



12H-14H30/18H-21H30

"TAINADAS"

SOPA DO DIA 4,50€

MOELAS 6,50€  
MOELAS E PÃO

TÁBUA DE QUEIJOS E ENCHIDOS 12,50€  
3 TIPOS QUEIJOS, ENCHIDOS, PRESUNTO, COMPOTA E TOSTAS

ROJÕEZINHOS 8,00€  
C/ PICKLES

BATATAS FRITAS 3,00€  
PORÇÃO

BATATAS BRAVAS 4,00€  
PORÇÃO

SALADAS

SALADA MISTA 5,00€  
ALFACE, TOMATE, CENOURA, MOLHO VINAGRETE

SALADA DE ATUM 8,50€  
ATUM, OVO, ALFACE, TOMATE, AZEITONA, CEBOLA ROXA, PIMENTO VERMELHO, VINAGRETE DE MOSTARDA E MEL

SALADA DE FRANGO 8,50€  
PEITO DE FRANGO GRELHADO, ALFACE, TOMATE, PIMENTO VERDE E VERMELHO, CENOURA, FUSILLI, MOLHO CÉSAR, OREGÃOS, VINAGRETE DE MOSTARDA E MEL

SALADA VEGETARIANA 7,50€  
CENOURA, COURGETTE E TOMATE ASSADOS, CEBOLA ROXA, ALFACE, PIMENTOS, VINAGRETE DE MOSTARDA E MEL

OVOS

OMELETA SIMPLES 7,00€  
C/ SALADA MISTA

OMELETA DE QUEIJO E FIAMBRE 8,50€  
C/ SALADA MISTA

OVOS ROTOS 8,50€  
BATATA FRITA, OVO ESTRELADO E PRESUNTO

SANDWICHES E TOSTAS

TOSTA MISTA 24/7 5,00€  
PÃO SALOIO, QUEIJO, FIAMBRE, MAIONESE E AZEITE

TOSTA AMERICANA 7,00€  
PÃO DE FORMA, MAIONESE, ALFACE, TOMATE, QUEIJO, FIAMBRE, OVO COZIDO E AZEITE

TOSTA DE TOMATE E COURGETTE 24/7 ASSADOS 7,00€  
PÃO DE FORMA, TOMATE, COURGETTE, ALFACE, AZEITE

HAMBÚRGUER VEGETARIANO 8,50€  
PÃO DE HAMBÚRGUER, (HAMBÚRGUER TEXTURIZADO DE SOJA, CENOURA, COGUMELOS), QUEIJO, ALFACE, TOMATE, CEBOLA E MOLHO ESPECIAL

HAMBÚRGUER 8,00€  
PÃO DE HAMBÚRGUER, HAMBÚRGUER, QUEIJO, BACON, ALFACE, TOMATE, CEBOLA E MOLHO ESPECIAL

HAMBÚRGUER DUPLO 12,00€  
PÃO DE HAMBÚRGUER, X2 HAMBÚRGUER, X2 QUEIJO, X2 BACON, ALFACE, TOMATE, CEBOLA E MOLHO ESPECIAL

PREGO EM PÃO 9,00€  
PÃO CACETINHO, BIFE, FIAMBRE E QUEIJO

PREGO NO PRATO 12,00€  
BIFE, OVO E BATATA FRITA

EXTRAS (UN): OVO, QUEIJO, BACON 0,50€

PIZZAS E LASAGNAS

PIZZA DE ATUM 13,00€  
ATUM, QUEIJO, MOLHO DE TOMATE, AZEITONA, CEBOLA E OREGÃOS

PIZZA ROMANA 12,00€  
FIAMBRE, COGUMELOS, AZEITONA, QUEIJO, MOLHO DE TOMATE E OREGÃOS

PIZZA SERRANA 14,00€  
PRESUNTO, QUEIJO DA ILHA, AMANTEIGADO, MOZZARELLA E MOLHO DE TOMATE

PIZZA QUEIJO EXTRA 14,00€  
MOLHO DE TOMATE, QUEIJO PARMESÃO, MOZZARELLA, MOZZARELLA BUFALA E OREGÃOS

LASAGNA BOLONHESA 24/7 14,00€  
CARNE DE VITELA, CARNE DE PORCO, MOLHO BECHAMEL E QUEIJO

LASAGNA VEGETARIANA 24/7 13,00€  
PIMENTOS VERDE, VERMELHO, CENOURA, COURGETTE, COGUMELOS, CEBOLA, MOLHO BECHAMEL E QUEIJO

SOBREMESAS

MOUSSE DE CACAU 24/7 4,50€

SALADA DE FRUTA 4,50€

TAÇA DE GELADO 24/7 5,00€

FRUTA D'ÉPOCA LAMINADA 4,00€

MENU KIDS (até 12 anos)

NUGGETS DE FRANGO 6,00€  
C/BATATA FRITA E TOMATE

OVOS MEXIDOS 5,00€  
C/BATATA FRITA E TOMATE

HAMBÚRGUER NO PRATO 6,00€  
C/BATATA FRITA E TOMATE

"TAINADAS"

|                                                                 |        |
|-----------------------------------------------------------------|--------|
| SOUP OF THE DAY                                                 | 4,50€  |
| STEWED CHICKEN GIZZARDS WITH BREAD                              | 6,50€  |
| STEWED CHICKEN GIZZARDS IN GRAVY WITH BREAD                     |        |
| CHEESE AND SAUSAGE PLATTER                                      | 12,50€ |
| 3 TYPES OF CHEESE, REGIONAL SAUSAGES, SMOKED HAM, JAM AND TOAST |        |
| "ROJÕEZINHOS"                                                   | 8,00€  |
| MARINATED AND FRIED PORK WITH PICKLES                           |        |
| FRENCH FRIES                                                    | 3,00€  |
| PORTION                                                         |        |
| SPICY FRIES                                                     | 4,00€  |
| PORTION                                                         |        |

SALADS

|                                                                                                                                           |       |
|-------------------------------------------------------------------------------------------------------------------------------------------|-------|
| MIXED SALAD                                                                                                                               | 5,00€ |
| LETTUCE, TOMATO, CARROT, ONION,VINAIGRETTE SAUCE                                                                                          |       |
| TUNA SALAD                                                                                                                                | 8,50€ |
| TUNA, EGG, LETTUCE, TOMATO, OLIVES, RED ONION,RED PEPPER,MUSTARD AND HONEY VINAIGRETTE                                                    |       |
| CHICKEN SALAD                                                                                                                             | 8,50€ |
| GRILLED CHICKEN BREAST, LETTUCE, TOMATO, GREEN AND RED PEPPER, GRATED CARROT, FUSILLI, CAESAR SAUCE,OREGANO,MUSTARD AND HONEY VINAIGRETTE |       |
| VEGETARIAN SALAD                                                                                                                          | 7,50€ |
| CARROT, ROASTED COURGETTE AND TOMATOES, RED ONION, LETTUCE, PEPPERS, MUSTARD AND HONEY VINAIGRETTE                                        |       |

EGGS

|                                     |       |
|-------------------------------------|-------|
| SIMPLE OMELETTE                     | 7,00€ |
| WITH SALAD                          |       |
| CHEESE AND HAM OMELETTE             | 8,50€ |
| WITH SALAD                          |       |
| "OVOS ROTOS"                        | 8,50€ |
| FRIED EGG WITH SMOKED HAM AND CHIPS |       |

SANDWICHES AND TOASTS

|                                                                                                                |       |
|----------------------------------------------------------------------------------------------------------------|-------|
| TOASTED SANDWICH                                                                                               | 5,00€ |
| BREAD, HAM, CHEESE, MAYONNAISE AND OLIVE OIL                                                                   |       |
| AMERICAN TOAST                                                                                                 | 7,00€ |
| BREAD,MAYONNAISE,LETTUCE,TOMATO,CHEESE,HAM, BOILED EGG AND OLIVE OIL                                           |       |
| ROASTED TOMATO AND COURGETTE TOAST                                                                             | 7,00€ |
| BREAD, TOMATO, COURGETTE, LETTUCE, OLIVE OIL AND MAYONESE                                                      |       |
| VEGGIE BURGER                                                                                                  | 8,50€ |
| HAMBURGER BREAD,(BURGUER TEXTURIZED SOYA, CARROT AND MUSHROOMS),CHEESE,LETTUCE,TOMATO, ONION AND SPECIAL SAUCE |       |
| HAMBURGER                                                                                                      | 8,00€ |
| HAMBURGER BREAD, HAMBURGER, CHEESE, BACON, LETTUCE, TOMATO, ONION AND SPECIAL SAUCE                            |       |

SNACKS  
HOMEMADE



12H-14H30/18H-21H30

|                                                                                     |        |
|-------------------------------------------------------------------------------------|--------|
| DOUBLE BURGER                                                                       | 12,00€ |
| BURGER BREAD,X2 BURGER,X2 CHEESE,X2 BACON, ONION, LETTUCE, TOMATO AND SPECIAL SAUCE |        |
| STEAK SANDWICH                                                                      | 9,00€  |
| STEAK ON BREAD, HAM AND CHEESE                                                      |        |
| STEAK ON THE PLATE                                                                  | 12,00€ |
| STEAK,EGG AND FRENCH FRIES                                                          |        |
| EXTRAS UN: EGG, CHEESE, BACON                                                       | 0,50€  |

PIZZAS AND LASAGNAS

|                                                                                     |        |
|-------------------------------------------------------------------------------------|--------|
| TUNA PIZZA                                                                          | 13,00€ |
| TUNA, CHEESE, TOMATO SAUCE, OLIVES, ONION AND OREGANO                               |        |
| PIZZA ROMANA                                                                        | 12,00€ |
| HAM, MUSHROOMS, OLIVES, CHEESE, TOMATO SAUCE AND OREGANO                            |        |
| PIZZA SERRANA                                                                       | 12,00€ |
| SMOKED HAM, BUTTERY ISLAND CHEESE MOZZARELLA AND TOMATO SAUCE                       |        |
| EXTRA CHEESE PIZZA                                                                  | 14,00€ |
| TOMATO SAUCE, PARMESAN CHEESE, MOZZARELLA, MOZZARELLA BUFALLA AND OREGANO           |        |
| BOLOGNESE LASAGNA                                                                   | 14,00€ |
| VEAL, PORK, BÉCHAMEL SAUCE AND CHEESE                                               |        |
| VEGETARIAN LASAGNA                                                                  | 13,00€ |
| RED AND GREEN PEPPER, CARROT, COURGETTE, MUSHROOM, ONION, BÉCHAMEL SAUCE AND CHEESE |        |

DESSERTS

|                           |       |
|---------------------------|-------|
| COCOA MOUSSE              | 4,50€ |
| FRUIT SALAD               | 4,50€ |
| ICE CREAM BOWL            | 5,00€ |
| LAMINATED SEASONAL FRUIT  | 4,00€ |
| KIDS MENU(up to 12 years) |       |
| CHICKEN NUGGETS           | 6,00€ |
| WITH FRIES AND TOMATO     |       |
| SCRAMBLED EGGS            | 5,00€ |
| WITH FRIES AND TOMATO     |       |
| HAMBURGER ON PLATE        | 6,00€ |
| WITH FRIES AND TOMATO     |       |

"TAINADAS"

|                                                                                          |        |
|------------------------------------------------------------------------------------------|--------|
| SOPA DEL DÍA                                                                             | 4,50€  |
| MOLLEJAS DE POLLO CON PAN<br>MOLLEJAS Y PAN                                              | 6,50€  |
| TABLA DE QUESOS Y EMBUTIDOS<br>3 TIPOS DE QUESO, SALCHICHAS, JAMÓN, MERMELEDA Y TOSTADAS | 12,50€ |
| “ROJÕEZINHOS”<br>C/ pepinillos                                                           | 8,00€  |
| PATATAS FRITAS<br>PORCIÓN                                                                | 3,00€  |
| PATATAS BRAVAS<br>PORCIÓN                                                                | 4,00€  |

ENSALADAS

|                                                                                                                                                                           |       |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| ENSALADA MIXTA<br>LECHUGA, TOMATE, ZANAHORIA, CEBOLLA, SALSA VINAGRETA                                                                                                    | 5,00€ |
| ENSALADA DE ATÚN<br>ATÚN, HUEVO, LECHUGA, TOMATE, ACEITUNAS, CEBOLLA ROJA, PIMIENTO ROJO, VINAGRETA DE MOSTAZA Y MIEL                                                     | 8,50€ |
| ENSALADA DE POLLO<br>PECHUGA DE POLLO A LA PLANCHA, LECHUGA, TOMATE, PIMIENTO VERDE Y ROJO, ZANAHORIA RALLADA, FUSILLI, SALSA CÉSAR, ORÉGANO, VINAGRETA DE MOSTAZA Y MIEL | 8,50€ |
| ENSALADA VEGETARIANA<br>ZANAHORIA, CALABACÍN Y TOMATE ASADOS, CEBOLLA ROJA, LECHUGA, PIMIENTOS, VINAGRETA DE MOSTAZA Y MIEL                                               | 7,50€ |

HUEVOS

|                                                                  |       |
|------------------------------------------------------------------|-------|
| TORTILLA SENCILLA<br>CON ENSALADA                                | 7,00€ |
| TORTILLA DE QUESO Y JAMÓN<br>CON ENSALADA                        | 8,50€ |
| HUEVOS ROTOS<br>HUEVOS FRITOS CON JAMÓN AHUMADO Y PATATAS FRITAS | 8,50€ |

BOCADILLOS Y TOSTADAS

|                                                                                                                                            |       |
|--------------------------------------------------------------------------------------------------------------------------------------------|-------|
| TOSTADA <sup>24/7</sup><br>PAN, JAMÓN, QUESO, MAYONESA Y ACEITE DE OLIVA                                                                   | 5,00€ |
| TOSTADA AMERICANA<br>PAN, MAYONESA, LECHUGA, TOMATE, QUESO, JAMÓN, HUEVO DURO Y ACEITE DE OLIVA                                            | 7,00€ |
| TOSTADA DE TOMATE Y CALABACIN <sup>24/7</sup><br>ASADO<br>PAN, TOMATE, CALABACIN, LECHUGA, ACEITE DE OLIVA Y MAYONESA                      | 7,00€ |
| HAMBURGUESA VEGETAL<br>PAN DE HAMBURGUESA, (HAMBURGUESA DE SOJA TEXTURIZADA, ZANAHORIA, SETAS), QUESO, LECHUGA, TOMATE, CEBOLLA Y MAYONESA | 8,50€ |
| HAMBURGUESA<br>PAN DE HAMBURGUESA, HAMBURGUESA, QUESO, BACON, LECHUGA, TOMATE, CEBOLLA Y SALSA ESPECIAL                                    | 8,00€ |

ROOM SERVICE <sup>24/7</sup>  
24H

SNACKS

HOMEMADE



12H-14H30 / 18H-21H30

|                                                                                                                        |        |
|------------------------------------------------------------------------------------------------------------------------|--------|
| HAMBURGUESA DOBLE<br>PAN DE HAMBURGUESA, X2 HAMBURGUESA, X2 QUESO, X2 BACON, CEBOLLA, LECHUGA, TOMATE Y SALSA ESPECIAL | 12,00€ |
| BISTEC EN PAN<br>BISTEC EN PAN, JAMON Y QUESO                                                                          | 9,00€  |
| BISTEC EN EL PLATO<br>BISTEC, HUEVO Y PATATAS FRITAS                                                                   | 12,00€ |
| EXTRAS UN: HUEVO, QUESO, BACON                                                                                         | 0,50€  |

PIZZAS Y LASAÑAS

|                                                                                                                         |        |
|-------------------------------------------------------------------------------------------------------------------------|--------|
| PIZZA DE ATÚN<br>ATÚN, QUESO, SALSA DE TOMATE, ACEITUNAS, CEBOLLA Y ORÉGANO                                             | 13,00€ |
| PIZZA ROMANA<br>JAMÓN, CHAMPIÑONES, ACEITUNAS, QUESO, SALSA DE TOMATE Y ORÉGANO                                         | 12,00€ |
| PIZZA SERRANA<br>JAMÓN, QUESO ISLA MANTECOSO Y MOZZARELLA, SALSA DE TOMATE                                              | 14,00€ |
| PIZZA EXTRA DE QUESO<br>SALSA DE TOMATE, QUESO PARMESANO, MOZZARELLA, MOZZARELLA BUFALLA Y ORÉGANO                      | 14,00€ |
| LASAÑA BOLOÑESA <sup>24/7</sup><br>TERNERA, CERDO, BECHAMEL Y QUESO                                                     | 14,00€ |
| LASAÑA VEGETARIANA <sup>24/7</sup><br>PIMIENTO ROJO Y VERDE, ZANAHORIA, CALABACÍN, CHAMPIÑÓN, CEBOLLA, BECHAMEL Y QUESO | 13,00€ |

POSTRES

|                                 |       |
|---------------------------------|-------|
| MOUSSE DE CACAO <sup>24/7</sup> | 4,50€ |
| ENSALADA DE FRUTA               | 4,50€ |
| TAZA DE HELADO <sup>24/7</sup>  | 5,00€ |
| FRUTA DE TEMPORADA LAMINADA     | 4,00€ |

MENU KIDS (hasta 12 años)

|                                                   |       |
|---------------------------------------------------|-------|
| NUGGETS DE POLLO<br>C/PATATAS FRITAS Y TOMATE     | 6,00€ |
| HUEVOS REVUELTOS<br>C/PATATAS FRITAS Y TOMATE     | 5,00€ |
| HAMBURGUESA EN PLATO<br>C/PATATAS FRITAS Y TOMATE | 6,00€ |