

VEGETARIAN MAIN COURSES

Gratinado de Avocado V	£5.95
<i>Gratin avocado cooked in the oven w / parmesan pamesan</i>	
Batatas recheadas V	£6.95
<i>Stuffed potatoes</i>	
Grelhado misto de vegetais V	£6.95
<i>Vegetable Grill mix w/ rice</i>	
Spinach & Ricotta Raviolli V	£6.75

PEIXE – FISH MAIN COURSES

Tuna ou bacalhau á bras	£8.95
<i>Tuna or dry cod w/ onions, potatoes, garlic, eggs olives and olive oil</i>	
Bacalhau grelhado *	£9.95
<i>Grilled dry cod in tomato & onion sauce</i>	
Bacalhau á lavrador	£9.95
<i>Dry cod cooked in the oven w/ sliced potatoes, onions and tomato sauce</i>	
Bife de atum grelhado c/ molho *	£10.50
<i>Grilled tuna steak with garlic butter & lemon sauce</i>	
Robalo grelhado *	£10.50
<i>Grilled seabass</i>	
Caldeirada	£11.95

Traditional Portuguese fish stew

Arroz de marisco £12.95

Rice w/ seafood (Portuguese Paella)

Grelhado de peixe * £11.95

Grilled fish mix

Linguado c/ molho * £11.95

Dover Sole With garlic butter & lemon sauce

Peixe Vermelho* £8.95

Red Snapper

Arroz Tamboril £10.95

Monkfish Rice

Cataplana £11.95

Traditional Portuguese stew cooked & served in a copper dish

Monkfish cataplana £11.95

Monkfish stew w/ chourizo sausage, Parma ham & vegetables cooked & served in a copper dish

CARNES – MEATS MAIN COURSES

Francesinha	£7.95
<i>Layers of bread with steak, ham & cheese, topped with house special sauce & chips</i>	
Frango assado *	£7.95
<i>Spicy Chicken</i>	
Febras de porco fritas *	£8.95
<i>Fried pork fillets in red wine sauce</i>	
Carne de porco alentejana	£9.95
<i>Salty pork strips, clams, potatoes, & olives (Served w/ rice & pickles)</i>	
Bife Grelhado *	£11.50
<i>Grilled sirloin steak served plain or w/ pepper sauce</i>	
Bife Á Torre *	£11.95
<i>Steak w/ parma ham & egg</i>	
Costeletas de borrego *	£10.95
<i>Grilled lamb cutlets served plain or w/ mint sauce</i>	
Figado de Cebolada*	£11.95
<i>Fried Calves liver in onion & wine sauce</i>	
Bife na Pedra *	£11.95
<i>Steak Served in Hot Stone (Cook it Yourself to your liking)</i>	

All Dishes marked with * are served with veg of the day or chip's+salad or rice

V - Vegetarian Dishes