



LUNCH MENU

SALADS

House Tuna	Lettuce, red onions, cherry tomato, beetroot, egg, potatoes & mustard vinaigrette	€15.00
Burrata	🌿 Basil tomato & sweet chilli sauce	€17.50
Caesar	Bacon, mixed salad leaves, croutons, parmesan shavings & caesar dressing	Prawns €18.50 Chicken €16.50
Poke Bowl	Sushi rice, avocado, cucumber & edamame beans	Salmon €17.50 Beef €18.50
Beach Bar	Prawns, chicken, bacon, burrata, pineapple, egg, mixed leaves, cucumber, tomato & cocktail sauce	€17.00
Tataki	Julienne vegetables, avocado, wasabi peas & white miso ginger dressing	Salmon €17.50 Tuna €18.50

WRAPS All served with Fries

Tuna Mayo	Lettuce & tomato	€15.00
Chicken, Bacon & Avocado	Mayo & lettuce	€16.50
Chicken Caesar	Bacon, lettuce, parmesan shavings & caesar dressing	€15.00
Chicken Fajita	Marinated chicken & peppers	€15.50
Salt & Pepper Shredded Crispy Chicken	Lettuce & lemon mayo	€15.00
Vegetarian	🌿 Mixed peppers, avocado, spicy tomato chutney & mixed leaves	€15.50

CIABATAS All served with Fries

Ham & Cheese	Lettuce & tomato	€11.00
Chicken, Bacon & Avocado	Mayo & lettuce	€13.50
Tuna Mayo	Lettuce & tomato	€12.00

CRISPY TACOS 3 units served with Tomato Salsa & Sour Cream

Chilli con Carne	🌶️	€15.00
Salmon Ceviche		€19.50
Three Beans	🌱	€14.50

All tips goes directly to our staff.

*Some of our dishes may contain nuts.

VAT included at current rate, service not included. Unfortunately we do not accept American Express.

Praça Vale do Lobo

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www.beachbarvaledolobo.com | bookings@shelsian.pt
+351 289 398 235 | Whatsapp & Telegram +351 910 972 030
Price of call according with the national rate



MAINS

*Beach Burger	€19.50
100% Beef in a sesame bun with lettuce, cheese, bacon, caramelised onions & fries	
*Chicken Burger	€18.50
Chicken in a sesame bun with bacon, caramelised onions, garlic mayo, lettuce, tomato & fries	
Digger's Dog	€12.50
Large hot dog loaded with crispy homemade onion rings & fries	
Club Sandwich	€18.00
Chicken, bacon, cheese, egg, lettuce, tomato, mayo & fries	
*Crispy Panko Prawns 🌶️	€23.50
With african rice & mango sauce	
Grilled Chicken	€17.50
(Piri Piri or Plain) & Fries. Up to 30 minutes wait	
*Reggae Reggae 🌶️	With our spicy signature sauce, mixed peppers & african rice
Chicken	€19.50
Prawns	€21.50
Chicken Wings 🌶️	€14.50
BBQ sauce & fries	
House Bitoque Steak	€19.50
Fried egg, basmati rice & fries	
Prawns à Guilho	€16.50
Olive oil, garlic & coriander	
Clams à Bulhão Pato	€22.00
Garlic, white wine & coriander sauce	
Lime & Ginger Coconut Mussels	€18.00
With garlic bread	
Special Prawns	€28.50
(2 units size 10/15) Tiger prawns in olive oil, butter, garlic, ginger, coriander, orange & lime zest with african rice	
*Grilled Fillet of Salmon	€24.50
With african rice	
Grilled Squid	€24.50
With african rice	
*Calamari	€17.50
With tartar sauce & fries	

SIDES

Sweet Potato Fries	€5.00	Tomato & Onion Salad	€5.50
French Fries	€4.50	Green Leaves Salad	€5.50
*African Rice	€5.50	Mixed Salad	€5.50

DIPS

Lemon & Garlic Mayo	€1.50	🌶️ Tomato Salsa	€2.50
Sweet & Chilli 🌶️	€1.50	Guacamole	€3.00
Yoghurt & Mint	€1.50	Sour Cream	€2.50

The best flavors with your feet in the sand!

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