Mar • 19.00

Veal Chop from Montalegre • 30.00

Secrets of Black Pork with Rice Greek • 15.50/28.00



## - DESSERTS -

**"Tiramissu" • 4.00**

**Crunchy Biscuit Cake • 4.00**

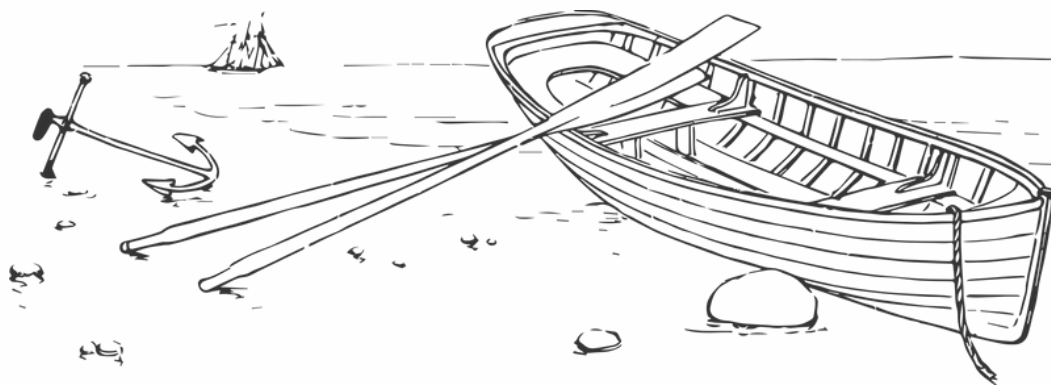
**Flan "Abade de Priscos" • 4.00**

**Coconut Cake with Red Fruits • 4.50**

**Dessert of the day - see suggestion**

**Seasonal Fruit - see suggestion**

**Ice Cream Scoop - see suggestion • 2.50**



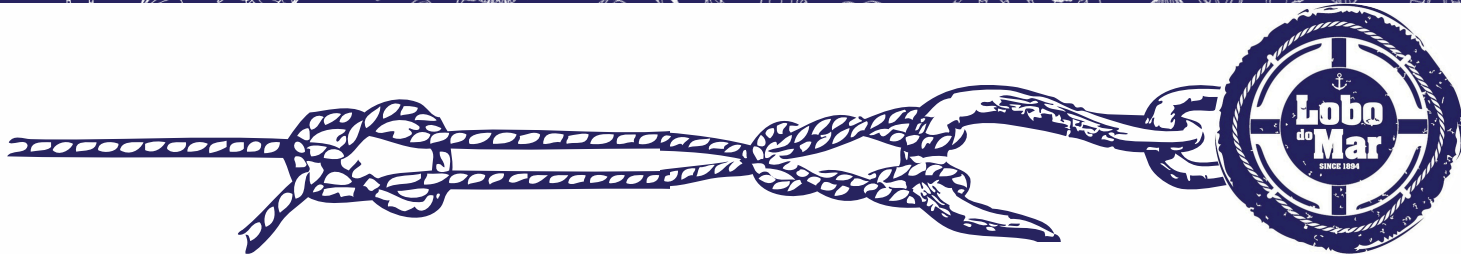
**"Extra ingredients are charged separately.**

**The alterations are/can be considered extra ingredients. Giving up any ingredient of the chosen dish does not confer any reduction in its value."**

**"If you are allergic or intolerant to any of the existing products on our menu and have doubts about what was used in the preparation/confection of what you want to consume, you can request additional information from one of our employees."**







## - COFFEES AND CO. -

Coffee • 1.20

Decaf • 1.30

Latté • 1.30

Lemon "Carioca" • 0.80

Coffee "Carioca" • 0.80

Tea • 1.80

## - WATER -

Still Water 0.37L • 1.50

Still Water 0.75L • 2.00

Sparkling Water • 1.50

Lemon Sparkling Water • 1.80

Tonic Water • 2.00

## - SOFT DRINKS -

Coca-Cola • 2.00

Coca-Cola Zero • 2.00

Fanta Orange / Pineapple • 2.00

Trópico • 2.00

Sprite • 2.00

Nestea Lemon / Mango / Peach • 2.00

## - BEERS AND CIDERS -

Lambreta SuperBock 0.15 • 1.00

Fino SuperBock • 1.80

Panache Fino • 2.00

Principe SuperBock • 2.20

Panache Principe • 2.50

SuperBock Jug • 4.00

Grimbergen 0.25 • 2.80

Grimbergen 0.50 • 4.80

SuperBock Bottle • 2.20

SuperBock Stout Bottle • 2.20

SuperBock w/alcool • 2.20

SuperBock Stout w/alcool • 2.20

Somersby • 3.50

## - SANGRIAS 1L/2L -

White/Red • 16.00 / 28.00

Red Fruits • 18.50 / 30.00

Sparkling • 33.00



## - WHITE WINES -

### - DOURO -

House Wine • 4.50 / 8.00  
Planalto • 6.50 / 12.00  
Castelo D'Alba • 12.00  
Altano • 13.00  
Pacheca • 12.00  
Quinta das Herédias • 14.50  
Papa Figos • 14.50  
Kopke São Luiz • 14.00  
Duas Quintas • 21.00  
Redoma • 23.00

### - ALENTEJO -

Maria Mora • 12.00  
EA • 12.00  
Quinta do Carmo • 16.00  
Grous Reserva • 27.00

### - OTHER REGIONS -

Ribeiro Santo • 12.00  
Ribeiro Santo Encruzado • 16.50  
Titular • 12.00  
Beyra Reserva • 15.00

## - RED WINES -

### - DOURO -

House Wine • 4.50 / 8.00  
Castelo D'Alba • 12.00  
Altano • 12.00  
Pacheca • 12.00  
Quinta das Herédias • 14.50  
Papa Figos • 14.50  
Kopke São Luiz • 14.00  
La Rosa • 18.00  
Duas Quintas • 21.00  
Redoma • 35.00

### - ALENTEJO -

Maria Mora • 12.00  
EA • 12.00  
Quinta do Carmo • 22.00  
Mouchão • 57.50

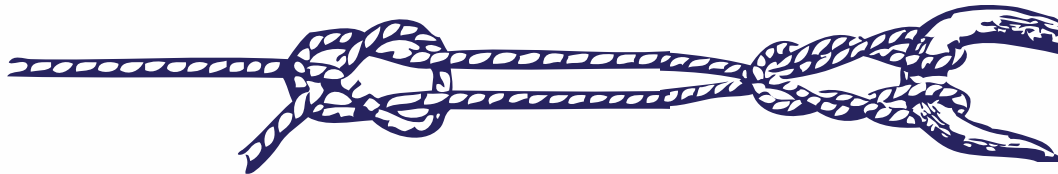
### - OTHER REGIONS -

Ribeiro Santo • 12.00  
Titular • 12.00  
Beyra Reserva • 15.00

## - "VINHOS VERDES"-

House Wine • 4.50 / 8.00  
Espadal • 8.00  
Muralhas • 6.00 / 11.00  
Muros Antigos Escolha • 11.00  
Casa Grande Avesso • 14.50

Qta. Sta. Cristina Grande Escolha • 11.00  
Qta. Sta. Cristina Alvarinho/Trajadura • 14.00  
Qta. Sta. Cristina Vinhão • 11.00  
Soalheiro Granit • 20.00



## — SPARKLING WINES —

**Patrão Ezequiel White • 10.00**

**Patrão Ezequiel Rosé • 10.00**

**Terras do Demo Bruto • 17.00**

**Terras do Demo Rosé Bruto • 17.00**

**Murganheira • 18.00**

**Ribeiro Santo Blanc de Noirs • 23.00**

**Vértice • 25.00**

## — ROSÉS WINES —

**Mateus Rosé • 5.50 / 11.00**

**Ribeiro Santo Rosé • 12.00**

## — WHISKY —

**J & B • 5.00**

**Johnnie Walker Red Label • 5.00**

**William Lawsons • 5.00**

**Cardu • 7.50**

**Logan • 7.00**

**Johnnie Walker Black Label • 7.00**

**Jack Daniels • 7.00**

**Jameson • 6.50**

**J & B 15 years • 7.50**

**Bushmills • 7.00**

## — GIN'S —

**Gordon's • 6.50**

**Hendricks • 9.50**

**Bulldog • 8.50**

**Beefeater Pink • 7.50**

## — LIQUEURS —

**Limoncello • 5.00**

**Amarguinha • 5.00**

**Bailleys • 5.00**

**Licor Beirão • 5.00**

## — SPIRITS —

**CRF Reserva • 5.50**

## — COCKTAILS AND CO. —

**"Porto" Wine • 5.00**

**"Porto" Wine 30 years • 13.00**

**Martini Bianco • 5.00**

**Martini Rosso • 5.00**

**Martini and Tonic • 6.00**

**"Porto" and Tonic • 6.00**

**Rum • 5.00**

**Vodka • 5.00**