

## Starters

|                                                                        |         |
|------------------------------------------------------------------------|---------|
| <b>Couvert</b> (bread, butter, tuna patê & olives)                     | 5,50 €  |
| <b>Vegetable Soup</b>                                                  | 4,50 €  |
| <b>Avocado with Smoked Ham</b> (topped with a mango vinaigrette)       | 9,90 €  |
| <b>Melon sprinkled with crispy smoked ham and Port wine reduction</b>  | 9,90 €  |
| <b>Smoked Salmon</b> (served with Philadelphia cheese & seeds crumble) | 13,50 € |
| <b>Guacamole Bruschetta</b> (guacamole, smoked ham & egg)              | 8,50 €  |
| <b>Hummus Dip</b> (with roasted garlic & parmesan cheese)              | 7,00 €  |
| <b>Goat's Cheese, Honey and Almond Crostini</b>                        | 7,90 €  |
| <b>Garlic Bread</b>                                                    | 5,00 €  |
| <b>Garlic Bread with Cheese</b>                                        | 6,50 €  |

## Salads

|                                                                                                    |         |
|----------------------------------------------------------------------------------------------------|---------|
| <b>Caesar Salad with Chicken</b>                                                                   | 14,90 € |
| <b>Caprese Salad "La Bistro"</b> (Mozzarella cheese, orange, almonds, cherry tomato & pesto sauce) | 13,90 € |
| <b>Prawn Salad</b> (prawns avocado, egg, crunchy bacon & topped with cocktail sauce )              | 15,50 € |
| <b>Vegetarian Caesar Salad</b> (grilled tofu, croutons and cashew vinaigrette)                     | 13,00 € |
| <b>Green Salad</b> (avocado, green apple, edamame, seed granola and mango vinaigrette)             | 13,50 € |
| <b>Tuna Salad</b> (lettuce, vegetables, tuna, onion & egg)                                         | 14,90 € |

## Pizza 30cms

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

## Pasta

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|-------------------------------------------------------------------------------------------|---------|
| <b>Tagliatelle with Prawns</b> (on a creamy tomato sauce, pesto & sparkling wine)         | 15,50 € |
| <b>"La Bistro" Tagliatelle</b> (bolognese, bacon, mushrooms, shrimp, cream & pizza dough) | 17,90 € |
| <b>Fusilli Bela</b> (spinach cream & ricotta)                                             | 15,90 € |
| <b>Spaghetti with Fresh Meatballs</b>                                                     | 14,90 € |

## Fish & Sea Food

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|------------------------------------------------------------------------------------------------|---------|
| <b>Sea Bream Fillet</b> (served with basmati rice, vegetables & guacamole)                     | 18,00 € |
| <b>"Boavista" Prawns</b> (creamy coconut sauce, coriander & turmeric served with basmati rice) | 15,50 € |
| <b>Salmon Fillet</b> (quinoa, green salad and tzatziki sauce)                                  | 21,00 € |

## Meat

|                                                                                                 |         |
|-------------------------------------------------------------------------------------------------|---------|
| <b>Chicken Breast</b> (served with sweet potato, avocado & orange salad on a pesto sauce)       | 14,50 € |
| <b>Sirloin Steak</b> (flavoured with balsamic cream sauce, parmesan, served with fries & salad) | 19,00 € |
| <b>"La Bistro" Burger</b> (beef, Cheddar, caramelized onion served with fries & salad)          | 14,90 € |
| <b>"Surf &amp; Turf" Burger</b> (beef, bacon, prawn, rocket & cocktail sauce)                   | 16,50 € |
| <b>Chicken Burger</b> (chicken, goat cheese, caramelized pear & rocket)                         | 14,50 € |

(All burgers are served with fries)

## Desserts

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

ASK FOR OUR ICE CREAM MENU

## Poké Bowls

(BASE: RICE OR QUINOA)

NEW



### Chicken Love 14,00 €

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

### Tofu Life 14,00 €

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

### Omega Culture 15,00 €

(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