



A NOSSA EMENTA

OUR MENU · SABORES DO RIO E DO MAR

À mesa, junto ao Tejo

Cozinha portuguesa · Sabores da Trafaria

Portuguese cuisine · Flavours of Trafaria

MENU DO DIA | DAILY MENU

Terça a sexta · 12h00-15h30

15,00 €

€15.00

Pratos diferentes todos os dias · Consulte a nossa equipa

Daily-changing dishes · Please ask our team

Inclui pão, azeitonas, sopa, prato, bebida e café

Includes bread, olives, soup, main course, drink and coffee

Sobremesa caseira +1,50 € · Opção vegetariana disponível

Homemade dessert +€1.50 · Vegetarian option available





ENTRADAS & SOPAS

STARTERS & SOUPS

ENTRADAS • STARTERS

CESTO DE PÃO Bread basket	1,70 €
PÃO TORRADO Toasted bread	3,50 €
MANTEIGA Butter	0,90 €
AZEITONAS Olives	1,70 €
PATÊ DE SARDINHA / ATUM Sardine or tuna pâté	0,90 €
QUEIJO NISA / QUEIJO CURADO DE CABRA Nisa cheese or aged goat cheese	3,90 €
QUEIJO GRATINADO Oven-gratinated cheese	7,30 €
QUEIJO FRESCO PEQUENO DE OVELHA Small fresh sheep's cheese	1,90 €
QUEIJO FRESCO GRANDE DE CABRA Large fresh goat's cheese	3,90 €
RISSOL DO DIA (BERBIGÃO, LAGOSTA OU CAMARÃO) Rissol of the day (cockle, lobster or prawn)	2,75 €
PRESUNTO DA CASA House-cured ham	8,50 €
OVOS MEXIDOS COM FARINHEIRA Scrambled eggs with farinheira sausage	9,00 €
CHOURIÇO ASSADO Roasted chouriço sausage	9,50 €
MORCELA ASSADA COM LARANJA Roasted blood sausage with orange	10,50 €

SOPAS • SOUPS

SOPA DO DIA Soup of the day	2,10 €
SOPA DE PEIXE Fish soup	4,50 €





MARISCO

SEAFOOD

DO MAR · FROM THE SEA

AMÊIJOAS À BULHÃO PATO (380 g) Clams with garlic and coriander (380 g)	18,50 €
BERBIGÃO (500 g) Cockles (500 g)	14,50 €
MEXILHÃO DE CEBOLADA C/ BATATAS FRITAS (500 g) Mussels with onions and chips (500 g)	14,50 €
LINGUEIRÃO (500 g) Razor clams (500 g)	17,50 €
GAMBAS AL AJILLO Garlic prawns	15,50 €
CAMARÃO COZIDO (300 g) Boiled prawns (300 g)	18,00 €
GAMBAS DO ALGARVE Algarve prawns	60,00 €/kg
CAMARÃO DE ESPINHO Deep-water prawns	95,00 €/kg
CAMARÃO GIGANTE Giant prawns	85,00 €/kg
CONQUILHAS (350 g) Wedge clams (350 g)	18,50 €
OSTRAS Oysters	2,20 €/un.
VIEIRAS Scallops	2,80 €/un.





PEIXE

FISH & SEAFOOD SPECIALITIES

ESPECIALIDADES · SPECIALITIES

ARROZ DE LINGUEIRÃO C/ MARISCO P/ 1 Razor clam and seafood rice · for one	21,50 €
ARROZ DE LINGUEIRÃO C/ MARISCO P/ 2 Razor clam and seafood rice · for two	39,00 €
ARROZ DE PEIXE C/ MARISCO P/ 1 Fish and seafood rice · for one	22,50 €
ARROZ DE PEIXE C/ MARISCO P/ 2 Fish and seafood rice · for two	42,50 €
MASSADA DE PEIXE C/ MARISCO P/ 1 Fish and seafood pasta stew · for one	22,50 €
CABEÇA DE PEIXE C/ BATATA COZIDA E SALADA Fish head with boiled potatoes and salad	45,00 €
CHOCOS GRELHADOS C/ BATATA COZIDA E SALADA Grilled cuttlefish with potatoes and salad	50,00 €/kg
CHOQUINHOS À ALGARVIA C/ BATATAS FRITAS Algarve-style baby cuttlefish with chips	50,00 €/kg
LULAS GRELHADAS C/ BATATA COZIDA E SALADA Grilled squid with potatoes and salad	55,00 €/kg
LULAS À CASA C/ BATATAS FRITAS, LEITE DE COCO, CAMARÃO E AÇAFRÃO House-style squid with chips, coconut milk, prawns and saffron	15,90 €
LULAS À ALGARVIA C/ BATATAS FRITAS Algarve-style squid with chips	15,90 €
CARPAUS GRELHADOS C/ BATATA COZIDA E SALADA Grilled horse mackerel with potatoes and salad	13,50 €
½ CARPAUS GRELHADOS C/ BATATA COZIDA E SALADA Half portion of grilled horse mackerel	10,00 €
BACALHAU À LAGAREIRO C/ BATATA COZIDA E SALADA Cod with olive oil, garlic, potatoes and salad	22,00 €





PEIXE (CONT.)

FISH & SEAFOOD SPECIALITIES (CONT.)

ESPECIALIDADES · SPECIALITIES

BACALHAU FRITO DE CEBOLADA C/ BATATAS FRITAS Fried cod with onions and chips	22,00 €
FILETES DO DIA COM BATATAS FRITAS E SALADA Fish fillets of the day with chips and salad	18,50 €
SARDINHAS ASSADAS C/ BATATA COZIDA E SALADA Grilled sardines with potatoes and salad	14,50 €
LINGUADINHOS FRITOS COM AÇORDA DE GAMBAS Fried small sole with prawn açorda	18,50 €
PEIXE-ESPADA GRELHADO C/ BATATA COZIDA E SALADA Grilled scabbardfish with potatoes and salad	16,90 €
OVAS GRELHADAS / COZIDAS C/ BATATA COZIDA E SALADA Grilled or boiled fish roe with potatoes and salad	16,90 €
OVAS FRITAS C/ AÇORDA Fried fish roe with açorda	16,90 €
CHOCO FRITO C/ BATATAS FRITAS E SALADA Fried cuttlefish with chips and salad	16,90 €
½ CHOCO FRITO C/ BATATAS FRITAS E SALADA Half portion of fried cuttlefish	11,90 €
SALMÃO GRELHADO C/ BATATA COZIDA E SALADA Grilled salmon with potatoes and salad	12,90 €
PEIXE DE MAR GRELHADO NO CARVÃO (CONSULTAR VITRINE) Charcoal-grilled fresh sea fish · ask our team	65,00 €/kg
CANTARIL Bluemouth rockfish	50,00 €/kg





CARNE

MEAT DISHES

SABORES DA CASA · HOUSE SPECIALITIES

CARNE DE PORCO À ALENTEJANA Alentejo-style pork with clams	14,90 €
½ CARNE DE PORCO À ALENTEJANA Half portion of Alentejo-style pork	11,00 €
LOMBINHOS DE PORCO C/ BATATAS FRITAS E ARROZ, COM MOLHO DE NATAS E VINHO DO PORTO Pork tenderloin with chips, rice, cream and Port wine sauce	13,00 €
½ LOMBINHOS DE PORCO C/ BATATAS FRITAS E ARROZ, COM MOLHO DE NATAS E VINHO DO PORTO Half portion of pork tenderloin with chips, rice and sauce	10,50 €
BITOQUE C/ BATATAS FRITAS E ARROZ Steak with fried egg, chips and rice	13,50 €





SOBREMESAS

DESSERTS

SOBREMESAS CASEIRAS · HOMEMADE DESSERTS

BOLO DE BOLACHA

Biscuit cake

3,50 €

MOUSSE DE MANGA

Mango mousse

2,75 €

DOCE DA CASA

House dessert

3,10 €

MOUSSE DE MARACUJÁ

Passion fruit mousse

2,75 €

FARÓFIAS

Portuguese poached meringues

3,10 €

PÊRA BÊBADA

Pear poached in wine

3,10 €

FRUTA DA ÉPOCA

Seasonal fruit

2,75 €

PIJAMA · GRANDE

Assorted desserts · large

18,50 €

FRUTA TROPICAL

Tropical fruit

3,90 €

PIJAMA · PEQUENO

Assorted desserts · small

11,50 €

GELADO DA CASA

House ice cream

3,90 €

PUDIM DE COCO

Coconut pudding

3,10 €

LEITE CREME

Crème brûlée-style Portuguese custard

3,10 €

PUDIM DE OVOS

Egg pudding

3,10 €

MAÇÃ ASSADA

Baked apple

3,10 €

TARTE DE CHOCOLATE

AMARGO

Dark chocolate tart

3,20 €

MOUSSE DE CARAMELO

Caramel mousse

3,10 €

CHEESECAKE

Cheesecake

3,90 €

MOUSSE DE CHOCOLATE

Chocolate mousse

3,10 €





CAFETARIA & BEBIDAS

COFFEE, WATERS & SOFT DRINKS

CAFETARIA · COFFEE

CAFÉ / CARIOCA Espresso / carioca	1,00 €
MEIA DE LEITE Coffee with milk	1,80 €
GALÃO Latte	2,20 €
CAFÉ DUPLO Double espresso	2,00 €
ABATANADO Long black coffee	1,00 €
CHÁ Tea	2,00 €

ÁGUAS · WATERS

ÁGUA 250 ML Water 250 ml	1,50 €
ÁGUA 500 ML Water 500 ml	1,90 €
ÁGUA 1 L Water 1 L	2,90 €
ÁGUA COM GÁS Sparkling water	1,50 €

REFRIGERANTES E SUMOS · SOFT DRINKS

COCA-COLA Coca-Cola	2,20 €
COCA-COLA ZERO Coca-Cola Zero	2,20 €
FANTA LARANJA Orange Fanta	2,20 €
SPRITE Sprite	2,20 €
ICE TEA Iced tea	2,20 €
GINGER ALE Ginger ale	2,20 €
ÁGUA TÓNICA Tonic water	2,20 €
NÉCTAR Fruit nectar	1,95 €
LIMONADA Lemonade	2,00 €





CERVEJAS, SANGRIAS & PORTO

BEER, CIDER, SANGRIA & PORT WINE

CERVEJAS & CIDRA · BEER & CIDER

IMPERIAL	2,50 €
PANACHÉ	2,50 €
CANECA	4,50 €
TANGO	2,50 €
TULIPA	3,50 €
SAGRES	3,00 €
SAGRES SEM ÁLCOOL Alcohol-free	3,00 €
SAGRES PRETA Dark beer	3,00 €
BANDIDA DO POMAR — PRESSÃO Draught cider	4,00 €

SANGRIAS · SANGRIA

SANGRIA BRANCA 1 L White sangria	17,50 €
SANGRIA TINTA 1 L Red sangria	18,50 €
SANGRIA DE CIDRA 1 L Cider sangria	19,50 €

VINHO DO PORTO · PORT WINE

VINHO DO PORTO BRANCO White Port	5,00 €
VINHO DO PORTO TINTO Red Port	5,00 €
PORTO ESPECIAL RESERVA TINTO — 10 ANOS Special Reserve Port · 10 years	8,00 €

