



Soup

Daily Special..... £4.00

Everyday a different creamy soup made with fresh vegetables served w/ E5 bakehouse bread.

Sandwiches

Bifanas..... £4.00

Tender slices of slow cooked marinated pork (beer and spices) and Portuguese chorizo.

Tuna Fillet£4.00

Hand made tuna fillets in olive oil w/ vegetable pickles, mustard & crispy rocket.

Goatie (v)..... £4.00

Semisoft salty goat cheese combined with PDF's subtle and sweet jam & crispy rocket

Artichoke & Red Pesto (v)..... £4.00

Artichoke hearts, hand made red pesto & green salad

Fresh Cheese&Olive Tapenade (v).....£4.00

Soft and Fresh Portuguese Cows' cheese (a very light and healthy recipe) with Green olives tapenade and crispy rocket.

Toasties

All served with E5 Bakehouse bread

Butter and Jam (v)..... £2.50

Choose your own flavours: Ginger/Carrot/Orange/Pennyroyal/Gorse/Spearmint/Juniper

Queijo&Tomate (v)..... £3.50

Cheese & Tomato

The "Mystic" Toast£3.50

Ham & Cheese

Queijo&Presunto.....£4.00

Cheese, Dry Cured Ham, Rocket

Breakfast / Brunch

Eggs & Chorizo£5.00

Portuguese chorizo & spinach scrambled eggs on a toast with salad

St.Jorge (v).....£5.00

St Jorge cheese & spinach scrambled eggs on a toast with salad

Salmon £6.00

Spinach scrambled eggs, smoked salmon and beetroot on a toast.

Farinheira£5.00

Portuguese smoked sausage "Farinheira" & spinach scrambled eggs on a toast with salad

Salads

Mackerel w/lime dressing£4.50

Mackerel fillets, black eyed peas, cucumber salad with lime & honey dressing.

Lentils, Goat cheese & nettle pesto (v)... £4.50

Green lentil, onions, olives & rocket salad with semi soft salty goat cheese and nettle pesto.

Chickpeas,Salted Cod &Red Pepper.....£4.50

A fresh and super tasty mix of chickpeas, with onions, red peppers, parsley and of course, super tasty roasted salted cod in olive oil.

A proper Lunch

Bacalhau à Brás (v).....£7.00

Salted Codfish, thin sliced fries and egg scramble.

A portuguese must have traditional specialty: A delicious, moisty scramble of salted codfish shards, sautéed in olive oil and onions, wrapped in crisp, thin sliced fried potatoes and eggs. Sprinkle with parsley and olives on top, with some salad on the side.

Mil folhas de Alheira£7.50

Game "Alheira" layered w/ bread and spinach mash and fried egg on top

The salted garlic flavoured "alheira" and the spinach are the base for the runny egg that colours the top of this delight.

Veggie "à Brás" (v).....£6.50

Ratatouille thin sliced fries and egg scramble.

The vegetarian variation of "Bacalhau à Brás" with vegetables and mushrooms shards, sautéed in olive oil and onions, wrapped in crisp, thin sliced fried potatoes and eggs. Sprinkle with parsley and olives on top, with some salad on the side.

Nibbles & Cheese Boards

Tremoços £1.50

Bread & Olives..... £3.50

Queijo da Serra w/honey..... £5.00

(Artisan mountain cheese bruschettas)

Cheese Board £10.00

Mixed Board (Cheese & Meat)..... £15.00

Charcuterie

Chouriço (served w/Bread)..... £5.00

Black Pig Chouriço (Free range, acorn fed).....£8.00

Alheira (Speciality Game Meat Sausage).....£5.50

Chouriço/Alheira (Mixed plate)..... £6.50

Morcela Fumada (Smoked)..... £5.00

Traditional "Petiscos"

Moelas (Duck Gizzards)..... £6.60

Rojões (Marinated Pork Cubes).....£6.60

Chanfana (Goat-Red Wine Marinated)..... £8.10

Lingua (Beef Tongue)..... £7.95

Sarrabulho (Pork, Cumin)..... £6.50

Lampreia (Lamprey Bordaleise)..... £13.50

Chocos (Cuttlefish with Ink)..... £8.80

Bacalhau c/grelos (Cod/Sprouts)..... £6.80

Conserves

Spiced Sardines (w/rocket and red pepers salad).....£5.50

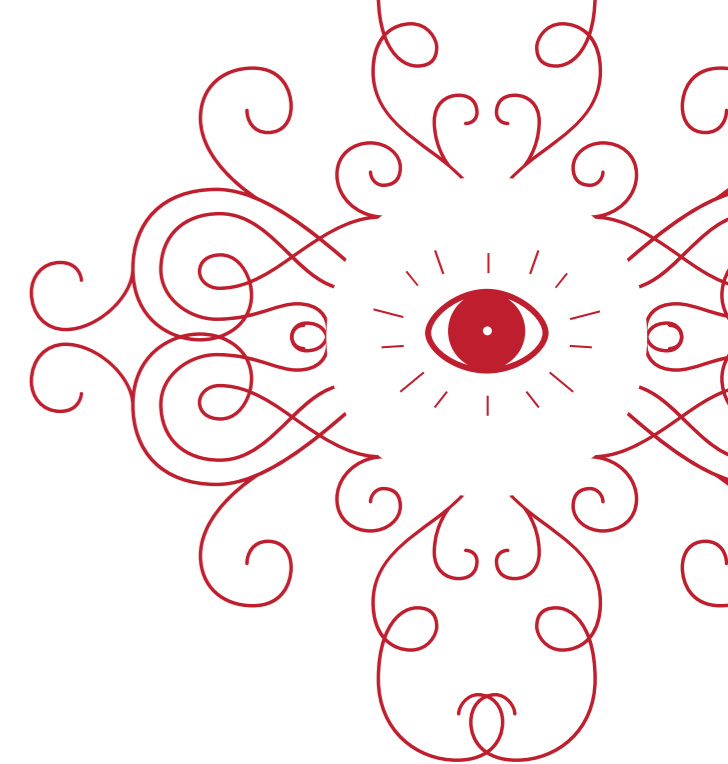
Mackerel w/Citrus Chutney..... £5.50

Smoked Trout (w/ Salad)..... £6.00

Octopus (w/Salsa Verde)..... £8.00

Mussels (a la Portugaise)..... £5.00

Cod Roes (Salad)..... £7.50



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