

TINTO

VALE DO LOBO

FOOD ALLERGIES AND INTOLERANCES
If you require information about allergens, please
consult this chart before making your order

● = CONTAIN ○ = MAY CONTAIN

	Eggs	Milk	Crustacean	Mollusc	Fish	Peanut	Sesame	Soya	Sulphur and sulphite dioxide	Nuts	Cereals with gluten	Celery	Mustard	Lupin Bean	vegetarian	vegan	gluten free
Couvert							●		○	●	●						
Sucling Pig Rissole with Orange Mayonaise	●	●					○	○	●	●	●	○	●				
Gazpacho with cornbread and sardine fillet			●	●	●			●	●			●					X
Fried octopus with lemon mayo and cutlefish	○		○	●	○			●	●		●						
Migas à Minhota								●	●	●	●				X	X	
Vegetable tempura with honey and piripiri sauce	○	○				○	○	●	●	○	●		○		X		
Grilled chicken wings with piripiri sauce									●								X
Sautéed shrimp with olive oil, herb and lemon		●	●	○	○			●	●	●	●						
Chouriço roasted in brandy								●	●	○							X
Sautéed asparagus with scrambled eggs	●	●							○						X		X
Bulhão pato clams 180g	●	●				○	○	○	●	●	○						
Conserva de Bacalhau e Grão			○	○	●			○	●	○			●				
Conserva de Cavala em Escabeche			○	○	●				●								X
Conserva de Mexilhão à Algarvia			●	○	○	○	○	○	●	○	○		●				X
Meat Cataplana								●	●	○							
Salt crusted sea bass								○	●				○				X
Pica-Pau		○							●				●				X
Tomatada	●							●	●	○		●					X
Sautéed mushrooms and garlic									●	○		●			X	X	X
Grilled lamb chops								○	●	○	●	●	●				
Grilled veal chop surf and turf 1kg				●					●	○							X
Fish and seafood cataplana		○	●		●				●	●	●						x
Portuguese style beef		○						●	●	●	●	●	●				
Octopus Lagareiro			○	●	○				●								X
Cilantro rice															X	X	X
Mountain Salad									●						X	X	X
Smashed Potatoes															X	X	X
French fries											●				X	X	
sautéed broccoli															X	X	X
Sautéed Vegetable															X	X	X
Vegetable Soup															X	X	X
Mini grilled sliders								●		●		●					X
Grilled chicken supreme																	X
Fish sticks	●		○	○	●			●	●	●	●						
Tinto style chocolate symphony	●	●								●	●				X		x
Sweet Rice puding		●													X		
Chocolate Fondant	●	●							●	●							X
Abade de Priscos puding	●	●						●	●	●	●						X