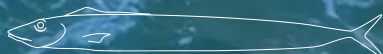


Português

# SALDANHA MAR

RESTAURANTE & ESPLANADA

*Onde a Cidade encontra o Mar*



## Converte

Oh Freguês Venha Cá...!

MANTEIGA DOS AÇORES 

PÃO DE LONGA FERMENTAÇÃO 

## Sopa

Olha lá que te constipas...!

**SOPA DE TOMATE**  

Creme de Tomate, Ovo a Baixa Temperatura e Croûtons

**CANJA DE FRANGO DO CAMPO** 

Massa Pevide, Ovo de Codorniz, Hortelã, Azeite de Ervas e Broa de Milho

## Entrada para Partilhar

É Fresquinho, Fresquinho!

**TORTILHAS COM ESCABECHE DE LEGUMES DA ESTAÇÃO** 

Tortilhas de Milho, Escabeche de Legumes da Época, Húmus de Grão, Pico-de-Gallo

**TEMPURA DE LEGUMES DA ESTAÇÃO**     

Bimmi, Cenoura, Feijão Verde, Húmus de Grão, Ras-El-Hanout e Maionese de Limão e Algas

**CAMARÃO SALTEADO AO ALINHHO**  

Alho Picado, Limão, Malagueta, Ervas. Acompanha com Pão Alentejano Grelhado com Manteiga

**OVOS ROTOS COM CAMARÃO E COGUMELOS**   

2 Ovos, Brunoise de Batata Doce, Camarão Salteado, Ragoût de Cogumelos, Cebolada com Algas e Queijo da Ilha

**PICA-PAU DO MAR**   

Polvo do Algarve, Lulas, Chouriço, Pickles Caseiros, Coentros e Pão Alentejano Grelhado com Manteiga de Ervas

**NOVILHO, BIMMI E TUPINAMBO**     

Bife da Vazia, Puré de Tupinambo, Bimmi Salteado em Alho, Molho Barbecue e Cebola Crocante

**CROQUETES DE ALHEIRA DE CAÇA**   

4 Croquetes de Alheira, Mostarda de Sementes, Maionese de Alho Negro e Chucrute



## Grelhado no Carvão

Olha o Peixinho do Mar.... Olha o Peixinho da Costa!

Grelhado em Carvão 100% Biológico. 2 Acompanhamento à Escolha

**POLVO DO ALGARVE** 

**LOMBO DE BACALHAU COM AZEITE DE ALHO** 

**PEIXE FRESCO DO MERCADO 31 DE JANEIRO**  

## Acompanhamentos

Arroz Malandrino de Coentros | Arroz Salteado de Salicórnia | Batata Grelhada | Puré de Batata com Manteiga de Avelã | Salada Rica com Algas | Chucrute

## Seleção de Azeite e Vinagre

Azeite Verde | Azeite Lagareiro | Vinagre de Vinho Branco | Vinagre de Vinho Fumado | Vinagre Balsâmico



LACTOSE



PEIXE



OVO



AIPO



MARISCO



GLÚTEN



SULFITOS



SOJA



MOLUSCOS



MOSTARDA



AMENDOIM



FRUTOS SECOS



## Escolha do Chef

Oh Freguês olha o Carapau e Cachucho, que é um Luxo!

(Sazonal)

### ARROZ CREMOSO COM LEGUMES DA ESTAÇÃO 🍷🍷🍷🍷 V

Arroz Carolino, Seleção de Legumes da Estação, Molho de Tomate, Tempura de Legumes e Molho de Alho Negro

21

### TEMPURA DE BACALHAU E CALDEIRADA 🍷🍷🍷🍷

Lombo de Bacalhau em Tempura, Batata, Cebolinhas, Cenoura Baby, Pimentos e Molho de Caldeirada

26

### ARROZ DE MALANDRINHO DE MARISCOS 🍷🍷🍷🍷

Arroz Carolino, Camarão, Ameijoas, Sapateira, Coentros

28

### FRANGUINHO DA QUINTA GRELHADO EM CARVÃO BIOLÓGICO 🍷🍷

Meio Frango Grelhado (600g) com Molho Piri-Piri, Chip de Batata e Arroz Salteado ao Alinho

26

### ENTRECOTE BLACK ANGUS GRELHADO 🍷🍷

Batata, Chucrute e Molho de Mostarda de Sementes

27

## Para Terminar

Olha o docinho fresquinho! Há fruta... Oh chocolate!

Sobremesa

### CHEESECAKE DE FORNO 🍷🍷🍷🍷

Coulis de Morango, Crumble Amêndoa e Creme Inglês

6

### TARTE DE MAÇÃ 🍷🍷🍷

Crumble de Amêndoa e Gelado de Canela

6

### TEXTURAS DE CHOCOLATE 🍷🍷🍷🍷

Chocolate de Leite, Chocolate Negro, Chocolate Branco, Crumble de Pistáchio e Caramelo Salgado

8

### O PÃO DA TIA 🍷🍷🍷🍷

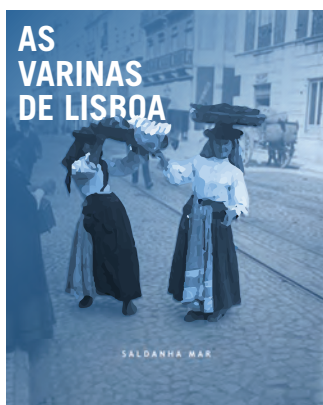
Pão de Ló Ti'Piedade, Gelado de Canela, Crumble de Framboesa

6

### PIJAMA DO CHEF 🍷🍷🍷🍷

Degustação de Sobremesas Seleccionadas pelo Chef

9



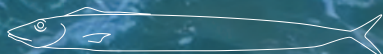
As águas salgadas do Atlântico guiavam os seus passos,  
o aroma do mar impregnava os seus laços.  
Eram as Varinas, destemidas mulheres,  
enfrentavam madrugadas frias, sem quaisquer quereres.  
Trazendo peixe fresco das redes do mar,  
às nossas mesas, sabor sem par.  
Com saias rodadas e lenços coloridos,  
percorriam Lisboa, caminhos antigos.  
Pregões entoavam como cânticos sagrados,  
mais que vendedoras, guardiãs dos fados.  
Embaixadoras do mar além das bancas,  
histórias de tempestades, risos nas ancas.  
Hoje em Lisboa, pregões já não ecoam,  
mas a memória das Varinas ainda voam.  
Guardavam o nosso património, tradição e amar,  
mulheres que teceram a rede que nos liga ao mar.

English

# SALDANHA MAR

RESTAURANT & TERRACE

*Where the City meets the Sea*



## Convert

Oh "Freguês" come here...!

AZOREAN BUTTER 

LONG FERMENTATION BREAD 

## Starters to Share

It's Fresh, Fresh!

### TORTILLAS WITH SEASONAL VEGETABLE ESCABECHE

Corn Tortillas, Seasonal Vegetable Escabeche, Chickpea Hummus, Pico de Gallo

### SEASONAL VEGETABLE TEMPURA

Bimi, Carrot, Green Beans, Cauliflower, Baby Corn, Chickpea Hummus, Ras-El-Hanout and Lemon and Seaweed Mayonnaise

### SAUTEED PRAWN WITH GARLIC

Minced Garlic, Lemon, Chili, Herbs. Served with Grilled Alentejo Bread with Butter

### "OVOS ROTOS" WITH SHRIMP AND MUSHROOMS

2 Eggs, Brunese Sweet Potatoes, Braised Shrimp, Ragoût Mushrooms, Onion with Seaweed and Island Cheese

4

## Soups

Be careful, or you will get a cold...!

### TOMATO SOUP

Tomato Cream, Low-Temperature Egg, Croutons

### COUNTRY CHICKEN SOUP

Small Pasta, Quail Egg, Mint, Herb Oil, and Cornbread

8

6

12

### SEA PICA-PAU

Algarve Octopus Squid, Chorizo, Homemade Pickles, Coriander and Grilled Alentejo Bread with Herb Butter

18

14

### BEEF STEAK, BIMBY AND TUPINAMBO

Sirloin Steak, Jerusalem Artichoke Puree, Sautéed Bimi with Garlic, Barbecue Sauce and Crispy Onions

16

16

### TRADITIONAL PORTUGUESE SAUSAGE CROQUETTES

4 Portuguese Sausage Croquettes, Seed Mustard, Black Garlic Mayonnaise and Sauerkraut

12

18

## Charcoal Grilled

Look at the Little Fish of the Sea... Look at Peixinho from the Coast!

Grilled on 100% Organic Coal, 1 Side Dishes of Your Choice



### OCTOPUS FROM ALGARVE

28

### COD LOIN WITH OLIVE OIL GARLIC

26

### FRESH FISH FROM LOCAL MARKET (31 DO MERCADO)

26

## Sides

Coriander Rice | Sautéed Glasswort Rice | Grilled Potato  
| Mashed Potatoes with Hazelnut Butter | Rich Salad with Seaweed | Sauerkraut

7

## Selection of Olive Oil and Vinegars

Green Olive Oil | Lemon Olive Oil | White Wine Vinegar  
| Somked Wine Vinegar | Balsamic Wine Vinegar



LACTOSE



FISH



EGG



CELERY



SHELLFISH



GLUTEN



SULFITES



SOY



MOLLUSCS



MUSTARD



PEANUTS



TREE NUTS



@saldanhamar

## Chef Suggestion

Oh “Freguês”, look at the Mackerel and a “Cachucho”, which is a Luxury!  
(Seasonal)

### CREAMY RICE WITH SEASONAL VEGETABLES 🌾🍷🍷🍷🍷

Carolino Rice, Selection of Seasonal Vegetables, Tomato Sauce, Vegetable Tempura and Black Garlic Sauce

21

### COD TEMPURA WITH CALDEIRADA SAUCE 🍷🍷🍷🍷🍷

Cod Loin in Tempura, Potatoes, Pearl Onions, Baby Carrots, Peppers, and Stew Sauce

26

### SEAFOOD “MALANDRINHO” RICE 🍷🍷🍷🍷🍷

Carolino Rice, Shrimp, Clams, Crab, Coriander

28

### GRILLED FREE RANGE CHICKEN ON ORGANIC CHARCOAL 🍷🍷

Grilled Half Chicken (600g) with Piri-Piri Sauce, Potatoes Chips and Sautéed Garlic Rice

26

### GRILLED BLACK ANGUS ENTRECOTE ON ORGANIC CHARCOAL 🍷🍷

Potato, Sauerkraut and Seed Mustard Dressing

27

## To Finish

Look at the Fresh Sweets! There is Fruit “Oh Chocolate”!

Dessert

### BAKED CHEESECAKE 🍷🍷🍷🍷🍷

Strawberry Coulis, Almond Crumble and English Cream

6

### APPLE PIE 🍷🍷🍷

Almond Crumble and Cinnamon Ice Cream

6

### CHOCOLATE TEXTURES 🍷🍷🍷🍷🍷

Milk Chocolate, Dark Chocolate, White Chocolate, Pistachio Crumble and Salted Caramel

8

### THE AUNTIES SPONGE CAKE 🍷🍷🍷🍷🍷

Aunt Piedade's Sponge Cake, Cinnamon Ice Cream, Raspberry Crumble

6

### CHEF'S PAJAMA 🍷🍷🍷🍷🍷

Dessert Tasting Selected by the Chef

9



The salty waters of the Atlantic guided their steps,  
the scent of the sea permeated their bonds.

They were the Varinas, fearless women,  
they faced cold dawns, without any intention.  
Bringing fresh fish from the sea to our tables,  
with an unparalleled flavor.

With full skirts and colorful scarves,  
they walked through Lisbon, along ancient paths.

Auctions were sung like sacred songs,  
more than saleswomen, guardians of fado.

Ambassadors of the sea beyond the tents,  
stories of storms, laughter on the hips.

Today in Lisbon, auctions no longer echo,  
but the memory of Varinas still flies.

They guarded our heritage, tradition and love,

women who wove the network that connects us to the sea.

Price in Euros. V – Vegetarian. Some of the above dishes may contain allergens. For more information please request the list of ingredients or ask for advice from our team.. No dish, food product or drink, including the cover charge, can be charged if it is not requested by the customer or is unusable by him. Complaints book available. Price in Euros. Complaints book available. VAT included at the current rate.

