



## *Sustainable health*

Here at Amendoeira, we believe that healthy cuisine can and should be both delicious and nutritious. Hence, the recipes on this menu are elaborated with fresh and wholegrain ingredients, with high nutritional value. Our focus is in organic products, directly from our vegetable garden to your table, or locally sourced from farmers around the area.

The dining experience we wish to provide you is also intimately linked to the quest for minimal impact on the beautiful nature that surrounds us. So, besides turning all food leftovers into compost, we avoid the use of packaging and destine our non-organic residues to waste recycling.

Oh, before we forget: we are ready to accommodate to your nutritional intolerances and allergies. And, throughout the menu, you will find indications of dishes that are or can become vegetarian. Our staff is at your disposal should you have any questions.

Thanks for sharing this experience with us!

 = vegetarian |  $\rightarrow$   = can become vegetarian

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## fish

### **Coração de Nêgo**

Fish fillet with açai sauce, grilled plantain with grated coconut and wholegrain rice with brazil nut | 72,00

### **Farofeiro**

Grilled fish in a mixed nut crust, creamy sake sauce, two-grain rice and plantain purée | 77,00

### **Thai**

Grilled fish fillet in a coconut sauce, rich with spices, coriander, pepper, cashew nuts, onions and two-grain rice | 69,00

### → **Casablanca**

Fish fillet in a citric almond crust, Moroccan couscous with vegetables and green salad | 77,00

### **Yellow & Mango**

Fish fillet in a mango sauce with grilled plantain, kale, rice with coconut, lemon and chili | 69,00

### **Arabia**

Grilled fish fillet with soy sauce and ginger, tahini and tabule salad | 69,00

### **Fish and Capers**

Grilled fish in a caper and butter sauce, mashed potatoes with almonds and green salad | 72,00

### **Iberic**

Oven-baked fish with fresh herbs, potatoes, onions, tomatoes and olives | 67,00

### **Papillote Amendoeira**

Fish, tomatoes and leeks baked in papillote, with a zucchini and almonds quinoa | 72,00

### → **Ratatouille and Sea**

Steamed fish in a ginger Asian sauce with sweet potato, pumpkin, zucchini and plantain ratatouille | 67,00



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## shrimp

→ **🌱 Thai Broth**

Shrimp in a lemongrass, coconut, coriander and chili broth with rice noodles | 80,00

**Sweet Almond**

Grilled shrimp with a honey and almond sauce, two-grain rice with curry and coalho cheese | 84,00

**Drunken Shrimp**

Shrimps and zucchinis flambé, balsamic caramel sauce and three-grain mint and cashew nut rice | 86,00

**Mestiço**

Shrimps and green coconut mash, in a bell pepper and coriander yoghurt sauce, two-grain rice, green pepper and grilled onions | 80,00

→ **🌱 Shrimps with Manioc**

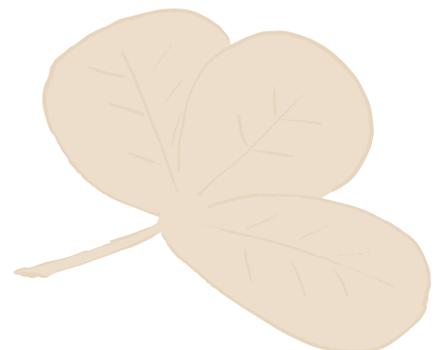
Shrimp and manioc gratin in a mushroom sauce, with broccoli and oven-baked tomatoes | 84,00

**Spicy**

Spicy shrimp in a coconut sauce, wholegrain and wild rice, mango and coconut chips | 84,00

**Shrimp au Gratin**

Shrimp in a creamy sauce au gratin, wholegrain rice with walnuts and broccoli | 82,00



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## *poultry*

### **Dijon**

Chicken fillet in a Dijon mustard sauce, mashed potatoes, arugula and oven-baked tomatoes | 64,00

→  **Satay**

Chicken Satay skewers, spicy rice noodles with broccoli and carrots | 64,00

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## *beef*

### **Brasileirinho**

Filet mignon, rice with green beans, 'farofa' with plantain, and kale | 72,00

### **Gratin**

Filet mignon with potatoes au gratin and broccoli | 74,00

→  **Curry Beef**

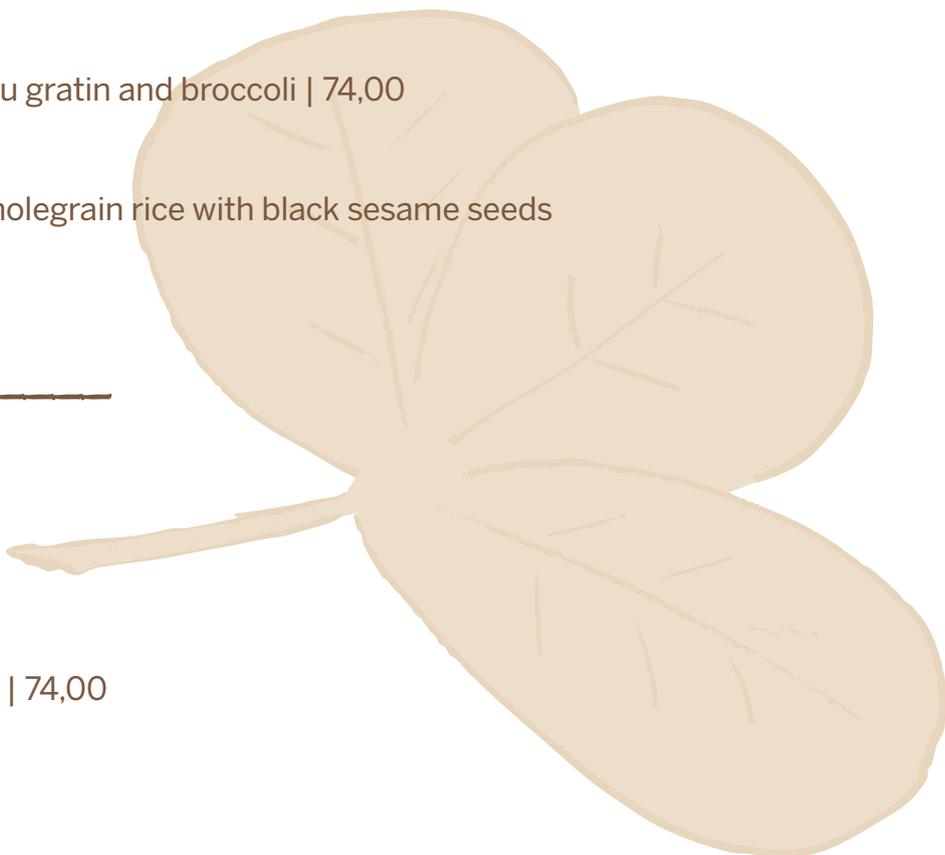
Beef and vegetable curry, wholegrain rice with black sesame seeds and yogurt sauce | 76,00

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## *rice dishes*

Octopus rice | 72,00

Aratu crab rice with shrimps | 74,00



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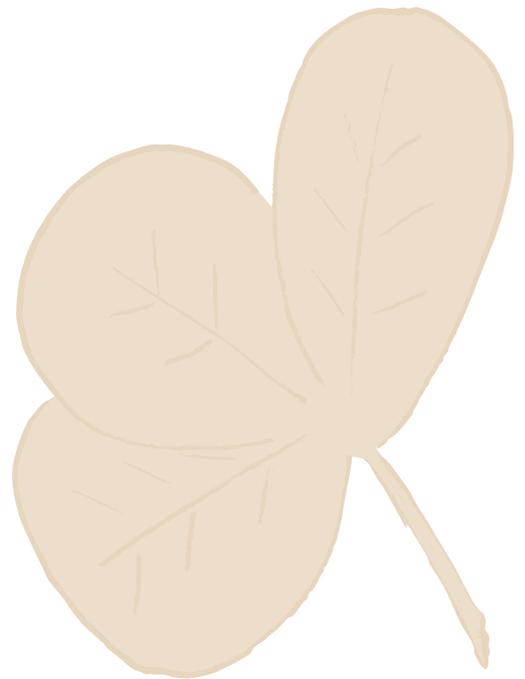
## *pasta*

- (v) Spaghetti with shrimps in a fresh tomato and basil sauce | 74,00
- (v) Penne with shrimps and zucchini in a creamy lemon sauce | 74,00
- (v) Capellini with grilled octopus in a wild pesto sauce | 74,00
- Penne in a creamy Dijon sauce, filet mignon and arugula | 70,00
- (v) Spaghetti with tomato sauce, zucchini, eggplant and basil | 57,00
- (v) Fettuccine with ricotta and parmesan cheese, white raisins and cashew nuts | 57,00
- (v) Asian rice noodles with vegetables and peanuts | 57,00

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## *soups*

- (v) Carrots, ginger and honey | 30,00
- (v) Peas and mushrooms | 34,00
- (v) Sweet potato and coconut milk | 30,00
- (v) Corn and aratu crab | 38,00



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## salads and light dishes

- 🌿 Green leaves, fresh herbs, tomatoes, grated carrots and beetroot, with coalho cheese | 40,00
- 🌿 Mixed leaves with orange, tangerine and cucumber with a wine and honey sauce | 40,00
- 🌿 Green leaves, grilled chicken, homemade sundried tomatoes and parmesan cheese in a light Caesar dressing | 56,00
- 🌿 Green leaves, shrimp in a flax seed crust, fresh mango dressing | 62,00
- 🌿 Cold risoni salad with fresh mozzarella, arugula, sundried tomatoes and walnuts in a parmesan-lime dressing | 47,00
- 🌿 Quinoa quiche with a mixed leaves, eggplant, zucchini and parmesan salad | 54,00
- Aratu crab and tomato tartare with poached egg, arugula and baguette | 56,00
- 🌿 Grilled vegetable antipasti with green salad, ricotta with flaxseed, tahini, pesto and homemade crackers | 52,00

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## your way

### Your Grilled Treat

Fish, chicken or meat

### Your Side-Order

Rice, beans, banana 'farofa' and tomato salad

Sauté potatoes and grilled vegetables

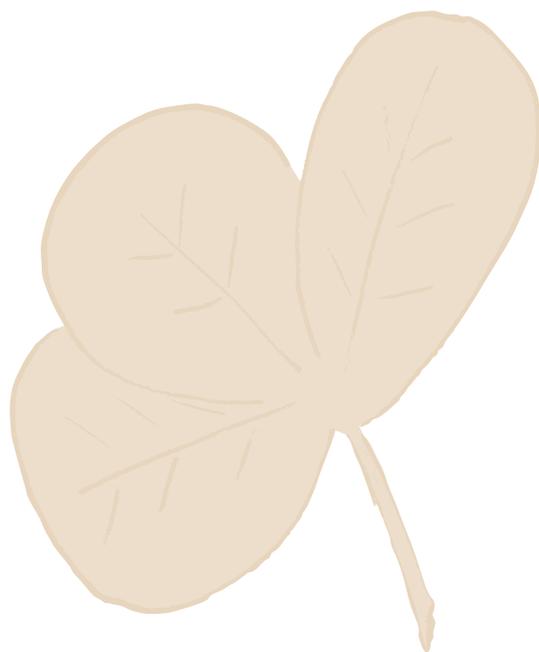
Two-grain rice with broccoli and grilled tomatoes

Wholegrain rice and mashed potatoes

Pasta with tomato sauce

Green Salad with carrots, tomatoes and sunflower seeds

| 64,00



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## *sweet things*

### **Cartola Amendoira**

Grilled coalho cheese and banana, sugarcane honey and cashew nuts | 27,00

### **Devil's Cake**

Hot chocolate cake with chocolate fudge and vanilla ice cream | 33,00

**Guava petit gateau** with ice cream | 27,00

**Hot and cold coconut sweets** | 27,00

### **Tropicalia**

Chilled tropical fruit soup with vanilla ice cream and wild berries granita | 27,00

### **Brazilian Chill**

Tapioca ice cream with sweet coconut sauce, açai glaze and almonds | 25,00

### **Hello to the Queen**

Vanilla ice cream with chocolate fudge, banana and coconut chips | 25,00

### **Ice Cream**

Vanilla, chocolate, coconut and tapioca | 16,00

**Grilled banana or pineapple** with ice cream | 22,00

**Fruit salad** | 22,00

**Seasonal fruit** | 8,00

**Brazilian coffee** | 5,00

**Nespresso** | 7,00

**Nespresso Macchiato** | 8,00

**Nespresso Cappuccino** | 10,00

**Tea** | 5,00



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## *things to Drink*

### **Mineral Water**

Jar (1 L) | 6,00

Bottle (500 ml) | 6,00

### **Perfumed Mineral Water**

Jar (1 L) | 7,00

### **Fruit Juice**

Glass | 11,00

Jar | 22,00

### **Coconut Water**

Glass | 6,50

Jar | 13,00

### **Soft Drinks | 7,50**

### **Beer**

Bohemia | 10,00

Heineken/Stella Artois | 12,00

Corona | 14,00

DeBron (500 ml) | 22,00

### **Shots**

Whisky | 26,00

Premium Whisky | 32,00

Cachaça | 16,00

Vodka | 20,00

Premium Vodka | 26,00

Gin | 28,00

Sake | 18,00

Tequila | 24,00

Grappa | 20,00

Campari | 16,00

Liqueurs | 23,00

Cognacs | 32,00

### **Wine**

Check out our Wine 'Cellar'

By the Glass | 25,00

Glass of Port wine | 25,00

### **Brazilian Flavors**

Caipirinha | 21,00

Premium Caipirinha | 27,00

Caipirinha with fruit | 25,00

Caipiroska with vodka | 25,00

Caipiroska with Absolut | 31,00

Caipirinha with sake | 27,00

Frozen fruit drink | 25,00

### **Special Drinks**

Caipiroska with cajá, tangerine  
and basil | 27,00

Caipirinha with cashew, clove  
and sugarcane honey | 27,00

Coconut caipirinha | 25,00

Caipirinha with lime and sugarcane  
"rapadura" | 25,00

Watermelon Martini | 31,00

Pineapple and Lemongrass

Martini | 31,00

Mojito | 28,00

Blody Mary | 32,00

Gin Tonic | 32,00

Aperol Spritz | 32,00

Clericot (jar) | 80,00

We charge a 10% service fee (optional)

