



POOL BAR FOOD MENU

12H00 – 17H30

SOPAS FRIAS | COLD SOUPS

GASPACHO DE MORANGO COM CREME DE ABACATE E CROUTONS 7
STRAWBERRY GAZPACHO WITH AVOCADO CREAM AND CROUTONS

CREME DE CENOURA COM LARANJA DO ALGARVE 7
CARROT CREAM WITH ORANGE FROM THE ALGARVE

SNACKS

TEMPURA DE LEGUMES COM MOLHO SOJA 9 
VEGETABLE TEMPURA WITH SOY SAUCE

STICK'S DE MOZARELA E MOLHO AGRIDOCE 9 
MOZZARELLA STICKS AND SWEET AND SOUR SAUCE

AROS DE CEBOLA COM MOLHO TÁRTARO 9 
ONION RINGS WITH TARTAR SAUCE

SELEÇÃO DE QUEIJOS NACIONAIS, COMPOTA CASEIRA E TOSTA 12,50 
SELECTION OF NATIONAL CHEESES, HOMEMADE JAM AND TOAST

BURRATA COM TOMATE, MANJERICÃO E REDUÇÃO BALSÂMICO 14 
BURRATA WITH TOMATO, BASIL AND BALSAMIC REDUCTION

SALADA FORNARIA, QUEIJO DE CABRA, FIGOS SECOS, NOZES E VINAGRETE DE MOSTARDA E MEL 14 
FORNARIA SALAD, GOAT CHEESE, DRIED FIGS, WALNUTS AND HONEY MUSTARD VINAIGRETTE

SALADA CÉSAR DE FRANGO GRELHADO, PARMESÃO E CROUTONS 15
CAESAR SALAD WITH GRILLED CHICKEN, PARMESAN AND CROUTONS

POKE DE ATUM BRASEADO, QUINOA, EDAMAME, ABACATE, ALGA WAKAME E MOLHO DE SOJA 15
BRAISED TUNA POKE, QUINOA, EDAMAME, AVOCADO, WAKAME SEAWEED AND SOY SAUCE

SANDUÍCHES | SANDWICHES

ACOMPANHAM COM BATATA CHIPS OU SALADA VERDE | *SERVED WITH POTATO CHIPS OR GREEN SALAD*

TOSTA MISTA EM PÃO SALOIO 8
MIXED TOAST IN TRADICIONAL BREAD


TOSTA DE FRANGO, TOMATE, QUEIJO E ORÉGÃOS 12
CHICKEN TOAST, TOMATO, CHEESE AND OREGANO

SANDES ABERTA DE CAMARÃO, RÚCULA E MOLHO ALHO 14
SHRIMP, ARUGULA AND GARLIC SAUCE OPEN SANDWICH

BAGUETE DE ATUM COM MAIONESE, TOMATE, OVO E ALFACE 12
TUNA BAGUETTE WITH MAYONNAISE, TOMATO, EGG AND LETTUCE

WRAP DE SALMÃO FUMADO, RÚCULA E CREME DE ABACATE 13
SMOKED SALMON, ARUGULA AND AVOCADO CREAM WRAP

MEMMO BURGUER DE PICANHA, BACON, QUEIJO BRIE, PORTOBELLO E BATATA FRITA CASEIRA 19
MEMMO BURGER WITH SIRLOIN STEAK, BACON, BRIE CHEESE, PORTOBELLO AND HOMEMADE FRIES

MEMMO BURGUER VEGETARIANO (CEBOLA, SOJA, CURGETE E BRÓCOLOS), COM CEBOLA, TOMATE E ALFACE 18 
VEGETARIAN BURGER MEMMO (ONION, SOY, CURGETE AND BROCCOLI), WITH ONION, TOMATO AND LETTUCE

MEMMO BENTO BOXES

BOX COM REFEIÇÃO COMPLETA | *BOX WITH COMPLETE MEAL*

VEGANA 20 🌿

AROS DE CEBOLA COM MOLHO TÁRTARO

ONION RINGS WITH TARTAR SAUCE

BRUSCHETTA DE QUEIJO, E MANJERICÃO

CHEESE BRUSCHETTA AND BASIL

SALADA DE BULGUR COM SEITAN FUMADO E CREME DE ABACATE

BULGUR SALAD WITH SMOKED SEITAN AND AVOCADO CREAM

SALADA FRUTA DA ÉPOCA

SEASONAL FRUIT SALAD

SAUDÁVEL | *HEALTHY* 21

HÚMUS DE ERVAS COM CRUDITÉS 🌿

HERBAL HUMUS WITH CRUDITES

TOSTA DE ABACATE COM MOZARELLA 🌿

AVOCADO TOAST WITH MOZARELLA

SALADA CÉSAR DE FRANGO GRELHADO

GRILLED CHICKEN CAESAR SALAD

CHEESECAKE DE FRUTOS VERMELHOS 🌿

RED BERRY CHEESECAKE

MAR | *SEA* 22

SALADA DE WAKAME COM TOMATE CHERRY E EDAMAME 🌿

WAKAME SALAD WITH CHERRY TOMATOES AND EDAMAME 🌿

LEGUMES EM TEMPURA CROCANTE COM MOLHO SOJA

VEGETABLES IN CRISPY TEMPURA WITH SOY SAUCE

POKE DE QUINOA E CAMARÃO COM RÚCULA

QUINOA AND SHRIMP POKE WITH ARUCULA

TARTE DE AMÊNDOA CASEIRA 🌿

HOMEMADE ALMOND PIE

SOBREMESAS | *DESSERTS*

SALADA DE FRUTA COM FRUTA DA ÉPOCA 4,50

FRUIT SALAD WITH SEASONAL FRUIT

GELADOS | *ICE CREAM* 3,50 🌿

CHOCOLATE COM SALAME | BAUNILHA |

AMENDOIM | FRAMBOESA

CHOCOLATE SALAMI | VANILLA | PEANUT |

RASPBERRY

GELADOS SÃO ARTESANAIS, FEITOS DE LEITE E NATAS FRESCAS

**ICE CREAM IS HANDMADE, MADE FROM FRESH MILK AND CREAM*

SORBET 3,50 🌿

STRAWBERRY | MANGO | LEMON AND BASIL

MORANGO | MANGA | LIMÃO COM MANJERICÃO

OS SORBET SÃO ARTESANAIS FEITOS DE FRUTA FRESCA

SORBETS ARE MADE FROM FRESH FRUIT

KIDS MENU

ATÉ AOS 10 ANOS | *UNTIL 10 YEARS OLD*

SOPA, PRATO PRINCIPAL E SOBREMESA 10

SOUP, MAIN DISH AND DESSERT

CREME DE LEGUMES 🌿

VEGETABLE SOUP

MINI HAMBÚRGUER PICANHA E BATATA FRITA

MINI BRAZILIAN "PICANHA" (RUMP CAP STEAK) BURGER

SALADA DE FRUTA

FRUIT SALAD

1 BOLA GELADO

1 ICE CREAM SCOOP