



Allergen Ingredients



Selfish with a Twist



GLÚTEN



CRUSTÁCEO



OVO



PEIXE



AMENDOINS



SOJA



LEITE



FRUTOS DE CASCA RIA



AIPO



MOSTARDA



SÉSAMO



TREMÓÇOS



SULFITOS



MOLUSCOS

Dear customer,

If you are allergic or intolerant to any substance or food product, please check with one of our employees about allergens that may be present in our products.

Note: in our stores we have handling procedures to minimize the risk of cross-contamination, but given the diversity of foods that manipulate, can be conveyed to the presence of other allergens in the products we sell.

TO START...

Cod Fish Salad

Octopus Salad

Mix with a Twist

Calamari Rings

Onion Rings

Chicken Wings

Fish Soup

Soup of The Day: Creme de Espinafres

Soup of The Day: Creme de Cenoura

Small Bread Bun with Butter

Mackerel Pate

Allergens

fish, sulphites, soya, lupin, gluten, egg, peanuts, sesame

shellfish, crustaceans, sulphites

shellfish, fish, egg, milk, crustaceans, gluten, celery, sulphites

shellfish, fish, egg, milk, crustaceans

gluten, egg

gluten, celery, egg

soya, gluten, sulphites, fish, crustaceans, egg

sulphites

sulphites

gluten, soya, sesame, milk

fish, egg, gluten, mustard, celery

CRISPY FRIED CHICKEN (TWISTS)

Coleslaw (Miami)

Queijo (Colorado)

Picante (Atlanta)

Bacon (Alabama)

Crispy Fried Chicken

Chicken Nuggets

Allergens (not included side dishes; brioche bun included)

gluten, egg, milk, sulphites, mustard

gluten, egg, milk, sulphites

gluten, egg, milk, sulphites

gluten, egg, milk soya, mustard, sulphites and sulfur dioxide

gluten, egg, celery

gluten, celery, egg

MEAT HAMBURGUER - BRIOCHE BUN

Grelhado (New York)

Queijo e Bacon (Philadelphia)

Cogumelos (Washington)

Pimenta (Chicago)

Allergens (not included side dish; brioche bun included)

gluten, egg, milk, celery, sulphites, soya

gluten, egg, milk, sulphites, soya

milk, gluten, egg, sulphites, soya, celery

gluten, egg, milk, sulphites, soya, celery

MEAT HAMBURGUER - ON A PLATE

Grelhado (Las Vegas)

Queijo e Bacon (Texas)

Cogumelos (Dallas)

Pimenta (New Orleans)

Allergens (not included side dishes)

sulphites, gluten, soya, egg, celery

sulphites, gluten, soya, milk, egg

sulphites, gluten, soya, egg, milk, celery

sulphites, gluten, soya, milk, egg, celery

BARBECUE

Rump Steak

Fillet Steak

Allergens (not included sauce nor side dishes)

allergen free

allergen free

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GRILLED FISH	Allergens (not included sauce nor side dishes)
Salmon Fillet	fish
Tuna Fillet	fish
Golden Bream Fillet	fish
BRAISED FISH FILLET	Allergens (not included sauce nor side dishes)
Salmão Braseado (Mushi Sake)	fish, sesame
Atum Braseado (Kihada)	fish, sesame
SALADS	Allergens
Portuguesa	sulphites, lupin, soya, fish, egg
Açoriana	fish, gluten, soya, milk
Nórdica	fish, gluten, soya, milk
SAUTEED FISH	Allergens (not included side dishes)
Pica-pau de Atum	fish, milk, sulphites, gluten, mustard, celery, egg
FISH HAMBURGUER - BRIOCHE BUN	Allergens (not included side dishes; brioche bun included)
Pescada Gourmet (Maresia)	gluten, egg, milk, fish, sesame
Salmão com Funcho (Capitão)	gluten, egg, fish
Atum com Coentros (Borda Fora)	gluten, egg, fish, shellfish
FISH HAMBURGUER - ON A PLATE	Allergens (not included sauce nor side dishes)
Pescada Gourmet (Levante)	fish, sesame
Salmão com Funcho (Capitão em Terra)	fish
Atum com Coentros (Borda Dentro)	fish
FISH BOWLS	Allergens
Tasty (sushi rice)	gluten, sulphites, fish, soya, sesame, nuts, peanuts
Mistic (sushi rice)	gluten, sulphites, fish, soya, sesame
Rock (sushi base)	gluten, sulphites, soya, shellfish, crustaceans, sesame
Baltic (sushi rice)	gluten, sulphites, lupin, soya, fish, sesame, egg, nuts
Tasty (quinoa base)	fish, soya, gluten, sesame, nuts, peanuts
Mistic (quinoa base)	fish, soya, sesame, gluten
Rock (quinoa base)	soya, shellfish, crustaceans, sulphites, sesame
Baltic (quinoa base)	sulphites lupin, soya, fish, gluten, egg, nuts, sesame

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TIMBALES	Allergens (not included side dishes)
Bacalhau (Do Norte)	sulphites, lupin, soya, gluten, egg, nuts, sesame, fish
Cavala (Cardume)	gluten, egg, nuts, sesame, soya, fish
Vegetariano	gluten, egg, nuts, sesame, sesame, peanuts, , soya
Polvo (Lagareiro)	gluten, egg, nuts, sesme, shellfish, crustaceans

HOMEMADE DESSERTS	Allergens
Frozen Chocolate Mousse	soya, peanuts, nuts, gluten, milk, egg
Lime Mousse	milk, gluten, soya, sulphites
Frozen Caramel Mousse	egg, milk peanuts, nuts, sesame
Egg Pudding	milk, egg
Orange with Cinnamon	celery, sesame, mustard

EXTRAS... SIDE DISHES	Allergens
Oriental Rice	milk
Roasted Potatoes with Rosemary	allergens free
French Fries with Maionnaise	sulphites, egg
Roasted Vegetables	allergens free
Saffron Mashed Potatoes	sulphites, sesame, celery, mustard
Mixed Salad seasoned with Balsamic Sauce	sulfur dioxide and sulphites, gluten, mustard, celery, egg

EXTRAS... SAUCES	Allergens
Mayonnaise	egg
Lemon Mayonnaise	egg
Oyster Mayonnaise	egg, gluten, shellfish
Wasabi Mayonnaise	egg, mustard
Spicy Mayonnaise	egg
Extra Spicy Mayonnaise	egg
Balsamic Sauce	sulfur dioxide and sulphites, gluten, mustard, celery, egg
Barbecue Sauce	milk
Mustard and Honey Sauce	gluten, mustard, celery, egg, sulfur dioxide and sulphites
Sesame Sauce	gluten, soya, egg, mustard, sesame
Lima Ponzu Sauce	soya, gluten
Soya Sauce	soya, gluten
Tomato, Lemon and Coriander Sauce	soya, gluten
Teriyaki Sauce	soya, gluten
Mushroom Sauce	gluten, egg, milk, celery, sulphites
Butter Sauce	milk
Pepper Sauce	milk, gluten, egg, celery, sulphites
Heinz Ketchup	celery

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EXTRAS... OTHERS

- Fried Egg
- Sliced Lettuce
- Mango
- Coleslaw Salad
- Cornichons Pickles
- Grilled Bacon
- Cheddar Cheese

Allergens

- egg
- allergens free
- allergens free
- sulphites
- sulphites
- allergens free
- milk, egg

BREADS

- Small Wheat Bread
- Brioche Bun

Allergens

- gluten, soya, sesame
- gluten, egg

SANGRIAS

- White Wine
- Red Wine
- Red Wine Single Serve Sangria

Allergens

- celery, sesame, mustard, sulphites
- celery, sesame, mustard, sulphites
- sulphites

SPIRITS

- Gin Gordons
- Mojito
- Caipirinha
- Caipiroska

Allergens

- allergens free
- allergens free
- allergens free
- allergens free

SOFT DRINKS

- Lemonade with Mint
- Iced Tea Apple and Cinnamon
- Natural Orange Juice

Allergens

- allergens free
- allergens free
- allergens free