

O NOSSO

MENU

MAIN MENU



ESPINHO



DESDE 1972

# A CABANA



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## SOPAS

### SOUPS

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#### Sopa de Legumes

Vegetable Soup

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#### Caldo Verde

Green Soup

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#### Creme de Marisco

Seafood Cream

## ENTRADAS

### APPETIZERS

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#### Amêijoas à Bulhão Pato

Clams in Coriander Sauce ("Bulhão Pato" Style)

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#### Amêijoas à Espanhola

Clams with Tomato Sauce (Spanish Style)

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#### Ostras ao Natural

Oysters au Naturel

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#### Cocktail de Marisco

Seafood Cocktail

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#### Melão com Presunto Ibérico

Melon with Iberian Ham

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#### Prato de Presunto Ibérico

Plate of Iberian Ham

## SALADAS

### SALADS

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#### Salada Mista

Mixed Salad

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#### Salada de Búzios

Whelk Salad

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#### Salada de Marisco

Seafood Salad

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#### Salada de Polvo

Octopus Salad



NASCEU NUM AREAL  
ESTA PRINCESA ENCANTADORA  
PARECIA SER IRREAL  
UM DIA, SER TÃO PROMISSORA

BORN ON A SANDY BEACH  
THIS ENCHANTING PRINCESS  
SEEMED UNREAL  
ONE DAY TO BE SO PROMISING

JUNTO AO MAR IMPETUOSO  
NUNCA SE DEIXOU INVADIR  
SUPLICANDO AO DEUS TODO PODEROSO  
PARA O MAR ACALMAR E JAMAIS INVESTIR

BY THE IMPETUOUS SEA  
NEVER LET ITSELF BE INVADED  
BEGGING ALMIGHTY GOD  
FOR THE SEA TO CALM DOWN AND NEVER TO INVEST

*in Rainha da Costa Verde by Manuel Pinto Rodrigues*

**MARISCO**  
SEAFOOD

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**Camarão da Costa**

Coastal Shrimp

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**Camarão Gigante**

Giant Shrimp

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**Camarão Tigre Grelhado**

Grilled Shrimp

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**Canilhas do Algarve**

Rock Snails from Algarve

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**Gamba Pequena**

Small Shrimp

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**Lagosta ao Natural**

Natural Spiny Lobster

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**Lagosta à Americana**

Spiny Lobster American Style

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**Lavagante ao Natural**

Natural Lobster

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**Lavagante à Americana**

Lobster American Style

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**Sapateira Recheada**

Stuffed Crab

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**Maionese de Lavagante da Nossa Costa**

Portuguese Lobster Mayonnaise

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**Maionese de Marisco**

Seafood Mayonnaise

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**Omeleta de Camarão**

Shrimp Omelet

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**Feijoada de Marisco**

Seafood Bean Stew

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**Açorda de Marisco**

Bread and Seafood Stew

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**Arroz de Marisco**

Seafood and Rice

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COM VENTOS AGRESSIVOS  
SEMPRE FOSTE ASSOLADA  
SÓ CATIVASTE AMIGOS  
POR QUEM FOSTE, ACARINHADA

WITH AGGRESSIVE WINDS  
YOU WERE ALWAYS RAVAGED  
YOU ONLY CAPTIVATED FRIENDS  
BY WHOM YOU WERE, CHERISHED

O TEU POVO É FORASTEIRO  
VINDO DE TERRAS DISTANTES  
AQUI FORMARAM VIVEIRO  
DIFERENTE, DO QUE FOI ANTES

YOUR PEOPLE ARE STRANGERS  
FROM DISTANT LANDS  
HERE THEY HAVE FORMED A NURSERY  
DIFFERENT FROM WHAT WAS BEFORE

*in Rainha da Costa Verde by Manuel Pinto Rodrigues*

**PEIXE**  
FISH

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**Arroz de Tamboril com Gambas**

Monkfish Rice with Small Shrimp

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**Bacalhau à Moda de Braga**

Fried Cod Braga Style

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**Bacalhau na Brasa**

Salt Cod Roasted on the Grill

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**Cherne Grelhado**

Grilled Stone Bass

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**Filetes de Pescada Dourada com Salada Russa**

Golden Hake Fillets with Russian Salad

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**Garoupa Grelhada ou Assada no Forno**

Grilled or Oven-roasted Grouper

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**Pescada Cozida**

Boiled Hake

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**Pescada Grelhada**

Grilled Hake

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**Robalo Grelhado ou Assado no Forno**

Grilled or Oven-roasted Sea Bass

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**Rodvalho Grelhado**

Grilled Turbot

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**Salmão Grelhado**

Grilled Salmon

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**Maionese de Pescada ou Atum**

Hake or Tuna Mayonnaise

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O MAR, SEMPRE TEIMOSO  
INSISTE EM OS SACUDIR  
MAIS TEIMOSO É O SEU POVO  
CONTRA SUA FÚRIA, SABE RESISTIR

THE SEA, ALWAYS STUBBORN  
INSISTS ON SHAKING THEM  
MORE STUBBORN ARE ITS PEOPLE  
AGAINST ITS FURY, THEY KNOW HOW TO RESIST

HOJE, QUEM ÉS TU AFINAL?  
TERRA ACARICIADORA,  
É UM FULGOR GENIAL  
JOVEM DONZELA, TÃO SEDUTORA

TODAY, WHO ARE YOU AFTER ALL?  
CARESSING EARTH,  
YOU'RE A GENIAL GLOW  
YOUNG MAIDEN, SO SEDUCTIVE

*in Rainha da Costa Verde by Manuel Pinto Rodrigues*

**CARNE**  
MEAT

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**Lombo de Boi no Espeto**

Beef Loin on the Skewer

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**Entrecosto de Boi à “Maitre Hotel”**

Beef Ribs Maitre Hotel Style

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**Lombinhos de Vitela com Ervilhas**

Veal Tenderloin with Green Peas

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**Bife de Boi Tipo Rolha**

Steak “Rolha” Style

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**Bife de Boi à Cabana**

Steak Cabana Style

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**Bife do Lombo de Boi Grelhado**

Grilled Beef Sirloin Steak

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**Bifinhos de Peru com Champignon**

Peru Steaks with Champignon

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**Carne de Porco à Alentejana**

Pork and Clams Alentejo style

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## SNACKS

### SNACKS

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#### **Batata Frita**

French Fries

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#### **Churrasquinho do Lombo em Pão com Presunto Ibérico**

Barbecued Loin in Bread with Iberian Ham

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#### **Churrasquinho do Lombo em Prato**

Barbecued Loin (on Plate)

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#### **Francesinha**

“Francesinha”

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#### **Francesinha com Bife**

“Francesinha” with Steak

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#### **Francesinha com Bife e Ovo**

“Francesinha” with Steak and Fried Egg

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#### **Francesinha com Ovo**

“Francesinha” with Fried Egg

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#### **Prego em Pão com Fiambre (da Vazia)**

Sirloin Steak on Bread with Ham

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#### **Prego em Pão com Fiambre (do Lombo)**

Tenderloin Steak on Bread with Ham

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#### **Prego em Prato (da Vazia)**

Sirloin Steak on Plate

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#### **Prego em Prato para Criança (da Vazia)**

Sirloin Steak for Child

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#### **Sevilhana com Bife e Ovo**

“Sevilhana” with Steak and Fried Egg

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#### **Sevilhana com Ovo**

“Sevilhana” with Fried Egg

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#### **Sevilhana**

“Sevilhana”

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## GELADOS

ICE CREAM

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### **Bola de Gelado Limão, Morango, Chocolate, Baunilha, Stracciatella ou Framboesa**

Ice Cream Ball Lemon, Strawberry, Chocolate, Vanilla, Stracciatella or Raspberry

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### **Taça Glamour Três Sabores, Pudim e Chantilly**

Glamour Cup Three Flavors, Pudding and Whipped Cream

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### **Taça Pêche Melba Três Sabores, Pêssego e Chantilly**

“Pêche Melba” Cup Three flavors, Peach and Whipped Cream

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### **Taça Pintarola Três Sabores, Fruta e Chantilly**

Pintarola Cup Three Flavors, Fruit and Whipped Cream

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### **Taça Mista Três Sabores e Chantilly**

Mixed Cup Three Flavors and Whipped Cream

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### **Tarte Gelada de Bolacha e Natas**

Cookies and Cream Frozen Tart

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### **Tarte Gelada com Doce de Chila, Bolacha e Natas**

Cookies and Cream and Sweet Chila Frozen Tart

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## QUEIJO

CHEESE

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### **Queijo da Serra**

“Serra” Cheese

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### **Queijo Flamengo**

Flemish Cheese

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### **Queijo da Serra com Goiabada**

“Serra” Cheese with Guava

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### **Queijo Flamengo com Goiabada**

Flemish Cheese with Guava

---

A CABANA



## DOCES SWEETS

**Cheesecake**  
Cheesecake

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**Leite Creme (Queimado ao Momento)**  
Burnt cream

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**Goiabada**  
Guava

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**Maçã Assada**  
Baked Apple

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**Maçã Assada Quente com Bola de Gelado**  
Hot Baked Apple with Ice Cream Scoop

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**Mousse de Chocolate**  
Chocolate Mousse

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**Mousse de Chocolate com Chantilly**  
Chocolate Mousse with Whipped Cream

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**Mousse de Manga**  
Mango Mousse

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**Natas do céu**  
“Heavenly Cream” (Traditional Portuguese Dessert)

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**Pão de Ló**  
Sponge Cake

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**Pão de Ló com Bola de Gelado de Limão**  
Sponge Cake with Lemon Ice Cream Ball

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**Pudim Abade de Priscos**  
“Abade de Priscos” Pudding

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**Pudim Abade de Priscos com Bola de Gelado**  
“Abade de Priscos” Pudding with Ice Cream Ball

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**Pudim Francês**  
French Pudding

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**Tarte de Maçã (massa folhada)**  
Apple Tart

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**Tarte de Maçã com Bola de Gelado**  
Apple Pie with Ice Cream Scoop

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**Torta de Noz**  
Walnut Pie

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**Toucinho-do-céu**  
“Toucinho-do-céu” (Traditional Portuguese Dessert)

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ACABANA



**FRUTA**  
FRUIT

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**Abacaxi da Madeira**  
Pineapple from Madeira

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**Abacaxi ao Natural**  
Fresh Pineapple

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**Banana Flambé**  
Banana Flambé

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**Cerejas (kg)Cherries**

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**Kiwi (cada)**  
Kiwi (each)

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**Laranja Split**  
Orange Split

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**Laranja Descascada**  
Peeled Orange

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**Manga (dose)**  
Mango (portion)

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**Melão (fatia)**  
Melon (slice)

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**Misto de Fruta Laminada**  
Mixed Laminated Fruit

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**Morangos ao Natural**  
Natural Strawberries

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**Morangos com Chantilly**  
Strawberries with Whipped Cream

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**Salada de Frutas**  
Fruit Salad

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**Uvas (kg)**  
Grapes

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**Banana ao Natural**  
Banana

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**Ameixa Laminada**  
Sliced Plum

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**Pêssego Laminado**  
Sliced Peach

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**Maçã ao Natural**  
Apple

A CABANA



