

**Aberto de segunda a sexta
das 12h30 às 15h00**

Open: Monday to Friday
from 12:30pm to 3pm



Prato principal Main Dish

ESCOLHA
UM PRATO

CHOOSE
ONE DISH

Bacalhau no forno, puré de grão, grelos salteados

Baked cod, chickpea purée, sautéed sprouts



Frango Tandoori, arroz cremoso de lima e vieras

Tandoori chicken, creamy lime rice and vines



Risotto de ervilhas e ovos escalfados

Pea and poached eggs risotto



Crepes de legumes gratinado, salada verde, pickle de rabanete, cebola roxa

Gratin vegetable crepes, green salad, radish pickle, red onion



Penne com molho pesto

Penne with pesto sauce

Open Flavours Buffets

Buffet + Prato principal
Buffet + Main Dish

Água Inspira & Café Gourmand
Inspira water + Gourmand coffee

16€

Taste Menu

Prato + Sobremesa Buffet
Main Dish + Dessert buffet

Água Inspira & Café Gourmand
Inspira water + Gourmand coffee

14€

Farm To Table

Buffet + Prato quente buffet
Buffet + Buffet Hot Dish

Água Inspira & Café Gourmand
Inspira water + Gourmand coffee

13€

Duck Magret

Prato + Sumo do dia
ou copo de vinho

**Main dish + juice of
the day or Glasse of
wine**

18€

Todas as Quintas-feiras
Every Thursday



Pratos sem glúten
Gluten free dishes



Pratos sem lactose
Lactose free dishes



Pratos vegetarianos
Vegetarian dishes



Pratos vegan
Vegan dishes



IVA incluído à taxa legal • VAT included at the current rate