

MARISQUEIRA
Sol e Mar



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**VINHOS
WINES**

  marisqueirasolemar.pt

ESPECIAL SOL E MAR

Ostras ao Natural 6 unid.
Oysters (natural) 6 units



€18.00

Mexilhão à Sol e Mar 500gr
Mussel at "à Sol e Mar" style
500gr



€15.50

Gambas da Costa do Algarve
c/ maionese de alho 350gr
Prawns of Algarve Coast
w/ mayo of garlic 350g



€24.50

Gambas à la Guilho + Amêijoa
+ Patê de Sapateira
Prawns "à la Guilho" + Clams
+ Crab Pâté



€47.50



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IVA incluído à taxa em vigor | Se não deseje couvert, não deixar ficar na mesa



COUVERT

Cesto de Pão Torrado c/ Manteiga de Alho	🍷 🍴	€4.50
Cesto de Pão Torrado Simples ou Tostas	🍷	€3.50
Paté Manteiga Individual (unid.)		€1.00
Maionese c/ alho	🍷 🍴	€2.00
Paté Caseiro de Atum (unid.)	🍷 🍴 🍷 🍴 🍷	€7.50
Salada de Polvo (couvert pequeno, unid.)	🍷	€7.50
Melão c/ Presunto		€13.50
Presunto Pata Negra (Barrancos - prato pequeno)	€12.50 (prato médio)	€20.00

SOPAS

Sopa de Legumes frescos do dia	🍷 🍴	€4.00
Sopa de Peixe (Garoupa)	🍷 🍴 🍷	€6.00
Crema de Marisco (Amêijoas e Gambas)	🍷 🍴 🍷 🍴 🍷	€7.50

ENTRADAS

Amêijoia À Bulhão Pato	🍷	€22.50
Gambas Fritas À Sol e Mar	🍷 🍴	€19.50
Gambas Fritas c/ alho À La Guilho	🍷 🍴	€19.50
Gambas Cozidas de Moçambique c/ Maionese d'alho	🍷 🍴 🍷	€18.50
Gambas Frescas do Algarve - 250g.	🍷	€18.00
Camarão Tigre Grelhado c/ Piripiri	🍷	€26.00
Patê de Sapateira (casco)	🍷 🍴 🍷 🍴 🍷	€13.50
Lulinhas Fritas À Algarvia	🍷	€17.00
Salada de Gambas c/ Molho Cocktail	🍷 🍴 🍷 🍴 🍷	€20.00
Ostras ao Natural da Ria Formosa - 6 unid.	🍷	€18.00
Mexilhão À Sol e Mar	🍷 🍴	€16.50

ARROZ E MASSAS

Açorda de Gambas (2 pessoas)	🍷 🍴 🍷 🍴	€40.00
Arroz de Marisco c/ Lagosta (2 pessoas)	🍷 🍴 🍷	€50.00
Arroz de Tamboril c/ Amêijoas e Gambas (2 pessoas)	🍷 🍴 🍷	€55.00
Arroz de Lavagante (2 pessoas)	🍷 🍴 🍷	Sob Consulta - Preço Variável
Arroz de Lagosta (2 pessoas)	🍷 🍴 🍷	Sob Consulta - Preço Variável
Massada de Garoupa Fresca c/ Gambas (2 pessoas)	🍷 🍴 🍷 🍴 🍷	€50.00
Risoto de Camarão c/ Manga (1 pessoa)	🍷 🍴 🍷	€27.50

CATAPLANAS E MARISCO

Cataplana de Garoupa Fresca c/ Amêijoas e Gambas (2 pessoas)	🍷 🍴 🍷 🍴 🍷	€50.00
Cataplana de Tamboril c/ Gambas (2 pessoas)	🍷 🍴 🍷	€50.00
Cataplana de Polvo c/ Gambas e Amêijoas (2 pessoas)	🍷 🍴 🍷 🍴 🍷	€47.50
Camarão Tigre Jumbo - Kg (2.4)	🍷 🍴	€89.90
Camarão Moçambique - Kg	🍷 🍴	€60.00
Santola - Kg	🍷	€35.00
Sapateira - Kg	🍷 🍴	€35.00
Percebes - Kg	🍷	Sob Consulta - Preço Variável
Canilhas - Kg	🍷	€60.00
Lagosta Cozida ou Grelhada - Kg	🍷 🍴	€130.00
Lavagante Cozido ou Grelhado - Kg	🍷 🍴	€110.00

MARISCADA SOL E MAR

€35.00 POR PESSOA - MÍNIMO 2 PESSOAS

- Gambas Fritas c/ alho
- Berbigão à Bulhão Pato
- Gambas Cozidas
- Amêijoas à Bulhão Pato
- Sapateira Recheada
- Camarão Tigre Grelhado
- Ostras
- Mexilhão

€70.00
(2 pax.)

€87.50
(3 pax.)

€107.50
(4 pax.)

- C/ Lagosta ou Lavagante (600g.)

€150.00 (2pax.) | **€167.50** (3pax.) | **€187.50** (4pax.)

- C/ Lagosta e Lavagante (600g.)

€230.50 (2pax.) | **€247.50** (3pax.) | **€267.50** (4pax.)



. Não é permitido dividir doses.

PEIXES DO MAR NA GRELHA

Robalo Fresco - Kg	€50.00
Dourada Fresca - Kg	€50.00
Garoupa Fresca - Kg	€60.00
Linguado Fresco Grelhado - Kg	€60.00
Salmão Fresco Grelhado (dose)	€22.50
Espetada do Mar c/ Lulas e Gambas	€25.00
Espetada de Camarão Tigre	€30.00
Espetada de Tamboril c/ Gambas	€30.00
Polvo à Lagareiro c/ Batata a murro	€23.00
Bacalhau à Lagareiro À Sol e Mar	€23.50

Peixe Assado no Forno ou Peixe ao Sal

Por Encomenda 2H antes

Sugestão: Veja as nossas vitrines antes de decidir a sua refeição.



CARNE

Bife do Lombo Grelhado (300g)	€24.50
Naco de Vitela na Tábua (2 pessoas)	€36.00
Espetada de Porco Preto (lombinho)	€22.50
Bitoque do Lombo c/ Ovo	€17.50
Bife de Perú Grelhado	€17.50



ACOMPANHAMENTOS

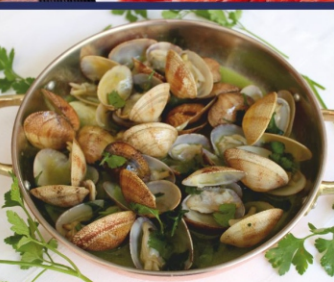
Batata Salteada c/ alho	€3.75
Batata Frita ou Cozida	€3.75
Salada à Algarvia - Montanheira (1 pessoa)	€5.50
Salada de Tomate c/ Cebola e Oregãos (1 pessoa)	€6.00
Salada de Alface c/ Ananás (2 pessoas)	€10.00
Salada Mista (1 pessoa)	€6.00
Arroz Simples	€3.75
Legumes Frescos Cozidos	€5.00



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IVA incluído à taxa em vigor | Se não deseja couvert, não deixar ficar na mesa

Fotografias Ilustrativas



COUVERT		
Toasted Bread Basket w/ Garlic Butter	🍷 🍷	€4.50
Toasted Bread Basket or Toast	🍷	€3.50
Individual Pâté or Butter		€1.00
Mayonnaise of Garlic	🍷 🍷	€2.00
Homemade Tuna Pâté (unit.)	🍷 🍷 🍷 🍷 🍷	€7.50
Octopus Salad (small couvert, unit.)	🍷	€7.50
Melon w/ Ham		€13.50
Ham black pork (Barrancos - small portion)	€12.50 (medium portion)	€20.00

SOUPS		
Fresh Vegetable Day Soup	🍷 🍷	€4.00
Fish Soup (Grouper)	🍷 🍷 🍷	€6.00
Shellfish Soup (Clams & Prawns)	🍷 🍷 🍷 🍷 🍷	€7.50

APPETIZERS		
Clams of Algarve w/ coriander and Garlic	🍷	€22.50
Fried Prawns "À Sol e Mar" style	🍷 🍷	€19.50
Fried Prawns w/ Garlic "À La Guilho"	🍷 🍷	€19.50
Boiled Prawns of Mozambique w/ Mayonnaise of Garlic	🍷 🍷 🍷	€18.50
Fresh Prawns from Algarve - 250g.	🍷	€18.00
Grilled Tiger Prawns "Piripiri"	🍷	€26.00
Crab Pâté (Shell)	🍷 🍷 🍷 🍷	€13.50
Fried Squid Algarve style	🍷	€17.00
Shrimp Salad with Cocktail Sauce	🍷 🍷 🍷 🍷 🍷	€20.00
Oysters (natural) from Ria Formosa - 6 units	🍷	€18.00
Mussel at "À Sol e Mar" style	🍷 🍷	€16.50

RICE & PASTA		
Prawns "Açorda" style (2 people)	🍷 🍷 🍷 🍷	€40.00
Shellfish Rice w/ Lobster (2 people)	🍷 🍷 🍷	€50.00
Monkfish Rice w/ Clams and Prawns (2 people)	🍷 🍷 🍷	€55.00
Crawfish Rice (2 people)	🍷 🍷 🍷	On Request - Variable Price
Lobster Rice (2 people)	🍷 🍷 🍷	On Request - Variable Price
Noodles Fresh Grouper w/ Prawns (2 people)	🍷 🍷 🍷 🍷 🍷	€50.00
Prawns Risotto w/ Mango (1 person)	🍷 🍷 🍷	€27.50

"CATAPLANAS" & SHELLFISH		
Fresh Grouper Cataplana w/ Clams and Prawns (2 people)	🍷 🍷 🍷 🍷 🍷	€50.00
Monkfish Cataplana w/ Prawns (2 people)	🍷 🍷 🍷 🍷 🍷	€50.00
Octopus Cataplana w/ Prawns and Clams (2 people)	🍷 🍷 🍷 🍷 🍷	€47.50
Jumbo Tiger Prawns - Kg. (2.4)	🍷 🍷	€89.90
Mozambique Prawns - Kg.	🍷 🍷	€60.00
Spider Crab - Kg.	🍷	€35.00
Crab - Kg.	🍷 🍷	€35.00
Rock Barnacles - Kg.	🍷	On Request - Variable Price
Spiny Whelks - Kg.	🍷	€60.00
Boiled or Grilled Lobster	🍷 🍷	€130.00
Boiled or Grilled Crawfish	🍷 🍷	€110.00

Illustrative photos

SEAFOOD MEAL "SOL E MAR"

€35.00 PER PERSON - MINIMUM 2 PEOPLE

- Fried Prawns w/ Garlic
- Cockle "Bulhão Pato"
- Boiled Prawns
- Clams "Bulhão Pato"
- Stuffed Crab
- Grilled Tiger Shrimp
- Oysters
- Mussel

€70.00
(2 people)

€87.50
(3 people)

€107.50
(4 people)

- W/ Lobster or Crawfish (600g.)

€150.00 (2 people) | **€167.50** (2 people) | **€187.50** (2 people)

- W/ Lobster and Crawfish (600g.)

€230.50 (2 people) | **€247.50** (2 people) | **€267.50** (2 people)



. It is not allowed divide portions.

SEA FISH ON THE GRILL

Fresh Sea Bass - Kg	€50.00
Fresh Scaled Golden Bream - Kg	€50.00
Fresh Grouper - Kg	€60.00
Grilled Fresh Sole - Kg	€60.00
Grilled Fresh Salmon w/ Oregano (portion)	€22.50
Fresh Squid Kebab w/ Prawns	€25.00
Tiger Prawns Kebab	€30.00
Monkfish Kebab w/ Prawns	€30.00
Octopus "à Lagareiro" Style w/ potato	€23.00
Codfish "à Lagareiro - à Sol e Mar" Style	€23.50

Salt or Oven Fish

by order 2 hours before

Suggestion: Have a look at our displays before you choose your meal.

MEAT

Grilled Fillet Steak (300g)	€24.50
Fillet of Veal on a wood board	€36.00
Black Pork Kebab "bolota" (tenderloin)	€22.50
Beef "Bitoque" (loin steak w/ egg)	€17.50
Grilled Turkey Steak	€17.50

SIDE ORDERS

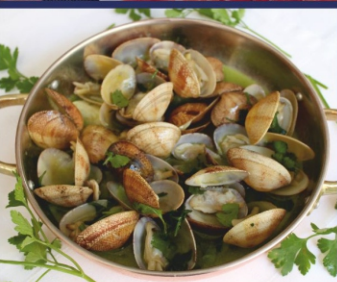
Sauteed Potatoes with Garlic	€3.75
Fried or Boiled Potatos	€3.75
"Algarvia - Montanheira" Salad (1 person)	€5.50
Tomato Salad w/ Onion and Oregano (1 person)	€6.00
Lettuce Salad w / Pineapple (2 people)	€10.00
Mixed Salad (Lettuce and Tomato - 1 person)	€6.00
Plain Rice	€3.75
Boiled Fresh Vegetables	€5.00



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VAT included at the current rate | If you do not wish couvert, do not leave it on the table

Illustrative photos



COUVERT

Cesta de Pan Tostado con Mantequilla de Ajo	€4.50
Cesta de Pan Tostado o Tostadas	€3.50
Paté Mantequilla Individual	€1.00
Mayonesa de Ajo	€2.00
Paté de Atún Casero (unidad)	€7.50
Ensalada de Pulpo (couvert pequeño, unidad)	€7.50
Melón con Jamón	€13.50
Jamón cerdo negro (Barrancos - porción pequeña) (porción mediana)	€12.50 €20.00

SOPAS

Sopa de Legumbres Frescos del Día	€4.00
Sopa de Pescado (Garopa)	€6.00
Sopa de Mariscos (Almejas y Gambas)	€7.50

ENTRANTES

Almeja del Algarve con Cilantro y Ajo	€22.50
Gambas Fritas "À Sol e Mar"	€19.50
Gambas Fritas con Ajo "À La Guilho"	€19.50
Gambas Cocidas de Mozambique con Mayonesa de Ajo	€18.50
Gamba Fresca del Algarve - 250g.	€18.00
Camarón Tigre a la Parrilla con Piri-Piri	€26.00
Paté de Buey de Mar (Cáscara)	€13.50
Calamares fritos al estilo del Algarve	€17.00
Ensalada de Camarones con Salsa Cóctel	€20.00
Ostras (naturales) de la Ria Formosa - 6 unid.	€18.00
Mejillón "À Sol e Mar"	€16.50

ARROZ Y PASTA

"Açorda" de Gambas (2 personas)	€40.00
Arroz de Mariscos con Langosta (2 personas)	€50.00
Arroz de Rape con Almejas y Gambas (2 personas)	€55.00
Arroz de Bogavante (2 personas)	Bajo Pedido - Precio Variable
Arroz de Langosta (2 personas)	Bajo Pedido - Precio Variable
Pasta de Garopa Fresco con Gambas (2 personas)	€50.00
Risotto de Gambas con Mango (1 persona)	€27.50

CATAPLANAS Y MARISCOS

Cataplana de Garopa Fresco con Almejas y Gambas (2 personas)	€50.00
Cataplana de Rape con Gambas (2 personas)	€50.00
Cataplana de Gambas y Almejas (2 personas)	€47.50
Camarón Tigre Jumbo - Kg. (2.4)	€89.90
Camarón Mozambique - Kg.	€60.00
Centolla - Kg.	€35.00
Buey de Mar - Kg.	€35.00
Percebes - Kg.	Bajo Pedido - Precio Variable
Canellas - Kg.	€60.00
Langosta Cocidas o a la Parrilla - Kg.	€130.00
Bogavante Cocidos o a la Parrilla - Kg.	€110.00

MARISCADA SOL E MAR

€35.00 POR PERSONA - AL MENOS 2 PERSONAS

- Gambas Fritas con Ajo
- Berberecho a la "Bulhão Pato"
- Gambas Cocidas
- Almejas a la "Bulhão Pato"
- Buey de Mar Relleno
- Camarón Tigre a la Parrilla
- Ostras
- Mejillón

€70.00
(2 per.)

€87.50
(3 per.)

€107.50
(4 per.)

- Con Langosta o Langostino (600g.)

€150.00 (2per.) | **€167.50** (3per.) | **€187.50** (4per.)

- Con Langosta y Langostino (600g.)

€230.50 (2per.) | **€247.50** (3per.) | **€267.50** (4per.)



. No está permitido dividir porciones.

PESCADO DEL MAR EN LA PARRILLA

Luvina Fresca - Kg	€50.00
Dorada Fresca Abierta - Kg	€50.00
Garopa Fresca - Kg	€60.00
Lenguado Fresco a la Parrilla - Kg	€60.00
Salmón Fresco a la Parrilla con Orégano (porción)	€22.50
Brocheta de Calamares Frescos con Gambas	€25.00
Brocheta de Camarón Tigre	€30.00
Brocheta de Rape con Gambas	€30.00
Pulpo "à Lagareiro" con patata	€23.00
Bacalao "à Lagareiro" - à Sol e Mar"	€23.50

Pescado en el horno o a la sal

por encargo 2 horas antes

Sugestión: Mira nuestros vitrinas antes de decidir tu comida.

CARNE

Filete de Ternera a la parrilla (300g)	€24.50
Filete de ternera sobre una plancha de madera	€36.00
Brocheta de Cerdo Negro Bolota (lomitos)	€22.50
"Bitoque" de Lomo de Novillo (con huevo)	€17.50
Filete de Pavo a la Parrilla	€17.50

GUARNICIONES

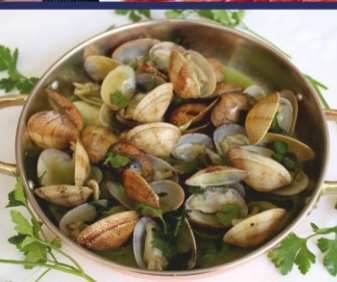
Patatas Salteadas Con Ajo	€3.75
Patata Frita o Cocida	€3.75
Ensalada "Algarvia - Montanheira" (1 persona)	€5.50
Ensalada de Tomate con Cebolla y Orégano (1 persona)	€6.00
Ensalada de lechuga con piña (2 personas)	€10.00
Ensalada Mixta (Lechuga y Tomate - 1 persona)	€6.00
Arroz Blanco	€3.75
Vegetales frescos Cocidos	€5.00



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IVA incluido en la tarifa vigente | Si usted no desea el couvert, no lo deje sobre la mesa

Fotos Ilustrativas



COUVERT		
Getoastetes Brot mit Knoblauchbutter	🍷 🍷	€4.50
Getoastetes Brot oder Toast	🍷	€3.50
Portion Pastete oder Butter		€1.00
Knoblauchmayonnaise	🍷 🍷	€2.00
Pastete Hausgemachte Atun (Einheit)	🍷 🍷 🍷 🍷 🍷	€7.50
Oktopussalat (kleiner couvert, Einheit)	🍷	€7.50
Melone mit iberisches Schinken		€13.50
Schinken schwarzes Schweinefleisch (kleine portion)		€12.50 (mittlere portion) €20.00

SUPPEN		
Suppe mit frischem tagesgemüse	🍷 🍷	€4.00
Fischsuppe (Zackenbarsch)	🍷 🍷 🍷	€6.00
Meeresfrüchtesuppe (Venusmuscheln und Garnelen)	🍷 🍷 🍷 🍷 🍷	€7.50

VORSPEISEN		
Venusmuscheln aus der Algarve mit Koriander und Knoblauch	🍷	€22.50
Gebratene Garnelen "À Sol e Mar"	🍷 🍷	€19.50
Gebratene Garnelen mit Knoblauch "À La Guilho"	🍷 🍷	€19.50
Gekochte Garnelen von Mosambik mit Knoblauchmayonnaise	🍷 🍷 🍷	€18.50
Frische Garnelen aus der Algarve - 250g.	🍷	€18.00
Gegrillte Riesengarnelen mit Piri-piri (ChiliSchoten Gewürz)	🍷	€26.00
Taschenkreb (hülle)	🍷 🍷 🍷 🍷 🍷	€13.50
Gebratener Tintenfisch nach Algarve-Art	🍷	€17.00
Garnelensalat mit Cocktailsauce	🍷 🍷 🍷 🍷 🍷	€20.00
Austern (natürlich) von der Ria Formosa - 6 einht.	🍷	€18.00
Miesmichel "À Sol e Mar"	🍷 🍷	€16.50

REIS UND NUDELN		
Garnelen "Açorda" (2 personen)	🍷 🍷 🍷 🍷	€40.00
Meeresfrüchtenreis mit Languste (2 personen)	🍷 🍷 🍷	€50.00
Seeteufel-Reis mit Venusmuscheln und Garnelenreis (2 personen)	🍷 🍷 🍷	€55.00
Hummer-Reis (2 personen)	🍷 🍷 🍷	Auf Anfrage - Variabler Preis
Languste-Reis (2 personen)	🍷 🍷 🍷	Auf Anfrage - Variabler Preis
Zackenbarsch Nudeleintopf und Garnelenreis (2 personen)	🍷 🍷 🍷 🍷 🍷	€50.00
Garnelenrisotto mit Mango (1 person)	🍷 🍷 🍷	€27.50

"CATAPLANAS" UND MEERESFRÜCHTE		
Zackenbarsch mit Venusmuscheln und Garnelen (Fischeintopf) (2 pers.)	🍷 🍷 🍷 🍷 🍷	€50.00
Seeteufel mit Garnelen (Fischeintopf) (2 pers.)	🍷 🍷 🍷 🍷 🍷	€50.00
Krake mit Garnelen und Venusmuscheln (Fischeintopf) (2 pers.)	🍷 🍷 🍷 🍷 🍷	€47.50
Jumbo Riesengarnele - Kg. (2.4)	🍷 🍷	€89.90
Garnelen aus Mosambik - Kg.	🍷 🍷	€60.00
Seespinne - Kg.	🍷	€35.00
Taschenkreb - Kg.	🍷 🍷	€35.00
Entenmuschel - Kg.		Auf Anfrage - Variabler Preis
Purpurschnecke - Kg.	🍷	€60.00
Languste Gekochter oder Gegrillter - Kg.	🍷 🍷	€130.00
Hummer Gekochter oder Gegrillter - Kg.	🍷 🍷	€110.00

anschaulichen Fotos

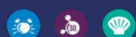
UNTERSCHIEDLICHE MEERESRÜCHTE "SOL E MAR"

€35.00 PRO PERSON - FÜR MINDESTENS 2 PERSONEN

- Gebratene Garnelen mit Knoblauch **€70.00** (2 per.)
- Herzmuschel Bulhão Pato-Art **€87.50** (3 per.)
- Gekochte Garnelen
- Venusmuscheln Bulhão Pato-Art **€107.50** (4 per.)
- Gefüllter Taschenkreb
- Gegrillte Riesengarnele
- Austern
- Miesmichel

- Mit Languste oder Hummer (600g.)
€15.00 (2per.) | **€167.50** (3per.) | **€187.50** (4per.)

- Mit Languste und Hummer (600g.)
€230.50 (2per.) | **€247.50** (3per.) | **€267.50** (4per.)



. Es ist nicht zulässig, Teile zu teilen.

GEGRILLTE FISCHE «AUS DEM MEER»

Frischer Seebarsch - Kg	€50.00
Frischer Goldbrasse - Kg	€50.00
Frischer Zackenbarsch - Kg	€60.00
Gegrillter Frischer Seesunge - Kg	€60.00
Gegrillter Frischer Lachs mit Oregano (am Stück)	€22.50
Frischer Tintensche am Spieß mit Garnelen	€25.00
Riesengarnelen am Spieß	€30.00
Seeteufel mit Garnelen am Spieß	€30.00
Krake "à Lagareiro" mit Kartoffeln	€23.00
Kabeljau "à Lagareiro - à Sol e Mar"	€23.50

Fish in Ofen oder Salz
 auf Bestellung 2 Stunden vorher

Vorschlag: Schauen Sie unsere Schaufenster vor der Entscheidung dein Essen.

FLEISCH

Gegrilltes Rumpsteak (300g)	€24.50
Rinderfilet Kalbfleisch auf einem Holzbrett	€36.00
Schwarz Schweinefleisch vom Spieß Bolota (filet)	€22.50
"Bitoque" Kalbsfilet (mit Ei)	€17.50
Gegrilltes Putensteak	€17.50

BEILAGEN

Bratkartoffeln mit Knoblauch	€3.75
Gekochte Kartoffeln oder Pommes	€3.75
Salat "Algarvia - Montanheira" (1 person)	€5.50
Oder Tomatensalat mit Zwiebeln und Oregano (1 person)	€6.00
Salat mit Ananas (2 person)	€10.00
Gemischter Salat (Salat und Tomate - 1 Person)	€6.00
Reis	€3.75
Frisches Gemüse, gekocht	€5.00

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MWSt. einschließlich der geltenden Gebühr
 Falls Sie das Couvert nicht möchten, lassen sie es bitte zurückgehen

anschaulichen Fotos





COUVERTKOSTEN

Mandje Geroosterd Brood met Knoflookboter	€4.50
Mandje Geroosterd Brood of Toast	€3.50
Paté en Boter (per persoon)	€1.00
Knoflookmayonaise	€2.00
Paté Tonijn huisproductie (eenheid)	€7.50
Salada van de Octopus (kleine couvert, eenheid)	€7.50
Meloen met ham	€13.50
ham zwart varkensvlees ("Barrancos" - kleine portie) ...	€12.50 (middelgrote portie) ... €20.00

SOEPEN

Verse Groentensoep	€4.00
Vissoep (Tandbaars)	€6.00
Schelpdierensoep (Venusschelpen en Garnalen)	€7.50

VOORGERECHTEN

Venusschelpen uit de Algarve met Koriander en Knoflook	€22.50
Gebakken Garnalen "À Sol e Mar"	€19.50
Gebakken Garnalen met Knoflook "À La Guilho"	€19.50
Gekookte Garnalen van Mozambique Knoflookmayonaise	€18.50
Verse Garnalen uit de Algarve - 250g.	€18.00
Gegrilde Tijgargarnalen met Piri Piri	€26.00
Krabpaté	€13.50
Gefrituurde inktvis op Algarve-stijl	€17.00
Garnalensalade Met Cocktailsaus	€20.00
Oesters (natuurlijke) van Ria Formosa - 6 stuks.	€18.00
Mosselen "À Sol e Mar"	€16.50

RIJST EN PASTA

Garnalen "Açorda" (2 personen)	€40.00
Rijst met Zeevruchten met Kreeft (2 personen)	€50.00
Rijst met Zeeduivel met Venusschelpen en Garnalen (2 personen)	€55.00
Rijst met Zeekreeft (2 personen)	Op aanvraag - variabele prijs
Rijst met Kreeft (2 personen)	Op aanvraag - variabele prijs
Pasta met Tandbaars Vers en Garnalen (2 personen)	€50.00
Garnalen Risotto met Mango (1 personen)	€27.50

"CATAPLANAS" - STOFPOTJE EN SCHELPIEDIEREN

Verse Stoofpotje van Tandbaars met Venusschelpen en Garnalen (2 pers.)	€50.00
Stoofpotje van Zeeduivel en Garnalen (2 personen)	€50.00
Stoofpotje van Octopus met Garnalen en Venusschelpen (2 personen)	€47.50
Jumbo Tijgargarnalen - Kg. (2.4)	€89.90
Mozambikaanse Garnalen - Kg.	€60.00
Spin Krab - Kg.	€35.00
Krab - Kg.	€35.00
Eendenmosselen - Kg.	Op aanvraag - variabele prijs
Kokkels - Kg.	€60.00
Kreeft Gekookte of Gegrilde - Kg.	€130.00
Zeekreeften Gekookte of Gegrilde - Kg.	€110.00

SCHELPDIERENSCHOTEL "SOL E MAR"

€35.00 PERSOON - MINIMUM 2 PERSONEN

- Gefrituurde Garnalen met Knoflook **€70.00** (2 per.)
- Schelpdieren "Bulhão Pato" **€87.50** (3 per.)
- Gekookte Garnalen
- Venusschelpen "Bulhão Pato" **€107.50** (4 per.)
- Gevulde Krab
- Gevulde Tijgergarnaal
- Oesters
- Mosselen

- Met Kreeft of Zeekreeft (600g.)

€150.00 (2per.) | **€167.50** (3per.) | **€187.50** (4per.)

- Met Kreeft en Zeekreeft (600g.)

€230.50 (2per.) | **€247.50** (3per.) | **€267.50** (4per.)



. Het is niet toegestaan om delen te verdelen.

GEGRILDE ZEEVIS

Verse Zeebaars - Kg	€50.00
Verse Goudmakreel, Geschaald - Kg	€50.00
Verse Tandbaars - Kg	€60.00
Gegrilde Verse Zeetong - Kg	€60.00
Gegrilde Verse Zalm met Oregano (portie)	€22.50
Spies verse inktvis met Garnalen	€25.00
Spies met Tijgergarnaal	€30.00
Spies Zeeduivel en Garnalen	€30.00
Octopus "à Lagareiro" met aardappel	€23.00
Kabeljauw "à Lagareiro - à Sol e Mar"	€23.50

Oven of Zout Fish

op bestelling 2 uur van tevoren

Suggestie: Kijk onze showcases alvorens te beslissen uw maaltijd.

VLEES

Gegrilde Lende Biefstuk (300g)	€24.50
Ossenhaas kalfsvlees op een houten bord	€36.00
Zwarte varkensvlees aan het spit (bolota)	€22.50
"Bitoque" Biefstuk Rundvlees (met eieren)	€17.50
Gegrilde Kalkoen	€17.50

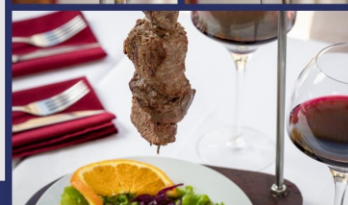
BIJGERECHTEN

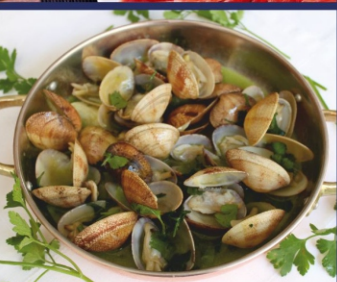
Gebakken Aardappelen Met Knoflook	€3.75
Gefritueerde of Gekookte Aardappels	€3.75
"Algarvia - Montanhaeira" Salade (1 personen)	€5.50
Salade van Tomaat met ui en Oregano (1 personen)	€6.00
Slasalade met Ananas (2 personen)	€10.00
Gemengde Salade (Sla en Tomaat - 1 personen)	€6.00
Witte Rijst	€3.75
Verse groenten gekookt	€5.00

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BTW inbegrepen tegen het geldende tarief
Indien u geen couvertekosten wenst, dient u aan tafel te blijven

illustratie foto's





COUVERT

Panier de Pain Grillé avec Beurre à L'ail	€4.50
Panier de Pain Grillé ou Biscottes	€3.50
Pâté ou Beurre Individuelle	€1.00
Mayonnaise à l'ail	€2.00
Maison Thon Pâté (unité)	€7.50
Salade de Poulpe (petit couvert, unité)	€7.50
Melon avec jambon	€13.50
Jambon ("Barrancos" - petit portion)	€12.50 (portion moyenne)
	€20.00

SOUPES

Soupe de Légumes Frais du Jour	€4.00
Soupe de Poisson (Mérrou)	€6.00
Soupe de Fruits de Mer (Palourdes et Langoustines)	€7.50

ENTRÉES

Palourde de l'Algarve avec de la coriandre et l'ail	€22.50
Crevettes Frites "À Sol e Mar"	€19.50
Crevettes Frites avec l'ail "À La Guilho"	€19.50
Crevettes Cuites du Mozambique avec de la Mayonnaise à l'ail	€18.50
Crevettes Fraîches de l'Algarve - 250g	€18.00
Crevette Tigre Grillé avec Chili	€26.00
Pâté de Crabe (couquille)	€13.50
Encornet frits à l'algarvienne	€17.00
Salade de Crevettes sauce Cocktail	€20.00
Huîtres (naturelles) de Ria Formosa - 6 unités	€18.00
Moule "À Sol e Mar"	€16.50

RIZ ET PÂTES

"Açorda" de Crevettes (2 personnes)	€40.00
Riz de Fruits de Mer avec Langouste (2 personnes)	€50.00
Riz de Lotte avec Palourdes et les Crevettes (2 personnes)	€55.00
Riz de Homard (2 personnes)	Sur demande - Prix variable
Riz de Langouste (2 personnes)	Sur demande - Prix variable
Pâté de Mérrou Frais avec Crevettes (2 personnes)	€50.00
Risotto de Crevettes à la Mangue (1 personne)	€27.50

CATAPLANAS ET FRUITS DE MER

Cataplana de Mérrou Frais aux Palourdes et les Crevettes (2 pers.)	€50.00
Cataplana de Lotte avec Crevettes (2 personnes)	€50.00
Cataplana de Poulpe avec Crevettes et le Palourdes (2 personnes)	€47.50
Crevette Tigre "Jumbo" - Kg. (2.4)	€89.90
Crevette Mozambique - Kg.	€60.00
Araignée - Kg.	€35.00
Crabe - Kg.	€35.00
Barnacles - Kg.	Sur demande - Prix variable
Mollusques - Kg.	€60.00
Langouste Bouillis ou Grillé - Kg.	€130.00
Homard Bouillis ou Grillé - Kg.	€110.00

Photos d'illustration

FRUITS DE MER "SOL E MAR"

€35.00 PAR PERSONNE - AU MOINS 2 PERSONNES

- Crevettes Frites avec L'ail
- Coque à "Bulhão Pato"
- Crevettes Cuites
- Palourdes à "Bulhão Pato"
- Crabe Farcie
- Crevette Tigre Grillé
- Huîtres
- Moule

€70.00
(2 per.)

€87.50
(3 per.)

€107.50
(4 per.)

- Avec Langouste ou Homard (600g.)

€150.00 (2per.) | **€167.50** (3per.) | **€187.50** (4per.)

- Avec Langouste et Homard (600g.)

€230.50 (2per.) | **€247.50** (3per.) | **€267.50** (4per.)



. Il n'est pas permis de diviser des portions.

POISSON DE MER SUR LA GRILLE

Loup de Mer Frais - Kg	€50.00
Daurade Frais - Kg	€50.00
Mérou Blanc Frais - Kg	€60.00
Sole Fraîche Grillé - Kg	€60.00
Saumon Fraîche Grillé avec Origan (portion)	€22.50
Bouchette de Calamars Frais avec Crevettes	€25.00
Bouchette de Crevette Tigre	€30.00
Bouchette de Lotte avec Crevettes	€30.00
Poulpe "à Lagareiro" avec pomme de terre	€23.00
Morue "à Lagareiro" - à Sol e Mar	€23.50

Poisson au four ou au sel

sur commande 2 heures avant.

Suggestion: Regardez nos vitrines avant de décider de votre repas.

VIANDE

Bifteck de Filet Grillé (300g)	€24.50
Filet de Veau sur une planche de bois	€36.00
Porc noir à la Broche Bolota (petits filets)	€22.50
Bitoque de Filet de Veau avec oeuf	€17.50
Steak de Dinde Grillé	€17.50

ACCOMPAGNEMENTS

Pommes de terre sautées à l'ail	€3.75
Pommes de Terre Frites ou Cuites	€3.75
Salade "Algarvia - Montanheira" (1 personne)	€5.50
Salade des Tomates avec l'oignon et l'origan (1 personne)	€6.00
Salade de laitue avec ananas (2 personnes)	€10.00
Salade Mixte (Laitue et Tomate - 1 personne)	€6.00
Riz Blanc	€3.75
Légumes frais bouillis	€5.00



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L'impôt est inclus au taux en vigueur | Si vous ne voulez pas couvert, ne pas quitter sur la table

Photos d'illustration



COPERTO

Cesto di pane tostato con burro all'aglio	€4.50
Cesto di pane tostato o toast	€3.50
Paté Porzione di burro singola	€1.00
Maionese con aglio	€2.00
Paté casalingo di tonno (porzione)	€7.50
Insalata di polpo (piccolo riparo, porzione)	€7.50
Melone con prosciutto	€13.50
Prosciutto "Pata negra" ("Barrancos" - piccola porzione) ...	€12.50 (porzione media) €20.00

ZUPPE

Zuppa di legumi freschi di giornata	€4.00
Zuppa di pesce (Cernia)	€6.00
Zuppa di frutti di mare (Vongole e gamberi)	€7.50

ANTIPASTI

Vongole dell'Algarve con aglio e coriandolo	€22.50
Gamberi fritti "alla Sol e Mar"	€19.50
Gamberi fritti con aglio "alla Guilho"	€19.50
Gamberi cotti del Mozambico con maionese all'aglio	€18.50
Gamberi freschi dell'Algarve - 250g.	€18.00
Gambero Tigre alla griglia con Piripiri (peperoncino)	€26.00
Paté di granchio (terrina)	€13.50
Calamari Fritti in stile Algarve	€17.00
Insalata Di Gamberi Con Salsa Cocktail	€20.00
Ostiche della Ria Formosa al naturale - 6 pezzi	€18.00
Mitilo "alla Sol e Mar"	€16.50

RISO E PASTA

"Açorda" di Gamberi (2 persone)	€40.00
Riso ai frutti di mare con aragosta (2 persone)	€50.00
Riso alla coda di rospo con vongole e gamberi (2 persone)	€55.00
Riso all'astice (2 persone)	Su Richiesta - Prezzo Variabile
Riso all'aragosta (2 persone)	Su Richiesta - Prezzo Variabile
Pasta alla cernia freschi con gamberi (2 persone)	€50.00
Risotto ai gamberi con mango (1 persona)	€27.50

CATAPLANE E CROSTACEI

Cataplana di cernia freschi con vongole e gamberi (2 persone)	€50.00
Cataplana di coda di rospo con gamberi (2 persone)	€50.00
Cataplana di polpo con gamberi e vongole (2 persone)	€47.50
Gamberi Tigre "Jumbo" - Kg. (2.4)	€89.90
Gamberi Mozambico - Kg.	€60.00
Granseola - Kg.	€35.00
Granchio - Kg.	€35.00
Percebes - Kg.	Su Richiesta - Prezzo Variabile
Lumache - Kg.	€60.00
Aragosta bollita o grigliata - Kg.	€130.00
Astice bollito o grigliato - Kg.	€110.00

Fotografie a scopo illustrativo

MARISCADA SOL E MAR

€35.00 A PERSONA - MINIMO 2 PERSONE

- Gamberi fritti con aglio
- Conchiglie alla Bulhão Pato
- Gamberi bolliti
- Vongole alla Bulhão Pato
- Granchio ripieno
- Gambero Tigre alla griglia
- Ostriche
- Mitilo

€70.00
(2 per.)

€87.50
(3 per.)

€107.50
(4 per.)

- con aragosta o astice (600g.)

€150.00 (2per.) | **€167.50** (3per.) | **€187.50** (4per.)

- con aragosta e astice (600g.)

€230.50 (2per.) | **€247.50** (3per.) | **€267.50** (4per.)



. Non è consentito dividere le porzioni.

PESCE DI MARE ALLA GRIGLIA

Branzino fresco - Kg	€50.00
Orata aperta - Kg	€50.00
Cernia fresca - Kg	€60.00
Sogliola fresca grigliata - Kg	€60.00
Salmone fresco grigliato con origano (pezzo)	€22.50
Spiedino di mare con gamberi e calamari	€25.00
Spiedino di gambero tigre	€30.00
Spiedino di coda di rospo con gamberi	€30.00
Polpo stile Lagareiro con patate al forno	€23.00
Baccalà stile Lagareiro à Sol e Mar	€23.50

Pesce al forno o al sale

su ordine 2 ore prima

Suggerimento: Prima di decidere cosa mangiare, dai un'occhiata alle nostre vetrinette.

CARNE

Bistecca di lombo alla griglia (300g)	€24.50
Filetto di vitello su una tavola di legno	€36.00
Spiedino di maiale nero razza Bolota (filetto)	€22.50
Bistecca di lombo con uovo	€17.50
Bistecca peruviana alla griglia	€17.50

CONTORNI

Patate saltate con aglio	€3.75
Patate fritte o bollite	€3.75
Insalata stile algarviano-montanaro (1 persona)	€5.50
Insalata di pomodori con cipolla e origano (1 persona)	€6.00
Insalata di lattuga con ananas (2 persona)	€10.00
Insalata Mista (Lattuga e Pomodoro - 1 persona)	€6.00
Riso semplice	€3.75
Legumi freschi bolliti	€5.00



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IVA compresa ad aliquota in vigore | Se non desideri il coperto non lasciarlo posare sul tavolo

Fotografie a scopo illustrativo



COUVERT	
Корзина жареного хлеба с маслом и чесноком	€4.50
Корзина жареного хлеба или тост	€3.50
Паштет или Масло	€1.00
майонезом с чесночным	€2.00
паштет из тунца "Sol e Mar" (единство)	€7.50
Салат из осьминога (маленький кувер, единство)	€7.50
Дыня с ветчиной	€13.50
ветчина черная иберийская свинина (Небольшая порция)	€12.50 (средняя порция) €20.00
СУПЫ	
Суп из свежих овощей	€4.00
Рыбный суп (Гаропа)	€6.00
Суп из морепродуктов (креветки и моллюски)	€7.50
ENTRADAS	
Амежуа из Алгарве с кориандром и чесноком	€22.50
Жареные креветки "À Sol e Mar"	€19.50
Жареные креветки с чесноком "À La Guilho"	€19.50
Вареные креветки Мозамбика с чесночным майонезом	€18.50
Креветки Свежие из Алгарве - 250g.	€18.00
Тигровые креветки гриль с пири пирп	€26.00
Паштет из краба (в каркасе)	€13.50
жареный кальмар "Algarvia"	€17.00
Салат из креветок с коктейльным соусом	€20.00
Устрицы (натуральный) Ria Formosa - 6 шт	€18.00
Мидия "Sol e Mar"	€16.50
Рис и макаронны	
"Açorda" креветок (2 человека)	€40.00
Рис с МОРЕПРОДУКТЫ и Лагошта (2 человека)	€50.00
Рис с Тамборил с Амежуа и креветками (2 человека)	€55.00
Рис с Омарцм (2 человека)	По запросу - переменная цена
Рис с Лагошта (2 человека)	По запросу - переменная цена
Масада от Гаропа свежий с криветками (2 человека)	€50.00
Ризотто с креветками и манго (1 персона)	€27.50
КАТАПЛАНAS и МОРЕПРОДУКТЫ	
Катаплана из Гаропа свежий с Амежуа и креветками (2 человека)	€50.00
Катаплана от Тамборил с криветками (2 человека)	€50.00
Катаплана из Осьминог с креветками и Амежуа (2 человека)	€47.50
Джамбо тигровые креветки - кг. (2.4)	€89.90
Мозамбикские креветки - кг.	€60.00
Краб-паук - кг	€35.00
Краб - кг	€35.00
Персебеш - кг.	По запросу - переменная цена
Каниляш - кг.	€60.00
Лагошта вареный или Жареные - кг.	€130.00
Омар вареный или Жареные - кг.	€110.00

иллюстративные фотографии

MARISCADA SOL E MAR

€35.00 на человека - минимум 2 человека

- Жареные креветки с чесноком
- Барбигао "Bulhão Pato"
- Креветки приготовленные
- моллюски "Bulhão Pato"
- краб фаршированные
- Тигровые креветки гриль
- Устрицы
- Мидия

€70.00
(2 чел)

€87.50
(3 чел)

€107.50
(4 чел)

- С / Омарjv или же лобстером (600g.)

€150.00 (2чел) | €167.50 (3чел) | €187.50 (4чел)

- С / Омаром и лобстером (600g.)

€230.50 (2чел) | €247.50 (3чел) | €267.50 (4чел)



. Не допускается деление порций.

МОРСКАЯ РЫБА НА ГРИЛЕ

свежий морской окунь - Kg	€50.00
свежий Золотой - Kg	€50.00
Гаропа свежий - Kg	€60.00
Жареные на гриле или Лингуадо - Kg	€60.00
лосося гриль с орегано (порция)	€22.50
Шашлык из кальмара с криветками	€25.00
Тигровые креветки гриль	€30.00
Морской черт Кебаб с креветками	€30.00
Осьминог «à Lagareiro» Стиль с картофелем	€23.00
Треска «à Lagareiro - à Sol e Mar»	€23.50

Соленая или запеченная рыба

по заказу за 2 часа

Предложение: Посмотрите наши витрины, прежде чем решить вашу еду.

МЯСО

стейк поясница на гриле (300g.)	€24.50
Филе телятина на деревянной доске	€36.00
Черная свинина на вертеле "bolota" (вырезка)	€22.50
"Bitoque" Поясница стейк (с яйцом)	€17.50
на гриле индейка стейк	€17.50

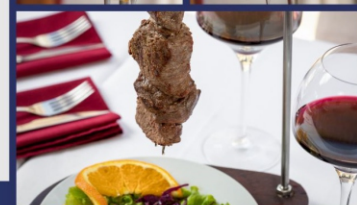
БЛЮДА

Картофель тушеный с чесноком	€3.75
Жареная или вареная картошка	€3.75
салат "Algarvia - Montanheira" (1 персона)	€5.50
Салат помидоров и с / Луком и орегано (1 персона)	€6.00
Салат латук с Ананасом (2 человека)	€10.00
Смешанный салат (Салат и помидоры - 1 персона)	€6.00
Рис вареный	€3.75
вареные Свежие овощи	€5.00

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НДС входит в стоимость по действующему обменному
Если вы не хотите Couvert не покидать стол

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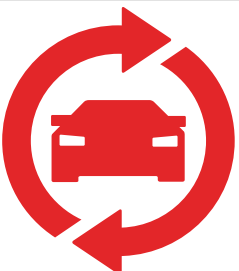
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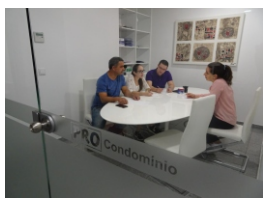
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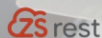
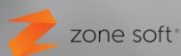
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