



PRAIA DA LUZ

ESPLANADA ESPLANADE

CARTA

MENU

IVA incluído a taxa legal.

Nenhum prato, produto alimentar ou bebida, incluindo couvert, pode ser cobrado se não for solicitado pelo cliente e por este não for utilizado.

Os produtos alimentares, uma vez escolhidos e servidos, consideram-se comprados não sendo permitido trocas ou devoluções.

Alergénicos / Se for alérgico a algum ingrediente, por favor fale com os nossos colaboradores.

Neste estabelecimento existe livro de reclamações.

Vat Included at legal rate.

No dish, food or beverage product, including the Couvert can be charged if not requested by the client and it is unusable. The food chosen and served once bought is considered, it is not allowed exchanges or returns.

Allergenic / If you are allergic to some ingredient, please inform one of our employees.

If you're unhappy, ask for the complaint book!



Para acompanhar O Chá

TO JOIN THE TEA

PASTEL DE NATA	1.80€
SCONES SIMPLES (três unidades, servidos com compota e manteiga) Scones (three units, served with jam and butter)	6.50€
Feito no momento / Tempo de confeção - 15 a 20 minutos . Made with the order / It takes 15 to 20 minutes	
TARTE DE LIMÃO / Lemon Pie	6.50€
CHEESE CAKE COM DOCE DE FRUTOS SILVESTRES / Cheese Cake with red fruit jam	7.50

Torradas / TOASTS

TORRADA DE FORMA / Loaf of bread toast (2 slices)	2.50€
½ TORRADA DE FORMA / 1/2 Loaf of bread toast (1 slice)	2.00€
TORRADA EM PÃO D'AVÓ / "Grandma's" bread toast (2 slices)	2.60€
½ TORRADA EM PÃO D'AVÓ / "Grandma's" bread toast (1 slice)	2.10€

Croissants / CROISSANTS

CROISSANT SIMPLES / Croissant	3.80€
CROISSANT COM MANTEIGA / Croissant with butter	4.00€
CROISSANT COM QUEIJO OU FIAMBRE / Croissant with cheese or ham	4.50€
CROISSANT COM COMPOTA / Croissant with jam	4.50€
CROISSANT MISTO / Croissant with cheese and ham	5.00€

CROISSANT TORRADO COM MANTEIGA / Toasted croissant with butter	4.00€
CROISSANT PRENSADO COM QUEIJO OU FIAMBRE / Toasted croissant with cheese or ham	4.50€
CROISSANT PRENSADO MISTO / Toasted croissant with cheese and ham	5.00€



Tostas / TOASTED SANDWICH'S

EM PÃO DE FORMA / LOAF OF BREAD

TOSTA DE QUEIJO OU FIAMBRE / Ham or cheese toast	3.20€
TOSTA MISTA / Ham and cheese toast	4.20€

EM PÃO D'AVÓ / "GRANDMA'S" BREAD

TOSTA DE QUEIJO OU FIAMBRE / Ham or cheese toast	4.00€
TOSTA MISTA / Ham and cheese toast	5.50€
TOSTA DE FRANGO TOMATE E QUEIJO / Chicken, tomato and cheese toast	8.50€

Sanduíches / SANDWICH

FOCCACCIA DE TOMATE, MOZZARELA, PESTO E RÚCULA Tomato, mozzarella cheese, pesto and rocket foccacia	8.00€
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SANDUÍCHE DE ATUM EM PÃO POLAR Pasta de atum (atum, maionese, cebola, azeitona preta, salsa, ovo cozido) e alface Tuna Sandwich Tuna paste (tuna, mayonnaise, onion, black olive, parsley and boiled egg) and lettuce	8.50€
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SANDUÍCHE CLUB CLÁSSICA Tomate, alface, queijo e fiambre / frango, maionese, ovo cozido e bacon tostado Classic club sandwich Two level sandwich - tomato, lettuce, cheese and ham / chicken, mayonnaise, boiled egg and toasted bacon	10.50€
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SANDUÍCHE DE ROSBIFE COM CEBOLA CARMELIZADA, MOSTARDA E RÚCULA Roast beef sandwich with caramelized onion, mustard and rocket	11.50€
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SANDUÍCHE DE SALMÃO FUMADO COM RÚCULA EM PÃO POLAR Salmão fumado, rúcula, molho de aneto e chalota Smoked salmon sandwich with rocket in polar bread Smoked salmon, rocket and dill sauce with shallot	11.50€
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EXTRAS

MOZZARELA / Mozzarella cheese	4.00€
PÃO POLAR / Polar bread	3.00€



Para Petiscar / **SNACKING**

AMENDOINS / Peanuts	2.20€
AZEITONAS / Olives	2.40€
PISTÁCHIOS / Pistachio	3.00€
BATATA FRITA CASEIRA TIPO PALA-PALA / Homemade potato chips	3.00€
BATATA FRITA EM PALITO / French fries	3.00€
MANDIOCA EM CHIPS PRAIA DA LUZ / Manioc chips by Praia da Luz	3.50€
ROLINHOS DE WRAP COM ATUM, AZEITONA, CEBOLA E SALSA Wrap rolls of tuna with olives, onion and parsley	6.00€
ROLINHOS DE WRAP COM FRANGO E MAIONESE Wrap rolls of chicken and mayonnaise	6.50€
ROLINHOS DE WRAP COM SALMÃO, CHALOTA E FUNCHO Wrap rolls of smoked salmon, shallot and fennel	7.00€
CROQUETES DE ALHEIRA / Croquettes of “Alheira” (bread and sausage)	6.50€
PIMENTOS DE PADRÓN COM FLOR DE SAL / “Padrón” peppers with salt flower	6.50€
PATANISCAS DE BACALHAU COM MAIONESE DE ANETO Fried cod with dill mayonnaise	9.00€
GUACAMOLE COM PICO DE GALLO E CHIPS DE TORTILHA Guacamole with “pico de gallo” and tortilla chips	9.00€
HUMUS COM COENTROS FRESCOS CHIPS DE MANDIOCA Humus with fresh coriander and manioc chips	9.00€
TÁRTARO DE ATUM COM SÉSAMO TOSTADO E PURÉ DE ABACATE Tuna tartar with roasted sesame seeds and avocado mash	13.50€
PRESUNTO DE PARMA COM BAGUETE FATIADA E TOMATE Parma ham with baguette slices and tomato	14.00€

Conservas Portuguesas



PORTUGUESE CANNED FISH

SARDINHAS EM AZEITE COM LIMÃO Sardines in olive oil with lemon	8.50€
SARDINHAS EM TOMATE (SEM PELE E SEM ESPINHAS) Sardines in tomato sauce (skinless and boneless)	8.50€
FILETE DE CAVALA EM AZEITE PICANTE COM PICKLES Mackerel fillets in spicy olive oil with pickles	8.50€
FILETE DE ATUM EM AZEITE PICANTE COM PICKLES Tuna fillets in spicy olive oil with pickles	8.50€
VENTRESCA DE ATUM EM AZEITE (FILETE DA BARRIGA DO ATUM) Tuna ventresca in olive oil	10.50€

Acompanhamentos: Broa de Avintes / Gomos de lima / Alface / Pickles / Azeitonas
Served with: Traditional Portuguese Bread / Lemon wedges / Lettuce / Pickles / Olives





Saladas / SALADS

SALADA MISTA ESPECIAL 4.00€

Mistura de alfaces, tomate cherry e vinagrete

Special mix salad

Mix of lettuces, cherry tomato and vinaigrette sauce

SALADA DE MOZZARELA COM TOMATE, RÚCULA E FLOR DE SAL 8.50€

Queijo mozzarella, tomate, apontamentos de rúcula, flor de sal e azeite

Mozzarella salad with tomato, rocket and salt flower

Mozzarella, tomato, rocket, salt flower and olive oil

SALADA GREGA VEGAN 15.00€

Tomate, cebola roxa, pimentos, pepino, azeitonas, croutons, oregãos, feta vegan, azeite e vinagre

Vegan Greek salad

Tomato, red onion, peppers, cucumber, olives, crostini, oregano, vegan feta cheese, olive oil and vinegar

SALADA CAESAR CLÁSSICA COM PEITO DE FRANGO 17.00€

Alface iceberg, peito de frango, bacon, ovo cozido, croutons, queijo parmesão e molho caesar

Classic caesar salad with chicken breast

Iceberg lettuce with chicken breast, bacon, boiled egg, crostini, parmesan cheese and caesar sauce

SALADA DE QUEIJO CHÈVRE, AZEITE FUMADO E COMPOTA DE PIMENTOS 17.00€

Mistura de alfaces, chèvre, crostini, pera, azeite fumado e compota de pimentos

Chèvre salad, smoked olive oil and bell pepper jam

Mix of lettuces, chèvre, crostini, pear, smoked olive oil and bell pepper jam

SALADA DE ROSBIFE COM ALCAPARRAS E MOLHO DE MOSTARDA 18.00€

Alface romana, rosbife, alcaparras, croutons, parmesão e molho de mostarda e mel

Roast beef salad with capers and mustard sauce

Romaine lettuce, roast beef, capers, crostini, parmesan cheese and mustard sauce

SALADA DE CAMARÃO COM OVO COZIDO E MOLHO COCKTAIL 18.00€

Alface romana, camarão cozido, ovo cozido, tomate cherry e molho de cocktail

Prawn salad with boiled egg and cocktail sauce

Romaine lettuce, boiled prawn, boiled egg, cherry tomato and cocktail sauce

SALADA DE SALMÃO FUMADO COM MOLHO TZATZIKI 18.00€

Alface romana, salmão fumado, pickle de cebola roxa, azeitonas, croutons, pepino e molho tzatziki

Smoked salmon salad with tzatziki sauce

Romaine lettuce, smoked salmon, red onion pickle, olives, crostini, cucumber and tzatziki sauce





Snacks Clássicos / CLASSIC SNACKS

CACHORRO / HOTDOG

CACHORRO TRADICIONAL / Traditional Hotdog	7.00€
CACHORRO ESPECIAL / Special Hotdog	9.50€

HAMBURGER / HAMBURGER - Não inclui batatas fritas / French fries not included

CHEESEBURGUER / Cheeseburger	10.00€
Pão com sementes, hamburger, queijo, alface, tomate / Home-made burger, cheese, lettuce and tomato	
HAMBÚRGUER COM BACON TOSTADO / Hamburger with toasted bacon	10.00€
Pão com sementes, hamburger, bacon tostado, alface e tomate / Home-made burger, toasted bacon, lettuce and tomato	
HAMBÚRGUER COM QUEIJO FUMADO E RÚCULA / Burger with smoked cheese and fresh rocket	10.50€
Pão c/ sementes, hambúrguer de novilho, alface iceberg, queijo fumado, maionese e rúcula / Home-made burger, lettuce, smoked cheese, mayo and rocket	
HAMBÚRGUER COM MOZZARELA E MANJERICÃO / Burger with mozzarella, tomato and fresh basil	10.50€
Pão com sementes, hambúrguer de novilho, alface iceberg, queijo mozzarella, orégãos secos, tomate e manjericão fresco / Home-made burger, lettuce, mozzarella, dried oregano tomato and fresh basil	
HAMBÚRGUER COM OVO ESTRELADO E TRUFA / Burger with fried egg and truffle sauce	11.00€
Pão com sementes, hambúrguer de novilho, rúcula, maionese, ovo estrelado e molho de trufa / Home-made burger, mayo, rocket, fried egg and truffle sauce	

PREGO / STEAK

PREGO NO PÃO / Steak - in bread	12.00€
EXTRAS - OVO ESTRELADO ou QUEIJO DA SERRA / Fried egg or Portuguese "Serra" cheese	1.50€
PREGO NO PRATO / Steak - served on the plate	17.00€
Com batata frita, ovo e salada / Steak with french fries, fried egg and salad	

FRANCESINHA / LEGENDARY OPORTO SANDWICH - Não inclui batatas fritas / French fries not included

FRANCESINHA / "Francesinha" - Legendary Oporto Sandwich	14.00€
Steak, ham and cheese sandwich in a "francesinha" sauce	

Acompanhamentos / SIDE ORDERS

OVO ESTRELADO / Fried egg	1.50€
BATATA FRITA / BATATA CHIP / French fries / Chips	3.00€
ARROZ / Rice	3.00€
SALADA MISTA / LEGUMES DO DIA / Mix salad / Daily vegetables	3.00€



Couvert / APPETIZER

PÃO, TOSTAS, PATÉ DE ATUM, AZEITONAS E AZEITE COM ALECRIM E PIMENTA 4.00€
Bread, toasts, tuna pâté, olives and olive oil with rosemary and pepper

Entradas / STARTERS

BURRATA COM CREME DE TOMATE FRIO E RÚCULA 9.00€
Burrata, cold tomato soup and rocket

SALADA DE TOMATE COM MOZZARELA, RÚCULA E FLOR DE SAL 8.50€
Mozzarella and tomato, rocket salad with salt flower

PATANISCAS DE BACALHAU COM MAIONESE DE ANETO 9.00€
Fried cod with dill mayonnaise

HUMUS COM COENTROS FRESCOS CHIPS DE MANDIOCA 9.00€
Humus with fresh coriander and manioc chips

GUACAMOLE COM PICO DE GALLO E CHIPS DE TORTILHA 9.00€
Guacamole with pico de gallo and tortilla chips

CAMARÃO SALTEADO COM MANTEIGA DE ALHO 10.00€
Sautéed shrimps with garlic butter

CARPACCIO DE NOVILHO COM MOLHO PESTO, PARMESÃO E RÚCULA 12.50€
Beef carpaccio with pesto sauce, parmesan and rocket

TÁRTARO DE ATUM COM SÉSAMO TOSTADO E PURÉ DE ABACATE 13.50€
Tuna tartar with roasted sesame seeds and avocado mash

PRESUNTO DE PARMA COM BAGUETE FATIADA E TOMATE 14.00€
Parma ham with baguette slices and tomato

Sopa / SOUP

SOPA DO DIA / Daily soup 3.00€

CREME DE TOMATE COM QUEIJO EMENTAL E MANJERICÃO 4.50€
Creamy tomato soup with emmental cheese and basil





Massas / PASTA

MASSA ORIENTAL DE FRANGO, ESPINAFRES E SETAS Egg noodles with chicken, spinach and mushrooms	15.50€
LINGUINI COM CAMARÃO, TOMATE SECO E COENTROS Linguini with shrimp, dried tomato and coriander	17.50€

Peixe / FISH

TRANCHE DE ROBALO COM PURÉ DE COUVE-FLORES E ESPARGOS VERDES Sea bass fillet with cauliflower mousse and green asparagus	18.50€
BACALHAU NO FORNO COM CROSTA DE BROA E AMÊNDOA Baked cod with corn bread and almond crust	18.50€
LOMBO DE SALMÃO COM NOODLES DE LEGUMES Grilled salmon steak with vegetable noodles	18.50€
ESPETADA DE LULAS COM GAMBAS, BATATA A MURRO E SALADA Grilled squid kebab with prawns and roast potatoes	19.00€
MOQUECA DE PEIXE BRANCO E CAMARÃO White fish and shrimp moqueca	19.50€

Carne / MEAT

PEITO DE FRANGO RECHEADO COM FUMEIRO, ARROZ DE COGUMELOS E ESPARGOS Chicken breast stuffed with charcuterie, mushrooms and asparagus rice	17.50€
VITELA DE COMER À COLHER COM PURÉ DE BATATA E ERVILHAS Tender veal with mashed potatoes and peas	18.00€
LAGARTOS DE PORCO NA BRASA, BATATA SAUTÉ E SALADA Grilled Iberico pork fillet with sauté potatoes and salad	18.00€
ENTRECOTE DE NOVILHO GRELHADO COM BATATINHA RÚSTICA E SALADA DE AGRIÃO Grilled ribeye with rustic potatoes and watercress salad	19.00€
PERNA DE PATO NO FORNO COM MIGAS DE BATATA E COUVE GALEGA Roast duck leg with portuguese traditional bread crust	19.00€
BIFE DO LOMBO COM MOLHO DE COGUMELOS, BATATA RÚSTICA E SALADA Tenderloin steak with mushrooms, rustic potatoes and salad	23.00€

ACOMPANHAMENTOS EXTRA / EXTRA SIDE ORDERS

ARROZ / BATATA FRITA / BATATA CHIP / Rice / French fries / Chips	3.00€
SALADA MISTA / LEGUMES DO DIA / Mix salad / Daily vegetables	3.00€



Menu Infantil / CHILDREN'S MENU

14.00€

SOPA DE LEGUMES / **Vegetable soup**

DOURADINHOS DE PEIXE **OU** ESPARGUETE À BOLONHESA
/ **Fish Finger OR Spaghetti Bolognese**

SURPRESA DE MOUSSE DE CHOCOLATE **OU** BOLA DE GELADO (1)
/ **Surprise Chocolate mousse OR Scoop Icecream(1)**

Sobremesas & Vinhos generosos

/ DESSERTS & FORTIFIED WINES

FRUTA DO DIA/ **Daily fruit** 3.50€

ABACAXI OU MANGA / **Pineapple or Mango** 5.50€

SALADA DE FRUTA / **Fruit salad** 6.50€

MOUSSE DE CHOCOLATE / **Chocolate mousse** 6.00€

♥ TAYLOR'S 10 ANOS / **Years** 8.50€

TARTE DE LIMÃO / **Lemon Pie** 6.50€

♥ MOSCATEL PORTAL RESERVA 2004 7.30€

CHEESE CAKE COM DOCE DE FRUTOS SILVESTRES 7.50€

Cheese Cake with red fruit jam

♥ NOVAL 10 ANOS / **Years** 12.00€

BROWNIE DE CHOCOLATE COM CREME INGLÊS E FRAMBOESAS 7.50€

Chocolate brownie with custard cream and raspberries

♥ OLIVEIRINHA LBV 7.00€

DOCES COM ASSINATURA (LUIS AMÉRICO)

/ SWEETS WITH SIGNATURE

MOUSSE DE MARACUJÁ COM BISCOITO DE CACAU 7.00€

Passion fruit mousse with cocoa biscuits

♥ COLHEITA TARDIA FALCOARIA 13.50€

FOLHADO DE OVOS-MOLES COM CHILA E CANELA 7.00€

Puff pastry with "ovos-moles" and squash

♥ ROZÉS WHITE RESERVE 8.50€

GELADOS BOLA / SCOOP ICECREAM

LIMÃO / **Lemon**

BAUNILHA / **Vanilla**

CHOCOLATE / **Chocolate**

MORANGO / **Strawberrie**

CARAMELO / **Caramel**

3.30€