



## LUNCH MENU

### SALADS

<b>House Tuna</b> Lettuce, red onions, cherry tomato, beetroot, egg, potatoes & mustard vinaigrette	€16.00
<b>Caesar</b> Bacon, mixed salad leaves, croutons, parmesan shavings & caesar dressing	Chicken €17.50 Prawn €19.50
<b>Poke Bowl</b> Sushi rice, avocado, cucumber & edamame beans	Salmon €18.50 Tofu €17.50
<b>Beach Bar</b> Prawns, chicken, bacon, mozzarella, pineapple, egg, mixed leaves, cucumber, tomato & cocktail sauce	€17.50
<b>Tataki</b> Julienne vegetables, avocado, wasabi peas & white miso ginger dressing	Beef €19.50 Tuna €20.50

### WRAPS

<b>Tuna &amp; Mayo</b> Lettuce & tomato	€10.50
<b>Chicken, Bacon &amp; Avocado</b> Mayo & lettuce	€11.50
<b>Chicken Caesar</b> Bacon, lettuce, parmesan shaving & caesar dressing	€10.50
<b>Salt &amp; Pepper Shredded Crispy Chicken</b> Lettuce & lemon mayo	€10.50
<b>Vegetarian</b> 🌱 Mixed peppers, avocado, spicy tomato chutney & mixed leaves	€10.50

### CIABATAS

<b>Ham &amp; Cheese</b> Lettuce & tomato	€8.50
<b>Chicken, Bacon &amp; Avocado</b> Mayo & lettuce	€11.50
<b>Tuna Mayo</b> Lettuce & tomato	€10.50

### TACOS

3 units served with Tomato Salsa & Sour Cream	
<b>Spicy Bean</b> 🌶️🌱	€16.50
<b>Salmon Ceviche</b> 🐟🌶️	€21.50

### SIDES

Sweet Potato Fries	€6.00
French Fries	€5.00
*African Rice (our african rice contains nuts)	€6.50
Tomato & Onion Salad	€6.00
Green Leaves Salad	€6.00
Mixed Salad	€6.00

### DIPS

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

All tips go directly to our Staff  
\*Some dishes may contain nuts.

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

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Praça Vale do Lobo

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**ARA**  
ANIMAL RESCUE ALGARVE  
-ABRIGO DOS ANIMAIS



## BURGERS & SANDWICHES

<b>*Beach Burger</b>	€21.50
100% Beef in a sesame bun with lettuce, cheese, bacon, caramelised onions & fries	
<b>*Chicken Burger</b>	€19.50
Chicken in a sesame bun with bacon, caramelised onions, garlic mayo, lettuce, tomato & fries	
<b>Cumberland HotDog</b>	€17.50
2 cumberland sausages in a Large hot dog bun loaded with homemade spicy tomato chutney, caramelized red onion & fries	
<b>Beach Bar Club Sandwich</b>	€18.50
Chicken, bacon, cheese, egg, lettuce, tomato, mayo & fries	
<b>Vegetarian Burger</b>	
Soya & Beetroot burger, lettuce, tomato, caramelised onions, vegan avocado mayo in a bolo do caco	

## MAINS

<b>Grilled Chicken</b>	€18.50
(Piri Piri or Plain) with fries & Tomato & Onion Salad. Up to 30 minutes wait	
<b>Chicken Wings</b> 🌶️	€15.50
BBQ sauce & fries	
<b>House Bitoque Fillet Steak</b>	€25.50
Fried egg, basmati rice & fries	
<b>*Reggae Reggae</b> 🌶️	
with our spicy signature sauce, mixed peppers & african rice	
Chicken	€20.50
Prawns	€22.50

## FISH & SEAFOOD

<b>Prawns à Guilho</b>	€17.50
Olive oil, garlic & coriander	
<b>Clams à Bulhão Pato</b>	€25.00
Garlic, white wine & coriander sauce	
<b>*Crispy Panko Prawns</b> 🌶️	€25.00
With african rice & mango sauce	
<b>Special Prawns</b>	€29.50
(2 units 10/15) Tiger prawns in olive oil, butter, garlic, ginger, coriander, orange & lime zest with african rice	
<b>*Grilled Fillet of Salmon</b>	€24.50
With african rice*	
<b>Grilled Squid</b>	€24.50
With african rice	

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