

**"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 E CEBOLA**SALADA DE ATUM** 8,50€  
ATUM, OVO, ALFACE, TOMATE, AZEITONA, CEBOLA ROXA E MOLHO VINAGRETE**SALADA DE FRANGO** 8,50€  
PEITO DE FRANGO GRELHADO, ALFACE, TOMATE, PIMENTO VERDE E VERMELHO, CENOURA, FUSILLI, MOLHO CÉSAR E OREGÃOS**SALADA VEGETARIANA** 7,50€  
CENOURA, COURGETTE, TOMATE ASSADO, CEBOLA ROXA, ALFACE, PIMENTOS E SEMENTES DE ABÓBORA**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** 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** 7,00€  
**ASSADOS**  
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** 14,00€  
CARNÉ DE VITELA, CARNE DE PORCO, MOLHO BECHAMEL E QUEIJO**LASAGNA VEGETARIANA** 13,00€  
PIMENTOS VERDE, VERMELHO, CENOURA, COURGETTE, COGUMELOS, CEBOLA, MOLHO BECHAMEL E QUEIJO**SOBREMESAS****MOUSSE DE CACAU** 4,50€**SALADA DE FRUTA** 4,50€**TAÇA DE GELADO** 5,00€**FRUTA D'ÉPOCA LAMINADA** 4,00€**MENU KIDS (até 12 anos)****NUGGETS DE FRANGO** 6,00€  
C/BATATA FRITA**OVOS MEXIDOS** 5,00€  
C/BATATA FRITA**HAMBÚRGUER NO PRATO** 6,00€  
C/BATATA FRITA



12H-14H30/18H-21H30

### "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 AND ONION

TUNA SALAD 8,50€  
TUNA, EGG, LETTUCE, TOMATO, OLIVES, RED ONION AND VINAIGRETTE SAUCE

CHICKEN SALAD 8,50€  
GRILLED CHICKEN BREAST, LETTUCE, TOMATO, GREEN AND RED PEPPER, GRATED CARROT, FUSILLI, CAESAR SAUCE AND OREGANO

VEGETARIAN SALAD 7,50€  
ROASTED CARROT, COURGETTE AND TOMATO, RED ONION, LETTUCE, PEPPERS AND PUMPKIN SEEDS

### 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 <sup>24/7</sup> 5,00€  
BREAD, HAM, CHEESE, MAYONNAISE AND OLIVE OIL

AMERICAN TOAST 7,00€  
BREAD, MAYONNAISE, LETTUCE, TOMATO, CHEESE, HAM, BOILED EGG AND OLIVE OIL <sup>24/7</sup>

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

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 <sup>24/7</sup> 14,00€

VEAL, PORK, BÉCHAMEL SAUCE AND CHEESE

VEGETARIAN LASAGNA <sup>24/7</sup> 13,00€

RED AND GREEN PEPPER, CARROT, COURGETTE, MUSHROOM, ONION, BÉCHAMEL SAUCE AND CHEESE

### DESSERTS

COCOA MOUSSE <sup>24/7</sup> 4,50€

FRUIT SALAD 4,50€

ICE CREAM BOWL <sup>24/7</sup> 5,00€

LAMINATED SEASONAL FRUIT 4,00€

### KIDS MENU (up to 12 years)

CHICKEN NUGGETS 6,00€  
WITH FRIES

SCRAMBLED EGGS 5,00€  
WITH FRIES

HAMBURGER ON PLATE 6,00€  
WITH FRIES

## HOMEMADE



12H-14H30/18H-21H30

### "TAINADAS"

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

### ENSALADAS

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

### HUEVOS

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

### BOCADILLOS Y TOSTADAS

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

HAMBURGUESA PAN DE HAMBURGUESA, HAMBURGUESA, QUESO, BACON, LECHUGA, TOMATE, CEBOLLA Y SALSA ESPECIAL	8,00€
---	-------

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

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

### PIZZAS Y LASAÑAS

PIZZA DE ATÚN ATÚN, QUESO, SALSA DE TOMATE, ACEITUNAS, CEBOLLA Y ORÉGANO	13,00€
PIZZA ROMANA JAMÓN, CHAMPIÑONES, ACEITUNAS, QUESO, SALSA DE TOMATE Y ORÉGANO	12,00€
PIZZA SERRANA JAMÓN, QUESO ISLA MANTECOSO Y MOZZARELLA, SALSA DE TOMATE	14,00€
PIZZA EXTRA DE QUESO SALSA DE TOMATE, QUESO PARMESANO, MOZZARELLA, MOZZARELLA BUFALLA Y ORÉGANO	14,00€
LASAÑA BOLOÑESA <sup>24/7</sup> TERNERA, CERDO, BECHAMEL Y QUESO	14,00€
LASAÑA VEGETARIANA <sup>24/7</sup> 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 C/PATATAS FRITAS	6,00€
HUEVOS REVUELTOS C/PATATAS FRITAS	5,00€
HAMBURGUESA EN PLATO C/PATATAS FRITAS	6,00€