

# Tropicana

## Almoco / Lunch

### Sopas / Soup

#### Creme de tomate fresco com natas e salsa (V)

*Fresh tomato soup topped with cream and parsley (V)*

€ 3.60

#### Sopa do dia

*Soup of the day*

€ 3.60

#### Creme de peixe guarnecido com maionese de alho e tosta de queijo

*Cream of fish garnished with aioli and cheese toast*

€ 4.25

#### Gaspacho Andaluz (V)

*Cold soup with tomatoes, peppers, onions, cucumber and croutons (V)*

€ 4.00

### Entradas / Starters

#### Abacate com camarão e molho cocktail

*Avocado with prawns and cocktail sauce*

€ 10.75

#### Carpaccio de atum

#### Fatias finas de atum fresco marinado com alho, azeite e limão

*Thin slices of tuna marinated with garlic, olive oil and lemon fresh*

€ 8.50

#### Salada de peito de pato assado com espargos, cogumelos shitake, lardons e espinafres bebé com misto de várias alfaces

*Salad of roasted breast of duck with asparagus, shitake mushrooms, baby spinach, mixed green leaves and lardons*

€ 10.00

#### Camarão salteado com alho, coentros e natas, servido com arroz selvagem

*Prawns sautéed with garlic, cream and fresh coriander served with wild rice*

€ 8.75

### Snacks

#### Camarão frito panado com batata frita

*Prawns deep fried in batter with French fried potatoes*

€ 11.50

#### Espetada de frango Tailandesa (N)

*Chicken satay sticks with a peanut sauce, served with mixed salad (N)*

€ 10.20

#### Bitoque com batata frita

*Small fried steak with egg and French fried potatoes*

€ 10.20

#### Asas de frango estaladiças com batata frita - simples ou com molho de pimento vermelho picante, ou de queijo azul

*Crispy chicken wings with French fried potatoes - plain or with a red chilli or blue cheese dip*

€ 8.20

#### Filetes de pescada dourados com molho tártaro e batata frita

*Fillets of hake, deep-fried in batter with tartar sauce and French fried potatoes*

€ 8.40

#### Almofadas de juliana de legumes em massa filo servidas com molho de natas e cogumelos (V)

*Mixed julienne vegetables in filó pastry served with a cream mushroom sauce (V)*

€ 8.00

#### Dedal de corgetes, ervilhas, ovos, cebolinho, queijo Parmesão e tártaro de legumes (V)

*Timbale de courgette, peas, egg, chives, and Parmesan cheese with a vegetable tartar (V)*

€ 8.00

#### Salada quente e fria de gorjonetes de salmão, cherne, camarão e lulas, em cama de várias alfaces e tomate cereja com vinagrete de coentros

*Warm salad with goujons of salmon, stone bass, squid and prawns, on a bed of green leaves and cherry tomato with a coriander vinaigrette dressing*

€ 9.20

#### Caril verde Tailandês / Thai green curry

#### Frango e beringela em molho condimentado de coentros, manjericão e leite de côco, servido com arroz Tailandês e um picado de tomate, pepino e côco (N)

*Chicken and aubergine in a lightly spiced sauce of basil, coriander and coconut milk, served with Thai rice and a relish of tomato, cucumber and coconut (N)*

€ 14.10

## Ovos e Omeletas

*Eggs and Omelettes*

### Simples com batata frita (V)

*Plain with French fried potatoes (V)*

€ 6.90

### Queijo (V) ou cogumelos (V) ou tomate (V) ou fiambre com batata frita

*Cheese (V) or mushroom (V) or tomato (V) or ham with French fried potatoes*

€ 7.70

### Mista / Mixed

*Seleção de / Selection from*

### Queijo, fiambre, cogumelos ou tomate com batata frita

*Cheese, ham, mushroom or tomato with French fried potatoes*

€ 8.20

### Camarão com batata frita

*Prawn with French fried potatoes*

€ 9.20

### Salmão fumado com ovos mexidos

*Smoked salmon with scrambled eggs*

€ 10.50

## Saladas / Salads

### Salada Asiática

**Camarão, arroz, cenoura e couve chinesa com cebolinho, coentros e molho de lima, óleo de amendoim e gengibre**

*Prawn, rice, carrot and chinese lettuce with chives and fresh coriander and a lime, peanut oil and ginger dressing*

€ 9.00

### Salada Tailandesa

Frango, cogumelos, tomates secos, rabanetes, rebentos de soja, courgettes, beringela, folhas verdes e caju em molho de pimentos picantes e coentros (N)

*Chicken, mushroom, sun-dried tomatoes, bean sprouts, courgette aubergine and radish blended with mixed leaves and cashew nuts in a chilli and coriander sauce (N)*

€ 9.25

### Salada Califórnia

**Alface, abacate, laranja, bacon, agrião e nozes (N)**

*Crispy lettuce with avocado, orange segments, watercress, bacon and walnuts (N)*

€ 8.95

### Salada Primavera

**Queijo Roquefort, rúcula, radicchio, aipo, uvas e presunto com vinagrete de mel, uva, balsamico e vinho do porto**

*Roquefort cheese, rúcula, radicchio, celery, grapes and cured ham with a honey, grape juice, balsamic vinegar, and Port wine dressing*

€ 8.50

### Salada tropical

**Camarão, melão, papaia e manga com molho de limão e hortelã**

*Prawns, melon, papaya and mango with a lemon and mint dressing*

€ 11.50

### Salada Mediterrânica

**Pato Assado com folhas verdes, alcachofra, papaia e sementes de papoila em molho de laranja, groselha e porto.**

*Roast duck with mixed green leaves, artichokes, papaya and poppy seeds served in an orange, red currant jelly and Port dressing*

€ 10.25

### Salada Marroquina

**Couscous com legumes salteados (V)**

*Couscous with vegetables (V)*

€ 7.25

### Couscous com legumes e camarão

*Couscous with vegetables and prawns*

€ 9.25

### Couscous com legumes e frango

*Couscous with vegetables and chicken*

€ 8.25

### Salada Niçoise

**Atum com feijão verde, tomate, batata, azeitonas e anchovas**

*Tuna with green beans, tomato, potato, olives and anchovies*

€ 8.75

### Salada de frango carilado

**Frango, maionese de caril, ananás, côco, sultanas, pinhões e banana (N)**

*Cold curried chicken with mayonnaise, pineapple, coconut sultanas, pine nuts and banana (N)*

€ 8.75

### **Salada de camarão e abacate**

#### **Camarão, folhas verdes, abacate e bacon**

*Prawns, green leaves, avocado and bacon pieces*

€ 9.85

### **Sortido de frutas com iogurte (V)**

*Fresh fruit plate with yoghurt (V)*

€ 8.50

### **Salada mista ou salada Alentejana (V)**

*Mixed salad or regional seasoned mixed salad (V)*

€ 4.10

## **Sandes Frias**

### *Sandwich Board Cold*

#### **Sandes Aberta / Open Sandwich**

#### **Galinha, abacate, tomate, iogurte, mostarda e nozes em pão de seis cereais**

*Chicken, avocado, tomato, yoghurt and walnuts on six cereal bread*

€ 8.50

#### **Bressaola, rúcula, azeite e queijo Parmesão servido em baquete**

*Cured beef, rúcula, olive oil and Parmesan cheese served in a baguette*

€ 9.00

#### **Atum, alface, tomate, cebola e maionese em baquete**

*Tuna, lettuce, tomato, onion and mayonnaise served in a baguette*

€ 7.75

#### **Salmão fumado, queijo Filadélfia e rúcula em baquete**

*Smoked salmon, Philadelphia cheese and rucola in a baguette*

€ 8.75

## **Sandes Quentes / Sandwich Board Hot**

#### **Tosta mista**

*Toasted cheese and ham*

€ 6.95

#### **Tosta de bacon, tomate e queijo brie**

*Toasted bacon, tomato and brie*

€ 7.50

#### **Prego em baquete com molho béarnaise e fiambre**

*Steak with Bearnaise sauce and ham served in a baguette*

€ 9.50

#### **Sandes Club Four Seasons / Club Sandwich**

#### **Frango, fiambre, bacon, tomate, alface, ovo e maionese**

*Chicken, ham, bacon, tomato, lettuce, egg and mayonnaise*

€ 9.25

#### **Escalope de porco frito em banha, alhos e vinho branco servido em baquete**

*Thin pork escalope pan-fried with garlic and white wine served in a baguette*

€ 7.25

#### **Escalope de frango frito em banha de pato servido em baquete com manteiga de amendoim**

*Thin chicken escalope pan-fried in duck fat served in a baguette with peanut butter*

€ 7.25

#### **Todas as sandes são servidas com batata frita**

*All sandwiches are served with French fried potatoes*

## **Grelhados / Grills**

#### **Sardinhas (25 Min.)**

*Sardines*

€ 8.50

#### **Robalo, dourada, salmão ou cherne grelhado com molho meunier (25 min)**

*Grilled sea bass, sea bream, salmon or stone bass with lemon, parsley and butter sauce*

€ 16.50

#### **Frango piri-piri (25 min) Chicken piri-piri**

€ 8.25

#### **Frango tikka**

#### **Frango marinado com tandoori e iogurte servido com arroz de açafrão, pinhões e sultanas, poppadom e molhos (N)**

*Chicken marinated in a tandoori and yoghurt sauce served with a saffron, pinenut and raisin rice, poppadom and dips (N)*

€ 10.25

#### **Espetada de lobo de novilho com bacon**

*Fillet of beef brochette with bacon*

€ 18.75

#### **Costeletas de borrego com molho de hortelã**

*Baby lamb chops with mint sauce*

€ 12.75

#### **Tornedó com cebola frita (150g)**

*Fillet steak with fried onion rings (150g)*

€ 17.50

## Canto Italiano

### Italian Corner

#### **Cannelloni com queijo Stilton, corgetes, feijão verde, cogumelos, aipo e tomilho com molho de natas e queijo mozzarella (V)**

*Cannelloni filled with Stilton cheese, courgettes, green beans, mushrooms, celery, and thyme with a cream and mozzarella cheese sauce (V)*

€ 8.75

#### **Linguinni com camarão, alho, hortelã, coentros, cenoura, natas e espargos**

*Linguini pasta with prawns, garlic, fresh mint, fresh coriander carrot, cream and asparagus*

€ 9.75

#### **Penne com galinha, bacon e queijo Gorgonzola**

*Penne with chicken, bacon, cream and Gorgonzola cheese*

€ 9.40

#### **Esparguete bolonhesa**

*Spaghetti Bolognaise*

€ 8.65

#### **Esparguete preto com tamboril, camarão, cogumelos, natas e tomate**

*Black spaghetti with, monkfish, prawns, mushroom, cream and tomato*

€ 13.75

#### **Esparguete salteado com brócolos, alho francês, cenoura, natas e ervas aromáticas (V)**

*Spaghetti with a broccoli, leeks, carrots, cream and mixed herbs*

€ 7,5

#### **Lasanha pastosa**

*Creamy lasagne*

€ 9,25

## Pizzas

#### **Pepperoni**

**Tomate, queijo, salami picante, fiambre, azeitonas e cogumelos**

*Tomato, cheese, pepperoni, ham, black olives and mushrooms*

€ 9.25

#### **Pizza Vegetariana (V)**

**Queijo mozzarella, tomate cereja, espinafres bebé, manjeriço e queijo chèvre**

*Mozzarella cheese, chèvre cheese, cherry tomato, baby spinach and fresh basil*

€ 8.25

#### **Pizza de caril e camarão**

**Camarão, ananás, queijo mozzarella, tomate, pimento amarelo e pitada de caril**

*Prawn, pineapple, mozzarella cheese, tomato, yellow pepper, and fresh basil*

€ 9.50

#### **Pizza Vesúvio**

**Presunto, cogumelos, alcachofras, queijo mozzarella, tomate e azeitonas pretas**

*Cured ham, mushroom, artichokes, mozzarella cheese, tomato and black olives*

€ 9.00

#### **Pizza calzone**

**Salame, cogumelos, bacon, tomate, queijo mozzarella e azeitonas**

*Salami, mushroom, bacon, tomato, mozzarella cheese and olives*

€ 9.75

## Hamburgers

#### **Hambúrguer simples com batata frita**

*Plain hamburger with French fried potatoes*

€ 7.50

#### **Hambúrguer com ovo estrelado e batata frita**

*Hamburger and fried egg with French fried potatoes*

€ 8.25

#### **Hambúrguer dieta sem pão com muita salada**

*Diet hamburger served without bread but with plenty of salad*

€ 7.75

#### **Hambúrguer com bacon, queijo e batata frita**

*Bacon cheeseburger with French fried potatoes*

€ 8.50

#### **Hambúrguer com queijo e batata frita**

*Cheeseburger with French fried potatoes*

€ 8.00

#### **Hambúrguer de legumes mistos com molho de tomate e salada verde (V)**

*Mixed vegetable burger served with tomato sauce and green salad (V)*

€ 7.30