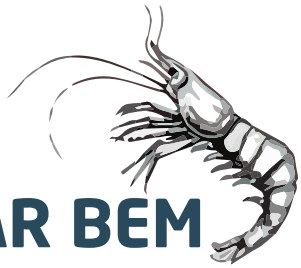
MONTE MAR LAGOS

MENU

Peixe e Marisco



PARA COMEÇAR BEM
*OFF TO A **GOOD START***

Azeitonas - 2€
Olives

Pão e Manteiga - 3,5€
Bread and Butter

Torradas com Manteiga - 3,5€
Buttered Toast

Queijo de Azeitão - 9€
Cheese from the Azeitão region

Presunto Ibérico - 15€
"Iberian" Dry cured Ham

ENTRADAS
STARTERS

Sopa de Peixe - 11€
Fish Soup

Creme de Marisco - 12€
Creamy Seafood Soup

Gambas Al Ajillo (dose) - 22,50€
Fried Prawns with Garlic and olive oil

Sapateira Recheada (casca) - 39 €
Stuffed Brown Crab

Mexilhão (Bulhão Pato, Espanhola) - 18€
Mussels (Garlic & Coriander, Onions & Tomato)

Melão com Presunto - 14€
Melon with Ham Cured

Lulinhas Algarvia - 18€
Algarvia Small Squid

Ameijoas (Bulhão Pato, Espanhola) - 32€
Clams (Garlic & Coriander or Onions & Tomato)

Ostra (1uni) - 3,5€
Oyster (1uni)

Salada de Polvo - 20€
Octopus Salad

Salada de Lagosta - 36€
Rock Lobster Salad

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HORA DE PESAGEM
WEIGH-IN TIME

Gambas da Costa Quentes com Sal - 75€ (Kg)
Warm Coastal Prawns with Salt

Gambas - 60€ (Kg)
Prawns

Carabineiros - 160€ (Kg)
Scarlet Shrimps

Gambas Tigre - 95€ (Kg)
Tiger Prawn

Dourada - 76€ (Kg)
Sea Bream

Robalo - 76€ (Kg)
Sea Bass

Pregado - 76€ (Kg)
Turbot

Garopa - 76€ (Kg)
Grouper

À Padeiro, Grelhado ou ao Sal
Oven, Grilled or Salt Roasted

ACOMPANHAMENTOS
SIDE DISHES

Panache Legumes - 7,50€
Vegetables panaché

Salada Alface ou Tomate - 6€
Lettuce or Tomato Salad

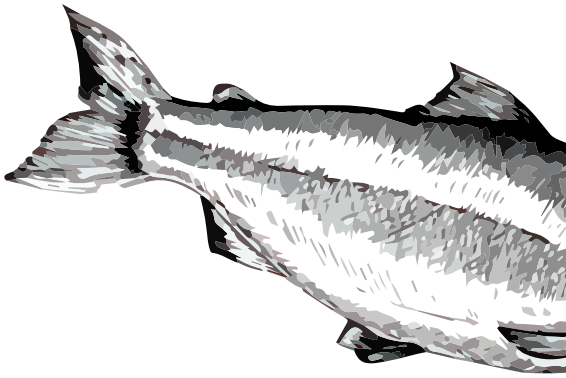
Salada Mista - 6€
Mixed Salad

Brócolos - 6€
Broccoli

Feijão Verde - 6€
Green Beans

Grelos - 6€
Turnip Tops

Espinafres à la Crème - 6€
Creamed Spinach



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MOMENTO DA PARTILHA
LET'S SHARE MOMENT (2PAX)

Arroz de Marisco - 68€
Seafood Rice

Misto do Mar Grelhado - 62€
Grilled Fish and Seafood

Parrilhada de Marisco - 98€
Seafood "Parrillada"

Açorda de Gambas - 55€
Pap of Bread with Prawns

Cataplana Algarvia - 76€
Algarvia Cataplana

MERGULHO DE MAR
SEA DIVE

Crepes de Lagosta - 35€
Rock Lobster Pancakes

Posta de Garoupa Grelhada - 32€
Grilled Grouper

Linguado (Meunier, Delícia, Frito com Açorda) - 34€
Sole ("Meunier" or Banana or Fried with Pap of Bread)

Supremos de Garoupa à Grenoblesa - 28€
Grouper Loin served with Butter & Lemon Sauce

Gambas Grelhadas com Arroz de Alho - 24,5€
Grilled Prawns with Garlic Rice

Medalhões de Garoupa a Delícia - 27€
Grouper medallions Deliciousness

Filetes de Pescada com Arroz de Berbigão - 25€
Hake Fillets with Cockle Rice

Lulas Grelhadas a "Monte Mar" - 23€
"Monte Mar" Grilled Squids

Lombo de Bacalhau Assado - 28€
Roasted Codfish and Baked Potatoes

Espetada de Lulas com Gambas - 24,5€
Squids and Prawns Kebab

Polvo Assado Lagareiro - 28€
Roasted Octopus with Garlic and Olive Oil

Bacalhau a Lagareiro - 28€
Roasted Codfish and Baked Potatoes

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DO TALHO
FROM THE BUTCHER

Bife do Lombo - 34€
Tenderloin Steak

Bife da Vazia - 24,5€
Sirloin Steak

Grelhado, à la Crème, à Portuguesa, Pimenta ou Cogumelos
Grilled, Cream Sauce, Garlic & Olive Oil, Pepper or Mushrooms

PARA VARIAR
FOR A CHANGE

Omelete Simples - 18€
Simple Omelette

Pasta Vegetariana - 14€
Veggie Pasta

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MONTE MAR LAGOS

SOBREMESAS

Desserts

O MEU DOCE
MY SWEET

Salada de Fruta - 6€
Fruit Salad

Cheese Cake - 6€

Queijo de Ovos - 8€
Traditional Portuguese Dessert Made With Egg Yolks

Tarte de Limão Merengada - 8€
Lemon Meringue Pie

Merengue à Monte Mar com Doce de Leite - 8€
Monte Mar Meringue with Dulce de Leche

Merengue à Monte Mar com Framboesa - 8€
Monte Mar Meringue with Raspberries

Bolo de Chocolate - 8€
Chocolate Cake

Gelado Santini (1 bola) - 4,50€
Santini Ice Cream (1 scoop)

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MONTE MAR LAGOS

CARTA BEBIDAS

Bebidas

Drinks

ESPUMANTES E CHAMPAGNES
SPARKLING WINE & CHAMPAGNE

ESPUMANTES *SPARKLING WINE*

Perfeitos para brindar momentos especiais
Perfect for celebrating special moments

Murganheira Super Reserva Bruto 40€
Elegância e frescura com notas cítricas e brioche
Elegance and freshness with citrus and brioche notes

Murganheira Rosé 45€
Frutado e sofisticado, com toques de frutos vermelhos
Fruity and sophisticated, with hints of red berries

CHAMPAGNES *CHAMPAGNE*

Clássicos franceses de excelência
Classic French excellence

Veuve Pelletier Brut 65€
Sabor equilibrado, bolha fina e final persistente
Balanced flavor, fine bubbles, and a lingering finish

Palmer Brut 125€
Notas de maçã verde e amêndoa, cremosidade distinta
Notes of green apple and almond, with a distinct creaminess

Palmer Rosé 145€
Frescura e delicadeza, com aromas de morango e framboesa
Fresh and delicate, with aromas of strawberry and raspberry

VINHO BRANCO
WHITE WINE

VINHO VERDE *GREEN WHINE*

Frescura e leveza de Portugal
Freshness and lightness from Portugal

Soalheiro Alvarinho 38€

Aromático e equilibrado, com toques cítricos e mineralidade
Aromatic and well-balanced, with citrus touches and minerality

Muros Antigos Loureiro 30€

Copo Muros Antigos Loureiro 8€

Fresco e elegante, com notas florais e acidez vibrante
Fresh and elegant, with floral notes and vibrant acidity

DOURO

Vinhos brancos de grande estrutura
Full-bodied white wines

Redoma 41€

Encorpado, com notas de frutas maduras e madeira bem integrada
Full-bodied, with ripe fruit notes and well-integrated oak

Quinta La Rosa Reserva 37€

Seco e intenso, com acidez equilibrada
Dry and intense, with balanced acidity

DÃO

Minerais e elegantes
Mineral and elegant

Quinta das Marias Encruzado 38€

Branco encorpado, com notas de frutos secos e baunilha
Full-bodied, with notes of dried fruits and vanilla

VINHO BRANCO
WHITE WINE

LISBOA E TEJO *LISBOA AND TEJO*

Vinhos versáteis e vibrantes
Versatile and vibrant wines

Conde Vimioso 26€
Copo Conde Vimioso 6€
Ligeiro, elegante e fácil de beber
Light, elegant, and easy to drink

ALENTEJO

Intensidade e suavidade equilibradas
Intensity and balanced smoothness

Esporão Reserva 40€
Rico e estruturado, com notas de fruta tropical e baunilha
Rich and structured, with tropical fruit and vanilla notes

Herdade Grande Chardonnay 39€
Encorpado, amanteigado, com toques de citrinos maduros
Full-bodied, buttery, with ripe citrus notes

Monte Mar Sauvignon Blanc 37€
Refrescante e frutado, com aromas tropicais e final equilibrado
Refreshing and fruity, with tropical aromas and a balanced finish

ALGARVE

Aromas e Sabores do Sul
Aromas and Flavors of the South

Escolhido Colheita Selecionada 26€
Ligeiro, fresco e equilibrado
Light, fresh, and balanced

VINHO BRANCO
WHITE WINE

Quinta Do Francês Sauvignon Blanc 32€
Aromático, com notas florais e tropicais
Aromatic, with floral and tropical notes

Cabrita Arinto Regional Algarve 35€
Seco, com boa acidez e mineralidade
Dry, with good acidity and minerality

Quinta da Pedragosa 38€
Encorpado e estruturado, com final persistente
Full-bodied and structured, with a persistent finish

Morgado do Quintão 40€
Fresco e elegante, com notas cítricas e mineralidade
Fresh and elegant, with citrus notes and minerality

ROSÉS
Leves, frescos e elegantes
Light, fresh, and elegant

Quinta Nova 43€
Leve e refrescante, com notas de frutos vermelhos e final delicado
Light and refreshing, with red fruit notes and a delicate finish

Conde Vimioso 26€
Copo Conde Vimioso 6€
Leve e refrescante, com aromas florais
Light and refreshing, with floral aromas

Quinta Do Francês 28€
Rosé fresco, delicado e frutado
Fresh, delicate, and fruity rosé

Quinta da Pedragosa 38€
Fresco e frutado, com notas de frutos vermelhos e final equilibrado
Fresh and fruity, with red berry notes and a balanced finish

VINHO TINTO
RED WINE

DOURO
Estruturados e intensos
Structured and intense

Quinta do Crasto 36€
Tinto leve, frutado e elegante
Light-bodied, fruity, and elegant red

Vallado Reserva 60€
Encorpado, com notas de frutos negros e especiarias
Full-bodied, with black fruit and spice notes

Redoma 58€
Rico e estruturado, com taninos firmes e longo final
Rich and structured, with firm tannins and a long finish

LISBOA E TEJO *LISBOA AND TEJO*
Tintos versáteis e equilibrados
Versatile and balanced reds

Conde Vimioso 26€
Copo Conde Vimioso 6€
Tinto leve, com frescura e taninos suaves
Light red, with freshness and soft tannins

ALENTEJO
Suavidade e intensidade em harmonia
Smoothness and intensity in harmony

Esporão Reserva 42€
Encorpado, rico e aveludado, com notas de chocolate e fruta madura
Full-bodied, rich, and velvety, with chocolate and ripe fruit notes

Aldeia de Cima 42€
Encorpado e frutado, com notas de frutos negros e um final suave
Full-bodied and fruity, with dark fruit notes and a smooth finish

VINHO TINTO
RED WINE

ALGARVE
Caráter do Sul
Southern character

Cabrita Negra Mole 35€
Frutado e leve, com notas de cereja e especiarias
Fruity and light, with cherry and spice notes

Arvad Negra Mole 39€
Tinto leve e delicado, com final fresco
Light and delicate red, with a fresh finish

Quinta Do Francês Touriga Nacional 48€
Encorpado, estruturado, com notas de frutos pretos e especiarias
Full-bodied, structured, with black fruit and spice notes

As Claras 30€
Aromático, frutos vermelhos e um toque de especiarias, suave e equilibrado
Aromatic, with red fruit notes and a hint of spices, smooth and balanced

VINHOS GENEROSOS
OPULENT & FORTIFIED WINES

Porto Ruby 8€
Porto Tawny 10€
Porto Dry White 10€
Porto L.B.V 12€
Porto 10 Anos 14€
Porto Vintage 18€
Moscatel Roxo 5 Anos 12€
Madeira Seco 5 Anos 10€
Madeira Doce 10€

RUM
(mixed included)

Plantation 3 Stars 12€

Rum Plantation Original Dark 12€

TEQUILA
(mixed included)

Jose Cuervo Silver 12€

VODKA
(mixed included)

Vodka Moskovskaya 12€

Vodka Grey Goose 16€

GIN
(mixed included)

Gin Bombay Sapphire 12€

Gin Alma 14€

THE WORLD OF WHISKEY

Whisky Famous Grouse (Glenturret, Scotch) 12€

Whisky Bushmills (County Atrim, Irish) 12€

Whisky Malt Glenfiddich 12 Anos (Speyside, Scotch) - 18€

Whisky Malt Nikka From The Barrel (Miyagikyo e Yoichi, Japan) 21€

Jack Daniel's (Tenessee) 13€

Bowmore 12 (Islay, Scotch) 14€

Whisky Malt Glenrothes 12 Years (Speyside, Scotch) 18€

Makers Mark (Kentucky) 14€

BRANDY & COGNAC

Marthas Aguardente Vinica Velha 12€
Adega Velha 6y 18€
Courvoisier V.S 14€
Medronho 10€
Grappa 10€

LICORES
LIQUERS

Disaronno 8€
Baileys 12€
Tia Maria 9€
Licor Beirão 10€
Amarguinha 10€
Ginja de Óbidos Mariquinhas 10€
Limoncello 10€

VERMOUTHS & BITTERS

Campari 12€
Per se 12€
Fernet Branca 9€
Jägermeister 8€
Cinzano Bianco 9€
Cinzano Rosso 9€
Noilly Prat Dry 9€

SANGRIA

Sangria 24€
Sangria Espumante *Sparkling* 35€

CERVEJA & SIDRA
BEER & CIDER

Superbock Pressão *Draught* 20cl - 5€ | 40cl - 6€ | 50cl -10€
Superbock 33cl 5€
Superbock Stout 33cl 5€
Superbock Sem Ácool *Non alcoholic* 33cl 5€
Somersby 33cl 5€

ÁGUAS E REFRIGERANTES
WATERS & SOFT DRINKS

Vitalis 37,5cl - 3,5€ | 75cl - 4,5€
Pedras 25cl - 3,5€ | 75cl - 4,5€
Castelo 20cl - 3,5€
Coca-Cola 5€
Pepsi Max 5€
7up 5€
Sumol 5€
Ice Tea 5€
Agua Tónica 4,5€
Ginger Beer 4,5€

CAFETARIA
HOT DRINKS

Expresso *Espresso* 3€
Descafeinado *Decaffeinated* 3€
Expresso Duplo *Double expresso* 3,5€
Café com leite *Latte* 3,5€
Cappuccino 3,5€
Chá *Tea* 3€
Irish Coffee 16€

ONDAS E MISTURAS
WAVES AND MIXES

RUMO AO MONTE MAR 12€
TOWARDS MONTE MAR
Per Se, Gin, Lime, Oil, Coriander

CLÁSSICOS À DERIVA 14€
ADRIFT CLASSIC

GIMLET
Gin, Basil, Lime, Sugar

PALOMA
Tequila, Lime, Grapefruit, Soda

RUM & GINGER
Rum, Ginger, Mint, Honey, Lime

PISCO PUNCH
Pisco, Elderflower, Lime, Limon

MARÉ BAIXA 10€
EBB TIDE

PALOMA
Agave, Grapefruit, Lime, Soda

LIMONZERO
Limoncello Zero, Soda, Lime, Limon

RUM & GINGER
Ginger, Lime, Honey, Mint

GIMLET
Gin Zero, Basil, Lime, sugar

ESPUMA DO MAR 14€
SEA FOAM

PER SE SPRITZ
Per Se, Sparkling Wine, Soda

FLOWER SODA
Elderflower, Sparkling Wine, Soda

SPARKLING LEMONADE
Limoncello, Sparkling Wine, Soda