



Beach Bar

The Original • Since 1985 • Vale do Lobo

MENU

STARTERS

FOCACCIA GARLIC BREAD	plain €6.00	with cheese €6.50
VEGETABLE SOUP		€6.50
FISH & SEAFOOD SOUP		€12.00
MELON & PARMA HAM		€14.50
CAPRESÉ Fresh Buffalo Mozzarella, tomato & avocado with a basil dressing and balsamic glaze		€15.00
PRAWNS À GUILHO Olive oil, garlic & coriander		€18.50
SMOKED SALMON, AVOCADO & PRAWNS with cocktail sauce		€20.00
CLAMS BULHÃO PATO Garlic, white wine & coriander sauce		€26.00
MUSSELS PORTUGUESE STYLE Tomato, onion, peppers, white wine sauce		€18.00

SALADS

TUNA Lettuce, red onions, cherry tomatoes, beetroot, egg, potatoes & mustard vinaigrette		€17.00
CAESAR Bacon, mixed salad leaves, croutons, parmesan shavings & caesar dressing	Prawn	€20.50
	Chicken	€18.50
BEACH BAR Prawns, chicken, bacon, mozzarella, pineapple, egg, mixed leaves, cucumber, tomato & cocktail sauce		€20.50
SWEET CHILLI PRAWN Ginger, lime, salad leaves, & sweet chilli dressing		€19.50
TUNA TATAKI Julienne of vegetables, avocado, wasabi peas & white miso ginger dressing		€20.50
SALMON POKE BOWL Sushi rice, avocado, cucumber & edamame beans		€21.50

FISH & SEAFOOD

FISH & CHIPS Battered cod, fries & mushy peas		€23.00
GRILLED FILLET OF SALMON New potatoes & steamed vegetables*		€25.50
SALMON TERIYAKI Julienne of vegetables & African rice		€28.00
PRAWN LINGUINI Lemon, ginger, coriander & fresh chilli 🌶️		€26.00
FRESH DRESSED CRAB (subject to availability) Served with toasts		€65.00 p/kg

VEGETARIAN & VEGAN

SOYA & BEETROOT BURGER Caramelized onion, lettuce, tomatoes, avocado mayo in a 'bolo do caco' bun		€20.50
VEGETABLE CURRY Basmati rice & poppadom		€20.50
TOFU POKE BOWL Sushi rice, edamame beans,, avocado, cucumber & cherry tomatoes		€18.50




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BURGERS

BEACH BURGER 100% Beef in a sesame bun with lettuce, cheese, bacon, caramelised onions & fries	€22.50
HOUSE CHICKEN BURGER with bacon, caramelised onions, garlic mayo, lettuce, tomato in a sesame bun & fries	€20.00


MEAT

SPAGHETTI BOLOGNESE Traditional beef ragu with spaghetti	€17.50
LASAGNE AL FORNO Layers of pasta, bolognese & bechamel sauce	€18.50
GRILLED CHICKEN (Piri Piri or Plain) with fries & Tomato & Onion Salad. (Up to 30 minutes wait)	€19.50
*REGGAE REGGAE CHICKEN With mixed peppers in our spicy jerk sauce & african rice 	€20.50
SMOKEY BBQ RIBS With fries & coleslaw	€26.50
PRIME BEEF STROGANOFF With basmati rice	€25.00
TROPICAL MEAT KEBAB Skewer of fillet steak, red onion, pepper & pineapple with coleslaw & fries	€35.50

PIZZAS

Our pizzas are homemade.

Gluten free pizza base (not homemade) is available on request. Subject to availability.

MARGHERITA Tomato sauce, oregano & mozzarella cheese	€14.50
PEPPERONI Pepperoni, tomato sauce, oregano & mozzarella cheese	€15.50
VEGETARIAN Mushrooms, onions, peppers, sweetcorn, black olives, tomato sauce, oregano & mozzarella cheese	€15.50
Vegan option - no cheese	€14.50
CAPRICIOSA Ham, mushrooms, tomato, oregano & mozzarella cheese	€16.50
TROPICAL Ham, pineapple, tomato, oregano & mozzarella cheese	€16.50
CONTADINA Chicken, mushrooms, sweetcorn, onions, tomato, oregano & mozzarella cheese	€16.50
BB HOT Spicy chorizo, fresh chilli, tomato, oregano & mozzarella cheese 	€17.50
MEAT FEAST Bolognese, pepperoni, ham, onion, tomato, oregano & mozzarella cheese	€18.50
DI MARE Tuna, prawns, onion, black olives, tomato, oregano & mozzarella cheese	€19.50
CALZONE A folded pizza filled with chicken, ham, tomato sauce & mozzarella cheese topped with tomato sauce & oregano	€19.50
À LA CHEF Pizza base baked with tomato sauce, oregano topped with rocket, parma ham, buffalo mozzarella, cherry tomatoes, parmesan shavings & a basil olive oil. *All the topping ingredients are served cold	€23.00

SIDE ORDERS

SWEET POTATO FRIES	€6.50	FRENCH FRIES	€5.25	*AFRICAN RICE	€7.00
TOMATO & ONION SALAD	€6.50	MIXED SALAD	€6.50	(our african rice contains nuts)	

*Some of our dishes may contain nuts. In case of allergies, please inform your waiter.
Some of our filleted fish may contain bones.

VAT included at current rate. Service not included. All tips go directly to staff. Unfortunately we do not accept American Express.
No dish, food product or drink including cover may be charged if not requested by the customer.

Praça Vale do Lobo
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