

Starters

Couvert (bread, butter, tuna patê and olives)	5,50 €
Vegetable Soup	4,20 €
Avocado with Smoked Ham and topped with a mango vinaigrette	9,00 €
Melon and Prawns served with cocktail sauce	9,00 €
Smoked Salmon served with cream cheese and seeds crumble	12,50 €
Veggie Bruschetta (fresh and dried tomato, pesto, garlic and topped with virgin olive oil)	6,50 €
Codfish Bruschetta (sliced cod fish, peppers, onion and olives on a mustard vinaigrette)	8,50 €
Guacamole Bruschetta (guacamole, smoked ham and egg)	8,00 €
Breaded Goat Cheese Balls with Honey	7,50 €
Hummus Dip with roasted garlic and parmesan cheese	6,00 €
Garlic Bread	4,50 €
Garlic Bread with Cheese	6,00 €

Salads

Caesar Salad with Chicken	13,90 €
Caprese Salad "La Bistro" (mozzarella, orange, almonds, cherry tomato and pesto sauce)	11,90 €
Prawn Salad (prawns avocado, egg, crunchy bacon and topped with cocktail sauce)	14,50 €
Bela Colina Salad (smoked salmon, green salad and Teriyaki sauce)	15,90 €
Melon Salad (melon, green salad, feta cheese and seeds crumble)	13,00 €

Pizza 30cms

Margarita (tomato, mozzarella cheese and basil)	11,50 €
Veggie (tomato, mozzarella cheese, grilled courgette, corn and cherry tomato)	12,50 €
Pepperoni (tomato, mozzarella cheese and pepperoni)	12,50 €
Rustik (cream cheese, smoked ham and caramelized onions)	12,90 €
Bistro (tomato, mozzarella cheese, gorgonzola, smoked ham and rocket)	13,90 €
Toscana (tomato, mozzarella cheese, ham, pineapple and mushrooms)	12,50 €
Prosciutto e Funghi (tomato, mozzarella cheese, smoked ham, mushrooms and orégano)	13,00 €
BBQ Chicken (tomato, mozzarella cheese, chicken, caramelized onions and BBQ sauce)	13,50 €
Quattro Formaggi (tomato, mozzarella cheese, gorgonzola, emmental, grana padano and orégano)	12,50 €

Pastas

Tagliatelle with prawns on a creamy tomato sauce, pesto and sparkling wine	15,50 €
Penne with peppers, red onion, tomato sauce and spicy Italian salami	14,00 €

Veggie

Veggie Tagliatelle (fresh and dried tomato, pesto sauce, citrus and white wine)	14,00 €
Basmati Rice sauté with vegetables, seeds crumble and guacamole	13,00 €

Fish & Sea Food

Sea Bream Fillet served with basmati rice, vegetables and guacamole	17,00 €
Codfish fillet on a "Escabeche" sauce and rosti potato	16,50 €
Prawns "Boavista" creamy coconut sauce, coriander and turmeric served with basmati rice	15,50 €

Meat

Meatballs served with spaghetti and topped with creamy sauce	15,00 €
Chicken Breast served with rosti potato, avocado and orange salad on a pesto sauce	14,50 €
Sirloin steak flavored with balsamic cream sauce, parmesan and served with fries and salad	17,50 €
"La Bistro" Burger (beef, cheddar, caramelized onions and served with fries and salad)	12,50 €
"Surf & Turf" Burger (beef, prawn, rocket, cocktail sauce and served with fries and salad)	16,00 €
Chicken Burger (chicken, goat cheese, caramelized pear, rocket and served with fries and salad)	12,50 €

All hamburgers are served with fries.

Desserts

Brownie served with vanilla ice cream	6,50 €
Manjar do Abade	7,00 €
Vanilla Ice Cream topped with Hot Chocolate Sauce	6,00 €
Seasonal Fruit	5,50 €
Panna Cotta with red fruits coulis	5,00 €
Sweet of the Day	4,00 €