

FOOD MENU

menu de comida

COUVERT

Bread (Focaccia and Seeds), olive tapenade, olive oil and sundried tomato butter 5.50
Pão (Focaccia e Sementes), tapenade de azeitonas, azeite e manteiga de tomate seco



SOUPS *sopas*

Soup of the day *Sopa do dia* 6.00

Fish soup from the mediterranean coast 8.50
Olive oil toast
Sopa de peixe da costa mediterrânica
Tostas de azeite



STARTERS *entradas*

Fried prawns with garlic and chilli 9.00
Camarão frito com alho e malagueta



Saffron arancini stuffed with cheddar cheese 7.50
Arancini de açafrão recheado com queijo cheddar



OMELETS *omeletes*

Served with fresh fries
Acompanhada com batatas fritas

Plain *Simples* 9.00
Cheese | Ham | Mushrooms | Onion | Bacon +2.00
Queijo | Fiambre | Cogumelos | Cebola | Bacon



SALADS *saladas*

Breaded chicken Caesar 16.00
Iceberg lettuce, anchovy sauce, parmesan shavings, cherry tomatoes and sprouts
Caesar de frango panado
Alface iceberg, molho de anchova, lascas de parmesão, tomate-cereja e rebentos



Cherry tomato and mozzarella 15.00
Dehydrated ham, gourmet lettuce and basil olive oil
Tomate-cereja e mozzarelline
Presunto desidratado, alface gourmet e azeite de manjeriçã



Fresh tuna with poached egg 16.50
Salad, cherry tomatoes, endive, alfalfa sprouts and guacamole
Atum fresco com ovo escalfado
Salada, tomate-cereja, endívias, rebentos de alfafa e guacamole



Burrata with polenta 19.00
Burrata com polenta



PASTAS *massas*

Penne pasta with prawns 17.50
Massa penne com camarão



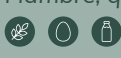
Penne pasta bolognese 15.00
Massa penne bolonhesa



Carbonara linguine pasta 16.00
Massa linguine carbonara



Stewed meat lasagna 16.00
Lasanha de carne estufada



Lasagna with spinach, ricotta and tomato sauce 15.00
Lasanha com espinafres, ricota e molho de tomate



HOT & COLD SANDWICHES

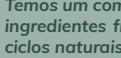
sandwiches quentes e frias

Served with fresh fries
Acompanhada com batatas fritas

Pinhal rustic burger 19.00
Bacon, brie cheese, salad and tomato
Hambúrguer rústico Pinhal
Bacon, queijo brie, salada e tomate



Club sandwich on focaccia bread 16.00
Ham, cheese, bacon, grilled chicken, fried egg, tomato and lettuce
Sanduíche club em pão focaccia
Fiambre, queijo, bacon, frango grelhado, ovo frito, tomate e alface



Beef steak sandwich on rustic baguette 17.50
Sautéed red onion, sirloin steak, roasted garlic, onion and olive oil
Prego em baguete rústica
Cebola roxa salteada, bife da vazia, alho, cebola e azeite



Smoked salmon open sandwich 16.00
Rye bread, guacamole, lettuce, lime, red onion, cherry tomatoes and sprouts
Sanduíche aberta de salmão fumado
Pão de centeio, guacamole, alface, lima, cebola roxa, tomate-cereja e rebentos



Vegetarian bagel 12.50
Fresh cheese, honey, salad, lime and avocado
Bagel vegetariana
Queijo fresco, mel, salada, lima e abacate



Curry chicken wrap with yoghurt sauce 14.00
Wrap de frango com caril e molho de iogurte



Ham and cheese toastie with oregano and olive oil 12.00
Tosta mista com orégãos e azeite



We are committed to sustainability – we strive to craft our dishes with fresh, seasonal, and locally sourced ingredients, grown responsibly and in harmony with nature's cycles, to offer an authentic and high-quality experience.

Temos um compromisso com a sustentabilidade – procuramos que os nossos pratos sejam feitos com ingredientes frescos, sazonais e de origem local, cultivados de forma responsável e respeitando os ciclos naturais, para oferecer uma experiência autêntica e de qualidade.

MAIN COURSES *pratos principais*

Grilled corvina with sautéed prawns and seasonal vegetables 25.00
Pumpkin, courgette, broccoli, red onion, lemon, roasted garlic and sweet potato
Corvina grelhada com camarão salteado e legumes da época no forno
Abóbora, curgete, brócolos, cebola roxa, limão, alho assado e batata doce



Roasted salmon fillet with vegetables and roasted pepper sauce 24.00
Lemon rice
Salmão grelhado com legumes e molho de pimentos assados
Arroz de limão



Roast pork tenderloin with ham 23.00
Olive and thyme sauce served with rosti potatoes
Lombinho de porco assado com presunto
Molho de azeitona e tomilho com batata rosti



Grilled entrecôte with fleur de sel and thyme 29.50
Sautéed spinach and french fries
Entrecôte grelhado com flôr-de-sal e tomilho
Espinafres salteados e batatas fritas

Sautéed chicken stroganoff with dried tomatoes 22.00
Mushrooms and chive rice
Strogonoff de frango salteado com tomate seco
Cogumelos e arroz de cebolinha



SIDES *acompanhamentos*

French fries with fleur de sel 6.00
Batatas fritas com flôr-de-sal

French fries with bacon and red onion 8.00
Batatas fritas com bacon e cebola roxa

Sautéed basmati rice 6.00
Arroz basmati salteado

Roast vegetables 6.00
Legumes no forno