

 Dips



Tzatziki	3,70 €	 	Feta & Roasted Pepper	3,70 €	 
Beetroot Hummus	3,70 €	  	Baba Ganoush <i>Topseller</i>	3,70 €	  

Served with Sourdough Bread & Pita - 2,90€  or Served with Veggie Sticks - 4,40€ 

 Starters



Gazpacho	5,90 €	  
Tomato & Strawberry		
Salmon & Turbot Ceviche <i>New Recipe</i>	13,10 €	 
With Sweet Potato Purée & Macadamia		
Tomato, Burrata & Nectarine	11,20 €	 
With Pistachio & Homemade Pesto		
Hummus	7,90 €	  
With Baby Carrots & Celery		
Guacamole <i>Topseller</i>	8,60 €	 
With Wheat & Corn Tortilla Chips		
Tuna Tartar	11,60 €	
With Avocado, Ginger, Red Chilli & Classic Dressing		
Salmon Tartar	12,70 €	
With Mango, Red Onion & Lemon Dressing		
Jackfruit Soft Tacos	12,70 €	 
Tomato, Corn, Red Onion, Red Cabbage & Avocado		
Prawn Soft Tacos with Togarashi Mayo	14,90 €	
Red Cabbage, Carrot, Mango, Parsley, Red Chilli <i>(Very Spicy)</i>		

 Plant based / Vegetarian



Hot Honey Halloumi Salad	14,50 €	 
Rocket, Avocado, Cucumber, Cherry Tomato, Red Onion, Pomegranate & Sumac		
Quinoa with Hummus <i>New Recipe</i>	12,60 €	  
Portuguese Quinoa, Aubergine, Courgette, Chickpeas, Almonds, Pomegranate & Rocket		
Quinoa with Feta <i>New Recipe</i>	12,60 €	 
Portuguese Quinoa, Aubergine, Courgette, Chickpeas, Almonds, Pomegranate & Rocket		
Greek Salad & Hummus	12,30 €	
Chickpeas, Tomato, Olives, Cucumber, Feta & Pita Bread		
Pad Thai <i>New</i>	13,90 €	  
Rice Noodles, Asian Veggies, Edamame, Soybean Sprouts & Peanuts		
Butternut Squash Lasagna <i>Topseller</i>	15,50 €	
Spinach, Ricotta & Parmesan served with Rocket & Laminated Mushrooms		
Organic Soft-boiled Eggs on Wholewheat Spaghetti	15,70 €	
Homemade Pesto, Green Asparagus, Mushrooms, Rocket & Parmesan		
Organic Tofu & Vegetable Red Thai Curry	14,50 €	 
With Wholewheat Rice & Spinach <i>(Very Spicy)</i>		
Tofu Paprika	15,40 €	  
Chickpeas, Sweet Potato from Odemira, Avocado “Mayo”, Pickled Cucumber <i>(Mildly Spicy)</i>		

 Fish



Oven Baked Turbot <i>New</i>	23,50 €	 
White Bean Purée, Bimis, Fennel, Onion, Cherry Tomato, Capers & Black Olives		
Octopus with Avocado “ Mayo” <i>New Recipe</i>	22,80 €	 
Sweet Potato from Odemira, Fennel & Kale		
Black Rice & Prawns	17,20 €	 
Cauliflower & Coconut Lime Infusion Topped with Cashews		
Stir-fry Prawn <i>Topseller</i>	16,10 €	
With Egg Noodles & Asian-Style Veggies		
Prawn & Vegetable Red Thai Curry	15,90 €	
With Wholewheat Rice & Spinach <i>(Very Spicy)</i>		
Prawn, Avocado & Orange Salad	13,10 €	 
Baby Gem Lettuce, Rocket, Red Cabbage, Fennel, Almonds, Orange Vinaigrette		
Braised Tuna With Roasted Vegetables	16,60 €	 
Millet, Sweet Potato from Odemira, Bimis, Courgette, Aubergine, Fennel, Red Onion & Chimichurri Dressing		
Tuna Steak Niçoise with Caper & Mustard Dressing	17,90 €	 
Organic Egg, Bistrot Salad, Green Bean, Cherry Tomato & Olive		
Panko-Crusted Salmon	16,90 €	
Black Rice, Red Cabbage, Carrot, Mango, Red Chilli & Parsley Slaw		
Salmon With Hazelnut Crust	17,10 €	 
Quinoa Trio, Orange & Green Leaf Salad		
Cod & Chickpeas	16,20 €	 
Chickpeas, Organic Soft-boiled Egg, Spinach & lots of Parsley		

 Free Range Poultry



Mediterranean Chicken with Red Rice	15,20 €	
Courgette, Aubergine, Cranberry, Pistachio, Almond & Yoghurt Dressing		
Balsamic Duck Magret <i>New</i>	22,20 €	
Burrata, Nectarine, Pistachios & Homemade Pesto on a Green Leaf Mix		
Chicken Caesar Salad	14,10 €	
Baby Gem Lettuce, Kale, Pinenuts & Parmesan		
Teriyaki Chicken <i>Topseller</i>	16,10 €	
With Egg Noodles & Asian-Style Vegetables		
Chicken Paprika	15,90 €	 
Chickpeas, Sweet Potato from Odemira, Avocado “Mayo”, Pickled Cucumber <i>(Mildly Spicy)</i>		
Chicken & Vegetable Red Thai Curry	15,50 €	
With Wholewheat Rice & Spinach <i>(Very Spicy)</i>		
Duck with Roasted Vegetables & Sweet Potato Mash	18,30 €	 
Duck Magret, Bimis, Courgette, Fennel, Red Onion		

 Desserts



Passionfruit Cheesecake	4,80 €	  	Apple & Pecan Pie with Cashew Cream	7,20 €	  
Blueberry & Açaí Chia Pudding	5,50 €	  	Dark Chocolate Mousse with Macadamia	6,10 €	  
Wild Berries with Cashew Cream	6,70 €	  	Tiramisu <i>New</i>	12,30 €	 
Lemon Tart	4,70 €	  	Brownie served with Salted Tahini Caramel <i>Topseller</i>	5,90 €	  
Stuffed Medjool Dates <i>New</i>	2,70 €	  	Local “Snickers” Bites	5,60 €	  

 Artisanal Ice Cream



	1 scoop	2 scoops	3 scoops		1 scoop	2 scoops	3 scoops	
Vanilla	3,50 €	5,30 €	6,60 €	 	Strawberry	3,50 €	5,30 €	  
Chocolate				 	Mango			  

