

Starters

Couvert (bread, butter, tuna patê & olives)	5,50 €
Vegetable Soup	4,50 €
Avocado with Smoked Ham (topped with a mango vinaigrette)	9,90 €
Melon sprinkled with crispy smoked ham and Port wine reduction	9,90 €
Smoked Salmon (served with Philadelphia cheese & seeds crumble)	13,50 €
Guacamole Bruschetta (guacamole, smoked ham & egg)	9,50 €
Hummus Dip (with roasted garlic & parmesan cheese)	8,00 €
Goat's Cheese, Honey and Almond Crostini	8,90 €
Garlic Bread	5,00 €
Garlic Bread with Cheese	6,50 €

Salads

Caesar Salad with Chicken	16,90 €
Caprese Salad "La Bistro" (Mozzarella cheese, orange, almonds, cherry tomato & pesto sauce)	15,90 €
Prawn Salad (prawns avocado, egg, crunchy bacon & topped with cocktail sauce)	17,50 €
Vegetarian Caesar Salad (grilled tofu, croutons and cashew vinaigrette)	15,00 €
Green Salad (avocado, green apple, edamame, seed granola and mango vinaigrette)	13,50 €
Tuna Salad (lettuce, vegetables, tuna, onion & egg)	16,90 €

Pizza 30cms

Margarita (tomato, Mozzarella cheese)	12,00 €
Veggie (tomato, Mozzarella cheese, grilled courgette, corn & cherry tomato)	13,00 €
Pepperoni (tomato, Mozzarella cheese & pepperoni)	13,00 €
Bistro (tomato, Mozzarella cheese, Brie cheese, caramelized onion & smoked ham)	13,90 €
Toscana (tomato, Mozzarella cheese, ham, pineapple & mushrooms)	13,00 €
Gamberry (tomato, Mozzarella cheese, shrimp, garlic & olive oil)	15,90 €
BBQ Chicken (tomato, Mozzarella cheese, chicken, caramelized onion & BBQ sauce)	14,00 €
Quattro Formaggi (tomato, Mozzarella cheese, Gorgonzola, Emmental, Grana Padano & orégano)	13,00 €
Green Pizza (green pizza base, spinach, ricotta cheese, mozzarella and parmesan cheese)	14,00 €
Pizza Bolognese (Bolognese sauce, mushrooms, bacon, mozzarella, and oregano)	14,00 €

Pasta

Tagliatelle with Prawns (on a creamy tomato sauce, pesto & sparkling wine)	19,00 €
"La Bistro" Tagliatelle (bolognese, bacon, mushrooms, shrimp, cream & pizza dough)	19,90 €
Fusilli Bela (spinach cream & ricotta)	17,90 €
Spaghetti with Fresh Meatballs	16,90 €

Fish & Sea Food

Sea Bream Fillet (served with basmati rice, vegetables & guacamole)	20,00 €
"Boavista" Prawns (creamy coconut sauce, coriander & turmeric served with basmati rice)	17,00 €
Salmon Fillet (quinoa, green salad and tzatziki sauce)	21,00 €

Meat

Chicken Breast (served with sweet potato, avocado & orange salad on a pesto sauce)	17,00 €
Sirloin Steak (flavoured with balsamic cream sauce, parmesan, served with fries & salad)	21,00 €
"La Bistro" Burger (beef, Cheddar, caramelized onion served with fries & salad)	14,90 €
"Surf & Turf" Burger (beef, bacon, prawn, rocket & cocktail sauce)	16,50 €
Chicken Burger (chicken, goat cheese, caramelized pear & rocket)	14,90 €

(All burgers are served with fries)

Desserts

Brownie served with vanilla ice cream	7,50 €
Mango Mousse	5,50 €
Chocolate Petit Gâteau	7,50 €
Seasonal Fruit	5,00 €
Panna Cotta with red fruits coulis	5,50 €

ASK FOR OUR ICE CREAM MENU

Poké Bowls

(BASE: RICE OR QUINOA)

NEW



Chicken Love 15,00 €

(chicken breast sautéed in teriyaki sauce, black beans, edamame, sweet corn, vegetables and seed granola)

Tofu Life 15,00 €

(crispy tofu with teriyaki sauce, edamame, sweet corn, vegetables, broccoli and seed granola)

Omega Culture 16,00 €

(smoked salmon, avocado, edamame, sweet corn, lemon soy sauce, pickles and vegetables)

Sides

Rice 2,90 €

Seasonal vegetables 3,00 €

1/2 Mixed salad 3,50 €

Tomato salad 3,50 €

French fries 4,00 €

Sweet potato fries 4,50 €

Pizzas Extra

Mozzarella 1,50 €

Mushrooms 1,50 €

Ham 1,50 €

Pineapple 1,50 €

Chicken 2,50 €

Shrimp 3,00 €

Caramelized Onion 1,50 €

Tuna 1,50 €



Bela Colina
LA BISTRO