



MONTE MAR

Seafood kitchen

PETISCOS & MARISCOS SNACKS & SEAFOOD

Azeitonas
Olives
1.00€

Pão
Bread
1.10€

Sopa do dia
Soup of the day
3.50€

Ostras
Oysters
2.50€ (unid)

Salada de Polvo
Octopus salad
9.50€

Mexilhão à Espanhola
Mussels with onion, peppers and tomato sauce
11.50€

Gambas Al Ajillo
Fried shrimp with garlic, olive oil and parsley
12.00€

Amêijoas à Bulhão Pato
Fresh clams with olive oil, garlic and coriander
15.00€



DA GRELHA FROM THE GRILL

Sardinha Grelhada (com 1 acompanhamento)
Grilled Sardines (with 1 garnish)
9.50€

Lulas Grelhadas (com 1 acompanhamento)
Grilled squids (with 1 garnish)
15.00€

Gamba Grelhada (com 1 acompanhamento)
Grilled prawns (with 1 garnish)
16.00€

Peixe do dia Grelhado (com 1 acompanhamento)
Grilled fish of the day (with 1 garnish)
17.50€

Misto do Mar Grelhado (2 pessoas) (com 1 acompanhamento)
Seafood Mix (2 persons) (with 1 garnish)
Peixe do dia, Lulas, Gambas Grelhadas
Fish of the Day, Squids, Grilled Prawns
29.50€

A NOSSA ESPECIALIDADE HOUSE SPECIALTY

Filetes de Pescada com Arroz de Berbigão
Fresh hake Fillets deep fried with cockle Rice
14.00€

Bacalhau assado com Batata à murro e Grelos
Baked cod with roasted Potatoes and Sprouts
15.00€

Crepe de Lagosta com Arroz de Berbigão
Rock Lobster Crepe with Cockle rice
16.00€

Arroz de Polvo
Octopus Rice
16.00€

Polvo à Lagareiro com Batata à murro
*Roasted Octopus with Garlic and Olive Oil
with roasted potatoes*
16.00€

ACOMPANHAMENTOS
GARNISHES 3.50€

ASK US!
MENU

Para informação de possível presença de produtos/alimentos considerados alérgicos, solicitar a lista disponível. IVA incluído
For information on the possible presence of allergenic products/foods, request the available list. VAT included





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CAFÉ COFFEE

1.00€

SOBREMESA DESSERT

2.00€

BEBIDAS DRINKS

Águas 0,5lt
Water

2.00€

Água das Pedras
Sparkling Water

2.20€

Refrigerantes
Soft Drinks
2.20€

Sangria Jarro
Sangria Jar
15.00€

Sangria Copo
Sangria Glass
3.50€

Cerveja Imperial
Draft Beer 0,20lt
1.60€

Cerveja Tulipa
Draft Beer 0,33lt
3.20€



VINHO BRANCO | WHITE WINE

Conde de Vimioso (Lisboa) - Copo | Glass
3.50€

Conde de Vimioso (Lisboa) - Garrafa | Bottle
15.00€

Kopke (Douro) - Copo | Glass
5.00€

Kopke (Douro) - Garrafa | Bottle
24.00€

VINHO TINTO | RED WINE

Conde de Vimioso (Lisboa) - Copo | Glass
3.50€

Conde de Vimioso (Lisboa) - Garrafa | Bottle
15.00€

Kopke (Douro) - Copo | Glass
5.00€

Kopke (Douro) - Garrafa | Bottle
24.00€

VINHO VERDE

Muros Antigos Escolha - Copo | Glass
4.50€

Muros Antigos Escolha - Garrafa | Bottle
20.00€

VINHO ROSÉ | ROSÉ WINE

Conde de Vimioso (Lisboa) - Copo | Glass
3.50€

Conde de Vimioso (Lisboa) - Garrafa | Bottle
15.00€

VINHO ESPUMANTE | SPARKLING WINE

Dalva | Flute
4.00€

Dalva | Bottle
20.00€

