

Alvaro's Restaurant Sample Menu

Sopas

*Caldo verde * £6.20*

*Traditional Portuguese green cabbage, onion and potato
soup*

Sopa de lagosta £9.50

A rich lobster soup with brandy

Frutos do mar £9.50

A rich lobster, fish and shellfish soup with brandy

*Sopa de tomate a portuguesa * £6.20*

Portuguese tomato soup garnished with sautéed onion

*Sopa de cebola * £6.90*

Portuguese style onion soup garnished with croutons

Sopa do dia £6.20

Soup of the day

Entradas frias

Melao da casa

*Half ogen melon filled with prawns, grapefruit and mint
£7.50*

Melao com presunto

Melon with parma ham £7.90

Cavala de escabeche

*Fillet of mackerel marinated in Portuguese escabeche
sauce £7.10*

Abacate ao camarao
Half avocado pear with prawns and seafood sauce £7.50

Prato frio
Mixed hors d'oeuvres £9.95

Salmao fumado
Oak smoked salmon £9.75

*Cogumelos a grego **
Marinated button mushrooms in tomato and coriander
£6.20

*Meio melao oporto **
Half ogen melon with port wine £7.90

*Cocktail de Florida **
Grapefruit and orange segments garnished with nuts,
sultanas and chopped dates £6.95

Abacate vinaigrette
Half avocado pear viniagrette £6.75

*Abacate tropical **
Half a scooped avocado mixed with orange segments,
strawberries and tangy lemon dressing £6.90

Pâté
Chef's home-made liver pâté £6.95

Entradas quentes

Haddock cozido no forno £9.90
Fillet of smoked haddock baked with tomato and
bechamel sauce

Lulas a Portuguesa £7.90
Baby squid skewered with chourico sausage, grilled with garlic, olive oil and chilli

Penteolas gratinado £11.45
Scallops mornay

Camaroos piri-piri £10.95
Pacific prawns sautéed in spicy Portuguese piri-piri sauce

Bifes de atum £7.90
Marinated fresh tuna escalopes, cooked and served in a piquant wine sauce

Mexilhoes a marinheira £7.95
Fresh mussels in a white wine sauce with onions, cream and parsley

*Cogumelos com queijo * £6.90*
Mushrooms stuffed with cheese and garlic, deep-fried in batter and served with tartare sauce

Cogumelos com pâté £6.90
Mushrooms stuffed with pâté, deep fried in batter and served with tartare sauce

Abacate alavros £8.50
Half avocado scooped from the shell and tossed in the pan with bacon, cucumber and a squeeze of lemon

Bacalhau gomes de sa £8.90
A very traditional Portuguese dish of salted cod with onion, potato, black olives and egg

Sardinhas a Portuguesa £6.90
Fresh grilled Portuguese sardines

Deep-fried whitebait £6.90

Peixes

Tambril janelle £19.40
Cubed monkfish served in a champagne sauce garnished
with kiwi fruit, in a nest of duchess potatoes

Panqueques de mariscos £18.90
Delicious seafood pancakes masked with mornay sauce

Caldeirada fragateira £19.40
A traditional Portuguese fish casserole with tomato,
onion, potato, olives and white wine

Arroz de mariscos £18.90
A Portuguese 'paella' with scampi, prawns, mussels and
scallops with rice, red and green pimentos and garlic

Camaroes a Portuguesa £19.90
Scampi tossed in olive oil and served in a tasty tomato
and sauce with onion, garlic, brandy and olives. Served
with rice

Camroes fritos £19.50
Deep-fried scampi in breadcrumbs, served with lemon
and tartare sauce

Cataplana portimao £18.95
Traditionally prepared cataplana of clams, salt cod,
cured ham, wine and aromatic herbs

Penteolas salteadas £20.95

Pan-fried scallops and bacon with lemon

Penteolas a moda do chef £18.95

Scallops sautéed with cubes of fillet of pork, bacon, onion, bay leaves, parsley and white wine, served in a nest of duchesse potatoes

Halibu gratinado £19.95

Poached cutlet of halibut served masked with mornay sauce in a nest of duchesse potatoes

Halibu grilhado £19.95

Grilled cutlet of halibut

Truta a moda do bretone £14.95

Pan-fried trout served with a white sauce with mushrooms, prawns, parsley and lemon

Linguado, grilhado ou moleira PAS

Whole Dover sole, grilled or meunière

Linguado Gabriela £18.90

Fillets of sole in a light egg batter, pan-fried with banana, Madeiran style

Filetes de linguado olga £20.90

Fillets of sole poached and served in a prawn and white wine sauce with cheese and mussels in a nest of duchess potatoes

Filetes de linguado gratinado £19.40

Fillets of sole poached in wine, served masked with a rich mornay sauce in in a nest of duchess potatoes

Filetes de linguado waleska £23.90

*Fillets of sole in a tasty mornay sauce garnished with
lobster and scallops, served in a nest of dutchesse
potatoes*

*Organic salmao a diablo £16.90
Grilled cutlet of salmon served with spicy devil sauce*

*Organic salmao, grilhado ou cozido com hollandaise
£16.90*

*Cutlet of salmon, grilled, or poached and served with
hollandaise sauce on the side*

Patos e frangos

*Pato com maca £19.90
Roast half duckling, flambéed with with calvados and
served with baked apple rings*

*Pato oriental £18.90
Half a roast duckling served with spiced and buttered
dried fruits and cashew nuts*

*Pato a laranja £18.90
Roast half duckling in orange sauce*

*Frango andaluza £13.90
Strips of chicken breast sautéed with olive oil, onion,
garlic, white wine, tomato, red pimiento and fresh herbs*

*Frango a moda de cascais £15.95
Strips of chicken breast sauteed with olive oil, onion,
garlic, white wine, tomato, red pimiento and fresh herbs*

*Frango piri-piri £14.95
Boned breast of chicken with spicy Portuguese piri-piri
sauce, served garnished with peach*

Frango alvaros £14.95

Strips of chicken breast sautéed with onion, cucumber, mushrooms and ham, finished with white wine, brandy and cream

Frango ao camarau £15.95

Boned breast of chicken stuffed with prawns and sautéed with onion, white wine, cream and brandy

Pratos de entremedio

Bifanas de javali £20.95

Medalions of wild boar marinated in white wine, port, garlic and herbs, served in a sauce made from the marinade and garnished with apricots

Carne de vinho e alhos £14.75

Medalions of pork marinated in white wine with bay leaves, garlic and spices, pan-fried and served with a tasty sauce made with the marinade

Bifinhos de porco alentejana £16.40

Medalions of pork cooked with a sauce of tomato, onion, olives, garlic, white wine and mussels

Bifinhos de porco arquiduque £15.30

Marinated medalions of pork, pan-fried and served in a delicious madeira wine and cream sauce with onion and garlic, garnished with artichokes

Escalope de porco savora £14.75

Escalope of pork served with a tasty mustard sauce

Bifinhos de porco au damasco £14.75

Medalions of pork served topped with apricots and a

delicious hollandaise sauce

Escalope de vitela vienense £15.90
Breadcrumbsed escalope of veal garnished with lemon

Escalope de vitela cordon bleu £15.95
Sautéed escalope of veal, topped with a slice of ham and served with a white wine and cheese sauce

Escalope de vitela marsala £15.95
Sautéed escalope of veal in a rich marsala wine sauce with mushrooms, onion and cream

Tournedo madeira £25.90
Fillet steak wrapped in bacon, served on a crouton, topped with pâté and a rich madeira wine sauce

Bife a estalagem £24.90
Fillet steak served with a delicious white wine and cream sauce

Bife a frigideira £24.90
Slices of fillet steak served with a julienne of ham in a tasty white wine sauce with garlic

Bife a Portuguesa £24.90
Fillet steak topped with a slice of ham, served with a tasty garlic and red wine sauce with sauté potatoes

Tournedo Colchester £26.95
Fillet steak garnished with a rich red wine and garlic sauce with oysters

Filete Americano £29.90
Fillet steak garnished with lobster and served with a

delicious madeira wine sauce with cream, onion and tomato

Bife stroganoff £22.95

Strips of fillet steak sautéed with finely chopped onion and mushrooms, paprika, brandy and cream. Served with rice

Bife alvaros £22.95

Sirloin steak with a delicious white wine, cream and brandy sauce with onion, mushrooms and artichokes

Bife a cigana £22.95

Sirloin steak with a spicy red and green pimiento sauce with chopped tomato, onion, mushrooms and red wine

Pratos grelhados

Bife entrecosto £21.95

Grilled sirloin steak

Bife filete £23.50

Grilled fillet steak

Chateaubriande £45.95

Fillet steak for two, flambéed with brandy and served with a chateaubriande sauce and a garnish of vegetables

Espetada (a madeira speciality) £22.95

A generous portion of prime sirloin steak, seasoned with course salt, skewered and grilled with garlic butter and bay leaves. Served with hot bread and a continental salad

Espetada de mariscos £24.95

Scampi, scallops and prawns, wrapped in bacon,

skewered and grilled with garlic butter. Served with hot bread and a continental salad

Espetada de tambril £24.95

Skewer of cubed monkfish wrapped in bacon and grilled with garlic butter. Served with hot bread and a continental salad

Dishes prepared at your table

Peppered sirloin steak £21.90

Fillet steak diane £25.90

Steak tartare £26.90

Steak madeirense £24.90

Veal madeira salteado £23.95

Scampi and scallops alvaros £25.95

Scampi oriental £26.95

Vegetarian dishes

*Vegetable pancakes * £11.90*

Pancakes stuffed with chopped seasonal vegetables and coriander, oven-baked with a delicious mornay sauce

*Nut cutlets * £11.90*

Chopped vegetable, nut, rice and herb cutlets, lightly browned in olive oil. Served with a sauce-boat of spicy piri-piri sauce

*Pecan stir-fry * £11.90*

A hot and spicy stir-fry dish of vegetables and pecan nuts. Served with rice

*Vegetarian 'bombe' * £11.90*

A vegetable and herb rice dish served as a 'bombe' encased in spinach leaves

*Oriental noodles * £11.90*

An orientally inspired noodle dish with roasted cashews, mange-tout, lemon and fresh chilli

*Coconut and ginger vegetable simmer * £11.90*

A spicy vegetable mix in a fresh ginger and coconut sauce. Served with rice

Vegetables

Cauliflower mornay £3.25

Peas £2.15

Brussels sprouts £2.50

Leaf spinach £4.15

Fried onion rings £2.65

Fried aubergines £2.95

Mange tout £3.15

Courgettes provençal £2.90

Broccoli £2.90

French beans £2.90

Mushrooms £3.55

Braised celery £3.85

Fresh asparagus PAS

Potatoes £3.10

*French fried, creamed, sauté, lyonnaise, croquette or
boiled*

Salads £3.10

Continental, mixed or green

Desserts

*Crepes suzette £20.50
(For two people)*

*Crepes escondidinho portuguesa £20.50
(For two people)*

Fruit flambes (served with ice cream)

Banana flambé £11.50

Peach flambé £11.50

Pineapple flambé £11.50

Strawberry flambé £12.50

*Sweets from the trolley £6.95
(Fresh fruits priced according to season)*

Ice creams and sorbets £5

English and continental cheeses £7.95

*Dishes marked * are suitable for vegetarians*