

P R O M E N A D E

P O O L & L O U N G E

M E N U D E B E B I D A S

VINHO DO PORTO

MESSIAS RUBY	6 cl	9
MESSIAS TAWNY	6 cl	9
MESSIAS DRY	6 cl	9
MESSIAS ROSÉ	6 cl	9

SANGRIAS COPO

BRANCO	40 cl	12
TINTO	40 cl	12
ROSÉ	40 cl	12
ESPUMANTE	40 cl	14

{CHAMPAGNE & ESPUMANTE}

H BLIN BRUT	75 cl	85
H BLIN BRUT ROSÉ	75 cl	95
H BLIN BRUT FLUTE	10 cl	18
H BLIN BRUT ROSÉ FLUTE	10 cl	18
CASA ERMELINDA FREITAS BRUTO	75 cl	35
CASA ERMELINDA FREITAS BRUTO FLUTE	10 cl	8

VINHO? COPO OU GARRAFA?

(COPO)		
TREVO – PENÍNSULA DE SETÚBAL BRANCO, ROSÉ, TINTO	20 cl	7
ASSOBIO - DOURO BRANCO, TINTO	20 cl	12

(GARRAFA)		
TREVO – PENÍNSULA DE SETÚBAL BRANCO, ROSÉ, TINTO	75 cl	25
ASSOBIO - DOURO BRANCO, TINTO	75 cl	44

RUM

HAVANA 3 ANOS	6 cl	11
HAVANA 7 ANOS	6 cl	15

GENEVER ou GIN!

BOMBAY SAPHIRE	6 cl	14
BEEFEATER	6 cl	15
BEEFEATER PINK	6 cl	15

COCKTAILS

CAIPIPORTO		
Lima e Vinho do Porto branco	30 cl	12
MOJITO		
Lima, Rum e Menta	33 cl	14
CAIPIRINHA		
Lima e Cachaça	30 cl	14
MARGARITA		
Sumo de lima, Cointreau e Tequila	30 cl	14
DAIQUIRI		
Sumo de lima e Rum	30 cl	14
MOSCOW MULE		
Sumo de lima, ginger beer, Vodka	30 cl	14
PORTO TONIC		
Vinho do Porto Branco e Água tônica	33 cl	12
SPRITZ		
Espumante, Aperol, Soda e Laranja	33 cl	14

COCKTAILS S/ ALCOOL

SAN FRANCISCO	33 cl	9
VIRGIN MOJITO	33 cl	9
VIRGIN MARY	30 cl	9
COCKTAIL DO DIA	30 cl	14

VODKA

WYBOROWA	6 cl	11
ABSOLUT	6 cl	12

Whiskeys

BALLANTINE'S	6 cl	12
JACK DANIELS	6 cl	11
BALLANTINE'S 10	6 cl	12

CERVEJAS E CIDRA DE MAÇÃ !

SUPER BOCK ABADIA	33 cl	6
SUPER BOCK DRAFT	33 cl	5
SUPER BOCK 40 CL	33 cl	7
SUPER BOCK STOUT	33 cl	6
CARLSBERG	33 cl	6
CORONA	33 cl	8
SOMERSBY	33 cl	6

PROMENADE

POOL & LOUNGE

M E N U D E B E B I D A S

SUMOS NATURAIS

LARANJA	33 cl	6
LIMONADA	33 cl	6
SUMO DO DIA	33 cl	6

BATIDOS

BAUNILHA	33 cl	6
CHOCOLATE	33 cl	6
CARAMELO	33 cl	6
(OUTROS SABORES)	33 cl	6

REFRIGERANTES

COCA COLA	5
COCA COLA ZERO/ LIGHT	5
SPRITE	5
NESTEA LIMÃO	5
NESTEA PÊSSEGO	5
NESTEA MANGA	5
GUARANÁ	5
COMPAL DE FRUTAS	4

Á G U A

EARTH WATER 	33 cl	4
EARTH WATER	50 cl	6
PEDRAS SALGADAS COM GÁS	33 cl	3
PEDRAS SALGADAS COM GÁS	75 cl	5
PEDRAS SALGADAS LIMÃO COM GÁS	33 cl	3
PEDRAS SALGADAS FRAMBOESA COM GÁS	33 cl	3
AGUA TONICA	20 cl	4

MAIS DO QUE CAFÉ

NESPRESSO	4
NESPRESSO/ DECAFFEINATO	4
MACHIATTO	5
CAFFE LATTE	5
CAPUCCINO	5

U M C H Á D A T W G

VANILLA BOURBON (COLD OR HOT !)	5
MOROCCAN MINT	5
SENCHA	5
ROYAL DARJEELING	5
ENGLISH BREAKFAST	5
EARL GREY	5

Caso tenha alguma intolerância/alergia alimentar por favor informe.

Horário de Funcionamento:
Toda a semana: 11h00 – 18:00

Capacidade de lugares 45
IVA incluído à taxa em vigor
Inclui sugestão de 10% de gratificação
Todos os preços estão listados em euros



M E N U D E C O M I D A S

APERITIVOS

BITES DE QUEIJO, JALAPENHO com molho salsa de la vida	13
NACHOS Cheddar e Guacamole	12
SALADA DE POLVO À PORTUGUESA com brunesa de pimentos	14
TACOS DE ATUM Pico de gallo, maionese e wasabi	17
BAO DE CARNE Barriga de porco a baixa temperatura, malagueta e molho agri-doce	19

SANDWICHES

FOCACCIA Legumes Grelhados com maionese vegan Servido com batata chip	15
CLUB SANDWICH Frango, bacon, queijo, ovo, maionese, fiambre, alface e tomate Servida com batata chip	20
O NOSSO PREGO Lombo de Novilho com Fiambre e Queijo com manteiga de ervas Servido com batata frita	22

HAMBÚRGUER

CLÁSSICO * 180gr Hambúrguer de Vitela com queijo cheddar, bacon, tomate, cebola, alface, Ovo e molho barbecue	24
VEGETARIANO * Hambúrguer Vegan, queijo cheddar vegan, alface e maionese de lima	20
*servido com batata frita	

SALADAS

SALADA CÉSAR Iceberg, peito de frango, croutons, bacon e parmesão	16
SALADA CAPRESE Tomate kumato, mozzarella de buffala, misto de alfaces com vinagrete de framboesa e manjerição	19

POKE

SALMÃO Salmão fumado, pickle de cebola roxa e pepino, abacate, manga, molho soja	18
VEGETARIANA Melancia, pickle de cebola roxa e pepino, abacate, feijão edamame, sementes de sésamo, molho de soja	15
CARNE Frango, pickle de cebola roxa e pepino, manga, iceberg, malagueta e ebolinho, molho teriyaki	16

S O B R E M E S A

SALADA DE FRUTA Fruta variada com sumo da mesma	6
BOLO DO DIA Com bola de gelado	4
CHEESECAKE Frutos vermelhos e hortelã	8
PARFAIT DE LIMA Nata, sumo e raspa de lima	8
GELADO FINI Veja os sabores disponíveis	8

P R O M E N A D E

P O O L & L O U N G E

D R I N K S M E N U

PORT WINE

MESSIAS RUBY	6cl	9
MESSIAS TAWNY	6 cl	9
MESSIAS DRY	6 cl	9
MESSIAS ROSÉ	6 cl	9

SANGRIAS GLASS

WHITE	40 cl	12
RED	40 cl	12
ROSÉ	40 cl	12
SPARKLING WINE	40 cl	14

{CHAMPAGNE & SPARKLING WINE}

H BLIN BRUT	75 cl	85
H BLIN BRUT ROSÉ	75 cl	95
H BLIN BRUT GLASS	10 cl	18
H BLIN BRUT ROSÉ GLASS	10 cl	18
CASA ERMELINDA FREITAS BRUTO	75 cl	35
CASA ERMELINDA FREITAS BRUTO GLASS	10 cl	8

WINE? GLASS or BOTTLE?

(GLASS)		
TREVO WHITE, ROSE, RED	20 cl	7
ASSOBIO - DOURO RED, WHITE	20 cl	12

(BOTTLE)		
TREVO WHITE, ROSE, RED	75 cl	25
ASSOBIO - DOURO RED, WHITE	75 cl	44

RUM

HAVANA 3 YEARS	6 cl	11
HAVANA 7 YEARS	6 cl	15

GIN

BOMBAY SAPHIRE	6 cl	14
BEEFEATER	6 cl	15
BEEFEATER PINK	6 cl	15

COCKTAILS

CAIPIPORTO	30 cl	12
Lime and white Port wine		
MOJITO	33 cl	14
Lime, Rum and mint		
CAIPIRINHA	30 cl	14
Lime and Cachaça		
MARGARITA	10 cl	14
Lime juice, Cointreau and Tequilla		
DAIQUIRI	30 cl	14
Lime juice and Rum.		
MOSCOW MULE	30 cl	14
Lime juice, ginger beer and Vodka		
PORTO TONIC	33 cl	12
White Port wine and tonic water		
SPRITZ	33 cl	14
Sparkling wine, Aperol, Soda and orange		

MOCKTAILS

SAN FRANCISCO	33 cl	9
VIRGIN MOJITO	33 cl	9
VIRGIN MARY	30 cl	9
DAILY COCKTAIL	30 cl	14

VODKA

VODKA WYBOROWA	6 cl	11
ABSOLUT	6 cl	12

Whisky / Whiskey

BALLANTINE'S	6 cl	12
JACK DANIELS	6 cl	11
BALLANTINE'S 10	6 cl	12

BEERS & APPLE CIDER!

SUPER BOCK ABADIA	33 cl	6
SUPER BOCK DRAFT	33 cl	5
SUPER BOCK 40 CL	33 cl	7
SUPER BOCK STOUT	33 cl	6
CARLSBERG	33 cl	6
CORONA	33 cl	8
SOMERSBY	33 cl	6

PROMENADE

POOL & LOUNGE

BEEVRAGE MENU

NATURAL JUICES

ORANGE	33 cl	6
LEMONADE	33 cl	6
DAILY JUICE	33 c	6

SHAKES!

VANILLA	33 cl	6
CHOCOLATE	33 cl	6
CARAMEL	33 cl	6
(OTHER FLAVORS)	33 cl	6

SOFT DRINKS

COCA COLA	33 cl	5
COCA COLA LIGHT/ ZERO	33 cl	5
SPRITE	33 cl	5
NESTEA LEMON	33 cl	5
NESTEA PEACH	33 cl	5
NESTEA MANGO	33 cl	5
GUARANÁ	33 cl	5
COMPAL FRUITS	33 cl	4

WATER

EARTH WATER 	33 cl	4
EARTH WATER	50 cl	6
PEDRAS SALGADAS SPARKLING	33 cl	3
PEDRAS SALGADAS SPARKLING	75 cl	5
LEMON PEDRAS SALGADAS FLAVOR SPARKLING	33 cl	3
STRAWBERRY PEDRAS SALGADAS FLAVOR SPARKLING	33 cl	3
TONIC WATER	33 cl	4

MORE THAN COFFEE

NESPRESSO	4
NESPRESSO/ DECAFFEINATO	4
MACHIATTO	5
CAFFE LATTE	5
CAPUCCINO	5

TEA FROM TWG

VANILLA BOURBON (COLD OR HOT !)	5
MOROCCAN MINT	5
SENCHA	5
ROYAL DARJEELING	5
ENGLISH BREAKFAST	5
EARL GREY	5

If you have any food intolerance/allergy, please let us know.

Schedule
All week: 11.00am – 6.00pm

Seating Map: 45 seats
VAT included
Our bill includes a 10% suggested service
All prices are listed in euros



FOOD MENU

SNACKS

CHEESE BITES, JALAPENHO With sauce “salsa de la vida”	13
NACHOS Cheddar cheese and guacamole	12
SALADA DE POLVO À PORTUGUESA With peppers	14
TUNA TACOS Pico de gallo, mayonnaise, and wasabi	17
MEAT BAO Pork belly at low temperature, chili, sweet and sour sauce	19

SANDWICHES

FOCACCIA Grilled vegetables with vegan mayonnaise Served with French chips	15
CLUB SANDWICH chicken, bacon, cheese, egg, mayonnaise, ham, lettuce and tomato Served with batato chips	20
OUR TRADITIONAL PREGO Tenderloin Steak with Cheese, Ham and herbs butter Served with French Fries	22

BURGUER

CLASSIC * 180gr of veal meat with cheddar cheese, bacon, tomato, onion, lettuce, egg and barbecue sauce	24
VEGETARIAN * Vegan burger, cheddar cheese vegan, lettuce and lime mayonnaise	20
* served with French Fries	

SALADS

CÉSAR SALAD Chicken, bread croutons, bacon and parmesan cheese	16
SALADA CAPRESE Kumato tomato, buffalo mozzarella, mixed lettuces with raspberry and basil vinaigrette	19

POKE

SALMON Smoked salmon, red onion and cucumber pickle, avocado, mango and soy sauce	18
VEGETARIAN Watermelon, red onion and cucumber pickle, avocado, edamame beans, sesame seeds and soy sauce	15
MEAT Chicken, red onion and cucumber pickle, mango, iceberg lettuce, chili pepper, chives and teriyaki sauce	16

DESSERT

FRUIT SALAD Selection of fruit with its juice	6
CAKE OF THE DAY With ice cream	4
CHEESECAKE Red Fruits and Mint	8
LIME PARFAIT Cream, zest and juice of lime	8
FINI ICE CREAM Please Ask for our Available Flavors	8