

ALLOW

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MENU

SNACKS

COUVERT

Pão, Manteiga e azeitonas 2.50€  
Bread, butter and olives

TOSTAS TOASTS

TOSTA DE FRANGO / CHICKEN SANDWICH 8.70€   
(Frango, queijo, alface, pickles, cebola e maionese)
(Chicken, cheese, lettuce, pickles, onion and mayonnaise)

TOSTA DE ATUM / TUNA SANDWICH 8.90€    
(Atum, queijo, cebola, milho e maionese)
(Tuna, cheese, onion, corn and mayonnaise)

XXL CLUB SANDWICH 10.90€   
(Peito de frango, tomate, bacon de peru, queijo, alface, maionese e ketchup)
(Chicken, tomato, turkey bacon, cheese, lettuce, mayonnaise and ketchup)

HAMBURGERS

XXL BURGUER 12.90€   
(Pão, Carne de vaca, queijo, ovo frito, bacon de peru, alface, tomate, cebola e maionese de alho)
(Beans Bread, Beef, cheese, fried egg, turkey bacon, lettuce, tomato, onion and garlic mayonnaise)

HAMBURGUER DE FRANGO / CHICKEN BURGUER 9.90€   
(Frango, queijo, alface, tomate e maionese)
(Chicken, cheese, lettuce, tomato and mayonnaise)

HAMBURGUER VEGETARIANO / VEGGIE BURGUER 8.90€   
(Pão de espinafres, Hambúrguer de vegetais, queijo, alface, cebola, tomate e maionese)
(Spinache bread, Veggies burger, cheese, lettuce, onion, tomato and mayonnaise)

HAMBURGUER CRIANÇAS / KIDS BURGUER 7.50€  
(Hamburguer de vaca, queijo e ketchup)
(Beef burger, cheese and ketchup)

Sandes e Hamburgueres servidos com batatas fritas • Sandwiches & Burguers served w/ chips
Batata doce frita • Fried sweet potato +2€

PRATOS PRINCIPAIS MAIN DISHES

BITOQUE DE FRANGO CHICKEN STEAK 11.40€

(Bife de frango com arroz, ovo, batatas fritas e salada)
(Chicken steak with rice, egg, french fries and salad)

BITOQUE DA VAZIA BEEF SIRLOIN STEAK 14.90€

(Bife de vazia com arroz, ovo, batatas fritas e salada)
(Beef sirloin steak with rice, egg, french fries and salad)

PICA PAU COM BATATAS FRITAS PICA PAU WITH CHIPS 11.90€

(Beef loin strips, pickles and fries)

MASSA À BOLONHESA BOLOGNESE PASTA 11.90€

**BACALHAU À BRAZ
CODFISH "À BRAZ" 12.90€**
(Bacalhau, batata palha, ovos, cebola, alho, salsa fresca e azeitonas)
(Codfish, straw potatoes, eggs, onion, garlic, fresh parsley and olives)

SALMÃO GRELHADO À "ALLOW" "ALLOW" GRILLED SALMON 18.90€

(Salmão com puré de batata, molho de pimenta rosa e crocante de cebola)
(Grilled salmon with mashed potatoes with pink peppercorn sauce and onion crunch)

SALADAS SALADS

SALADA MEDITERRÂNEA / MEDITERRANEAN SALAD 8.70€
(Pepino, Tomate, Cebola Roxa, Azeitonas, Coentros, Queijo feta)
(Cucumber, Tomato, Red Onion, Olives, Coriander, Feta Cheese)

SALADA DE GRÃO / CHICKPEAS SALAD 8.90€
(Grão, quinoa, caju, tomate, manga, abacate e sementes sésamo)
(Chickpea, quinoa, cashew, tomato, mango, avocado and sesame seeds)

SALADA CAESAR / CAESAR SALAD 10.90€
(Frango, salada ibérica, tomate cherry, croutons e parmesão)
(Chicken, Iberian salad, cherry tomatoes, croutons and parmesan)

SALADA DE QUINOA / QUINOA SALAD 10.90€
(Quinoa, tomate, abacate, rúcula selvagem, nozes e molho de mel)
(Quinoa, tomato, avocado, arugula, walnuts and honey dressing)

SOBREMESAS DESSERTS

**CHEESECAKE DE CHOCOLATE BRANCO
E FRUTOS SILVESTRES
WHITE CHOCOLATE CHEESECAKE
WITH BERRIES 4.40€**

TIRAMISU 3.90€

CRÈME BRULÉE 3.90€

**SALADA DE FRUTA
FRUIT SALAD 2.20€**

**SOBREMESA DO DIA
DESSERT OF THE DAY 2.50€**

GELADO • ICE CREAM
1 BOLA /1 SCOOP 2.9€
2 BOLAS/2 SCOOPS 5€
3 BOLAS/3 SCOOPS 6€



DRINKS BEBIDAS

ICE TEA 2.40€

PEPSI 2.40€

PEPSI MAX 2.40€

7UP 2.40€

COMPAL 2.40€

GINGER ALE 2.40€

ÁGUA/WATER 0.5L 2.0€

ÁGUA/WATER 0.7L 2.20€

ÁGUAS DAS PEDRAS / SPARKLING WATER 2.50€

ÁGUA DAS PEDRAS DE LIMÃO / LEMON SPARKLING WATER 2.50€

ÁGUA DAS PEDRAS FRUTOS VERMELHOS

RED BERRIES SPARKLING WATER 2.50€

CERVEJA SEM ÁLCOOL / NON-ALCOHOLIC BEER 3€

SUMO DE LARANJA NATURAL / NATURAL ORANGE JUICE 3€

LIMONADA / LEMONADE 3.50€

FRUIT SMOOTHIE 3€

MOCKTAILS (NO ALCOHOL)

MOJITO 3.90€

PEPINO/CUCUMBER 3.70€

MORANGO/STRAWBERRY 3.90€

MILKSHAKES

MORANGO / STRAWBERRY 5.50€

BANANA 5.50€

CHOCOLATE 5.50€

BEBIDAS QUENTES / HOT DRINKS

CAFÉ / EXPRESSO COFFEE 1.50€

AMERICANO 2.50€

CAPPUCCINO 2.70€

CHOCOLATE QUENTE / HOT CHOCOLATE 2.50€

FRAPUCCINO 3.50€

DESCAFEINADO / DECAF 1.50€

CHÁ / TEA 2.50€



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