



MONTE MAR

Seafood kitchen

## PETISCOS & MARISCOS SNACKS & SEAFOOD

Azeitonas  
Olives  
1.00€

Pão  
Bread  
1.10€

Sopa do dia  
Soup of the day  
3.50€

Ostras  
Oysters  
2.50€ (unid)

Salada de Polvo  
Octopus salad  
9.50€

Mexilhão à Espanhola  
Mussels with onion, peppers and tomato sauce  
11.50€

Gambas Al Ajillo  
Fried shrimp with garlic, olive oil and parsley  
12.00€

Amêijoas à Bulhão Pato  
Fresh clams with olive oil, garlic and coriander  
15.00€



## DA GRELHA FROM THE GRILL

Sardinha Grelhada (com 1 acompanhamento)  
Grilled Sardines (with 1 garnish)  
9.50€

Lulas Grelhadas (com 1 acompanhamento)  
Grilled squids (with 1 garnish)  
15.00€

Gamba Grelhada (com 1 acompanhamento)  
Grilled prawns (with 1 garnish)  
16.00€

Peixe do dia Grelhado (com 1 acompanhamento)  
Grilled fish of the day (with 1 garnish)  
17.50€

Misto do Mar Grelhado (2 pessoas) (com 1 acompanhamento)  
Seafood Mix (2 persons) (with 1 garnish)  
Peixe do dia, Lulas, Gambas Grelhadas  
Fish of the Day, Squids, Grilled Prawns  
29.50€

## A NOSSA ESPECIALIDADE HOUSE SPECIALTY

Filetes de Pescada com Arroz de Berbigão  
Fresh hake Fillets deep fried with cockle Rice  
14.00€

Bacalhau assado com Batata à murro e Grelos  
Baked cod with roasted Potatoes and Sprouts  
15.00€

Crepe de Lagosta com Arroz de Berbigão  
Rock Lobster Crepe with Cockle rice  
16.00€

Arroz de Polvo  
Octopus Rice  
16.00€

Polvo à Lagareiro com Batata à murro  
Roasted Octopus with Garlic and Olive Oil  
with roasted potatoes  
16.00€



ACOMPANHAMENTOS  
GARNISHES 3.50€

ASK US!  
MENU

Para informação de possível presença de produtos/alimentos considerados alérgicos, solicitar a lista disponível. IVA incluído  
For information on the possible presence of allergenic products/foods, request the available list. VAT included





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## CAFÉ COFFEE

1.00€

## SOBREMESA DESSERT

2.00€

## BEBIDAS DRINKS

Águas 0,5lt  
Water

2.00€

Água das Pedras  
Sparkling Water

2.20€

Refrigerantes  
Soft Drinks  
2.20€

Sangria Jarro  
Sangria Jar  
15.00€

Sangria Copo  
Sangria Glass  
3.50€

Cerveja Imperial  
Draft Beer 0,20lt  
1.60€

Cerveja Tulipa  
Draft Beer 0,33lt  
3.20€



## VINHO BRANCO | WHITE WINE

Conde de Vimioso (Lisboa) - Copo | Glass  
3.50€

Conde de Vimioso (Lisboa) - Garrafa | Bottle  
15.00€

Kopke (Douro) - Copo | Glass  
5.00€

Kopke (Douro) - Garrafa | Bottle  
24.00€

## VINHO TINTO | RED WINE

Conde de Vimioso (Lisboa) - Copo | Glass  
3.50€

Conde de Vimioso (Lisboa) - Garrafa | Bottle  
15.00€

Kopke (Douro) - Copo | Glass  
5.00€

Kopke (Douro) - Garrafa | Bottle  
24.00€

## VINHO VERDE

Muros Antigos Escolha - Copo | Glass  
4.50€

Muros Antigos Escolha - Garrafa | Bottle  
20.00€

## VINHO ROSÉ | ROSÉ WINE

Conde de Vimioso (Lisboa) - Copo | Glass  
3.50€

Conde de Vimioso (Lisboa) - Garrafa | Bottle  
15.00€

## VINHO ESPUMANTE | SPARKLING WINE

Dalva | Flute  
4.00€

Dalva | Bottle  
20.00€

