

Entradas
(appetizers)

<u>Creme de Coentros</u> (Coriander Cream)	3.20 €
<u>Sopa de tomate com ovo escalfado</u> (tomato soup with poached egg)	3.50
<u>Caldo Verde</u> (Green Broth)	3.25
<u>Cogumelos com Alinho</u> (Mushrooms with Garlic)	6.20
<u>Salada Mista</u> (Mixed Salad)	3.00
<u>Salada Caprichosa á chefe</u> (Caprichosa Salad Chef style)	6.80
<u>Gambas no Barro ao Piri-Piri</u> (Shrimp on the Clay-Pot with Piri-Piri)	8.50
<u>Cocktail de Gambas</u> (Shrimp Cocktail)	7.80

Peixes
(Fish)

<u>Sardinhas na Brasa com Pimentos</u> (Grilled Sardine with cherry pepper)	9.80
<u>Filetes de Peixe Galo Com Salada Russa ou Arroz de Grelos</u> (Zeiformes Fillet with Macedon or Turnip Vegetables)	11.00
<u>Espetada de Garoupa com Gambas</u> (Grouper Kebab with Shrimps)	12.90
<u>Arroz de Frutos do Mar</u> (Sea Fruit Rice)	14.20
<u>Medalhões de Robalinho com Ananás</u> (Bass Fish Medallions with pineapple)	11.30
<u>Saladinha de Atum com Feijão Frade</u> (tuna Salad with Beans)	9.80
<u>Saladinha de Gambas com Molho Cocktail</u> (Shrimp Salad with Cocktail Sauce)	12.80
<u>Ameijoas no Barro de Coentrada</u> (Coriander Clam on the Clay-Pot)	7.80
<u>Linguadinho Mounier ou Grelhado</u> (Flounder Mounier or Grilled)	12.80
<u>Pataniscas de Bacalhau á Damas</u> (Codfish "Damas" Style)	11.20
<u>Bacalhau Lascado á Lagareiro</u> (Codfish with Jacket Potatoes)	14.00

Seu Includo á taxa legal

Carnes
(Meats)

Misto de Nacos na Brasa com molho béarnaise 12.40€
(Mixed of meats with Béarnaise Sauce)

Espeto de Terra-Mar Tropical 12.80
(Kebab Tropical Earth & Sea)

Franquinho na Hora 9.80
(Chicken Spring Grilled)

Costeleta de Porco c/Molho de Maçã 9.95
(Pork Steak with apple Sauce)

Bife à cortador 12.80
(Steak Butcher Style)

Bife da Vazia c/pimenta Verde 12.95
(Steak with green Pepper)

Bife da Vazia no Barro 12.00
(Tibon steak on the clay-pot)

Bifinhos c/ Cogumelos 11.00
(Small Steaks with Mushrooms)

Bitoque à Damas 9.95
(Small Steaks "Damas" Style)

Bifanas à Academia 9.80
(Small Pork Steaks with cream sauce)

Salada de Frango c/Melão à Tropical 9.95
(Chicken Salad with Melon and Tropical Fruits)

Bife de Lombo de Porco à Cubana 11.95
(mignon pork steak "Cuban" style)

Fondue de Novilho ou Misto (2 pessoas) 36.00
(Mixed Fondue of Pork or Veal) (2 Persons)

Picanha Tropical 14.00
(Tropical Rump Cover Steak)

Bon Appetite

Teamos Livro de Recuperações

MASSAS



PASTA

SPAGUETTI NAPOLI – spaghetti with tomato sauce	<u>5.80€</u>
SPAGUETTI BOLOGNESA – spaghetti with bolognese sauce	<u>7.00</u>
SPAGUETTI VONGUOLE – spaghetti with clams, onion, tomato and aromatics	<u>8.00</u>
FETTUCCINI DAMAS C/ GAMBAS – whit special sauce, aromatics and mushrooms	<u>9.95</u>
FETTUCCINI CARBONARA – with bacon, cream sauce and eggs	<u>8.60</u>
CANNELLONI BOLOGNESA – cannelloni with Bolognese sauce	<u>7.00</u>
CANNELLONI NONA –cannelloni with hazelnuts and mushrooms	<u>9.20</u>
CANNELLONI Á DAMAS – with hazelnuts, Bolognese sauce, cream sauce and cheese	<u>9.20</u>
LASAGNA VEGETARIANA ALLA PANNA – with cream sauce and vegetables	<u>8.20</u>
LASAGNA PARMESANO – with Bolognese sauce cream sauce and cheese	<u>9.00</u>

PIZZAS

CANTABRIA - tomato, smoked pork sausage, salami, onions, oregano and mozzarella	<u>9.00</u>
CALABREZA – tomato, onions, smoked pork sausage, pepper, oregano and mozzarella	<u>9.00</u>
CAMARÃO – tomato, onions, prawns, oregano and mozzarella	<u>10.80</u>
4 ESTAÇÕES – tomato, ham, mushrooms, anchovy, olives, oregano and mozzarella	<u>9.00</u>
DAMAS – tomato, spinach, Bolognese sauce, banana, coconut, mushrooms, oregano and mozzarella	<u>9.00</u>
ROMANA – tomato, onions, pepper, oregano and mozzarella	<u>9.00</u>
PARMENTIER – tomato, cured ham and mozzarella	<u>9.00</u>
GARIBALDI – tomato, spicy pork sausage, onions, oregano and mozzarella	<u>9.00</u>
NAPOLITANA – tomato, olives, capers, oregano and mozzarella	<u>9.00</u>
MARINARA – seafood and cheese	<u>9.00</u>
BOLOGNESA – Bolognese sauce oregano and mozzarella	<u>9.00</u>
SOL MEU – tomato, ham, mushrooms, poached egg, oregano and mozzarella	<u>9.00</u>
PANZAROTA – tomato, fried bacon, onions, mozzarella and garlic	<u>9.00</u>
CALZONE – tomato, ham, mushrooms, oregano, mozzarella, aubergine	<u>9.00</u>
VEGETARIANA- vegetables and mozzarella	<u>9.00</u>
NEPTUNO – tomato, onions, pepper, ham, mushrooms, oregano and mozzarella	<u>9.00</u>
MARGARITA – tomato, oregano and mozzarella	<u>9.00</u>