

TIÑTO

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							●		○	●	●						
Suckling Pig Rissole	●	●					○	○	●	●	●	○	●				
Fish and shrimp pasta			●	●	●			●	●			●					X
Fried octopus strips with lemon mayo and cuttlefish	○		○	●	○			●	●		●						
Tradicional Minho Style Migas								●	●	●	●				X	X	
Vegetable tempura with honey and piri piri sauce	○	○				○	○	●	●	○	●		○		X		
Grilled chicken wings with piri piri sauce									●								X
Shrimp á Guilho		●	●	○	○			●	●	●	●						
Chouriço Rostade in brandy								●	●	○							X
Sautéed Asparagus with scrambled eggs	●	●							○						X		X
Mussels in white sauce	●	●	●			○	○	○	●	●	○						X
Codfish and Chickpea Preserve			○	○	●			○	●	○			●				
Mackerel in Escabeche			○	○	●				●								X
Preserved Mussels			●	○	○	○	○	○	●	○	○		●				X
Fish and seafood cataplana			●					●	●	○							X
Salt-Crusted sea bass								○	●				○				X
Beef pica pau		○							●				●				X
Tomato based stew	●							●	●	○		●					X
Sautéed Mashrooms and garlic									●	○		●			X	X	X
Grilled Sirloin steak on the stone 300gr	●	●															
Steak with Pepper Sauce		●															X
Roasted Rack of Lamb								○	●	○	●	●	●				
Grilled Flank Steak				●					●	○							X
Grilled sea bass fillet		○	○		●				●	●	●						X
Surf and Turf				●	●												
Portuguese beef		○						●	●	●	●	●	●				
Rostade octopus lagareiro			○	●	○				●								X
Codfish á Tinto Style								●	●								
Coriander rice															X	X	X
Mountain Salada									●						X	X	X
Smashed potatoes															X	X	X
French fries											●				X	X	
Sautéed greens in garlic oil															X	X	X
Sautéed Vegetables															X	X	X
Vegetable Soup															X	X	X
Mini grilled sliders								●		●		●					X
Chicken supreme																	X
Fish sticks	●		○	○	●			●	●	●	●						
Flan Pudding	●	●						●	●	●	●						X
Chocolate puff pastry	●	●								●	●				X		X
Sweet rice pudding		●													X		
Chocolate Fondant	●	●							●	●					X		