

A contemporary and creative approach to Portuguese cuisine that incorporates products, ingredients and traditions of the West of Portugal, following to the rhythm of the year, season by season.

This was the spirit that guided Chef Luís Correia and his team when creating the menu for Emprata, one that highlights the best products of our region. The influence of the Atlantic and the warm Summer temperature result in high quality ingredients, recognized all over the world. It's not by chance that one half of the national vegetable production has its origin in the Western of Portugal.

Couvert **3,50€**
Variety of breads, mushroom butter, carrot puree, extra virgin olive oil and red wine vinegar

STARTERS

Creamy pumpkin in different textures **7,50€**
Almost ¾ of our national pumpkin production, about 40 thousand tons per year, come from Lourinhã, 30 km away from Praia d'El Rey.

Pairing Descobre. White, Douro 5,00€ 🍷
Sparkeling Wines or Still Wines. White or Rose. Aromatic & Mellow

Fish soup from our coast **9,50€**
All our fish comes from Peniche's fish market, the market with the biggest volume of trade in Portugal, a clear demonstration of the volume and quality of the fish traded.

Pairing Montanha Bruto. Rose, Bairrada IVV 9,00€ 🍷
Sparkeling Wines or Still Wines. White or Rose. Fruity & Vibrant

Mackerel from Peniche, cucumber, beetroot and avocado **12,50€**
Of long-standing tradition in Portuguese cuisine, but frequently unused, the mackerel is a blue fish abundant in our coast and very rich in Omega 3.

Pairing Curvos Loureiro. White, Vinho Verde 6,00€ 🍷
Sparkeling Wines or Still Wines. White or Rose. Fruity & Vibrant

Fish ceviche from the local market, sweet potatoes and algae **16,00€**
Unloaded every morning on the fish market, our fish arrives at the hotel every afternoon and its freshness is the secret of our ceviche.

Pairing Castelo de Penalva. White, Dão, e Beira Interior 5,50€ 🍷
Sparkeling Wines or Still Wines. White or Rose. Delicate & Light

Liver Parfait: chicken, apple from Alcobça and Óbidos cherry liquor **12,50€**
Made famous by Mr. Montez, an antique dealer from Óbidos whose store became the first bar of the village, ginjinha soon became an icon of this region.

Pairing Vale Pereiro. White, Alentejo 7,50€ 🍷
Sparkeling Wines or Still Wines. White or Rose. Delicate & Light

Maçussa Goat Cheese and "Rocha" pear from the west **12,50€**
Produced since decades by Mr. Adolfo Henriques, Maçussa cheese is the only chèvre cheese handcrafted in Portugal.

Pairing Casa Santos Lima Chardonnay. White, Lisboa 7,00€ 🍷
Sparkeling Wines or Still Wines. White or Rose. Aromatic & Mellow

Selection of Portuguese sausages (2 people) **18,00€**
The name "enchido" (or stuffed) refers to a kind of food that is made by stuffing animals' intestines with different types of fillings, a method used since roman times.

Pairing Azulejo. Rose, Lisboa 6,00€ 🍷
Sparkeling Wines or Still Wines. White or Rose. Delicate & Light

MAIN COURSE

VEGETARIAN

Wine suggestions: There are several traces of animal products in most wines commercialized in Portugal. Please ask our staff.

Avocado “ceviche”, cherry tomatoes, algae and sweet potatoes 13,00€

Although they have been considered plants for long, only green algae have an evolutive relation to plants species that grow on land.

Scrambled eggs with mushrooms and straw potatoes, fresh vegetables from the garden and beetroot pickle 14,00€

The recipe for “Bacalhau à Brás”, reinvented here, was created by a tavern owner from Bairro Alto, in Lisbon, whose name was Brás.

Sautéed new potato casserole, broccoli and bimis, tomato pesto and Mediterranean sauce 12,00€

The Mediterranean diet, here represented by our sauce, has been considered would Intangible Cultural Heritage.

Creamy barley, peas, Apple from Alcobaça and poached egg 16,00€

The Alcobaça Apple has not one, but 9 geographically protected varieties (IGP): Golden Delicious, Red Delicious, Royal Gala, Casanova de Alcobaça, Fuji, Granny Smith, Reineta, Jonagold and Pink.

Potato Gnocchis, pumpkin, hazelnut and cheese sauce 16,00€

The 5 main vegetable products from the Portuguese West are cabbage, leek, tomato, potato and pumpkin.

FISH


Poached pompano in sea water and picked fruit from the garden 24,00€

Também conhecido por peixe-porco, o pampo deve este segundo nome ao ranger dos dentes cujo som faz lembrar um porco.

Pairing Conde da Vidigueira. White, Alentejo 5,00€ 
Sparkeling Wines or Still Wines. White or Rose. Fruity & Vibrant

Peniche Fish stew 23,00€

“Caldeirada” is a dish invented by fishermen when they were out at sea, aboard their boats, using equal parts of sea and fresh water.

Pairing Castelo do Sulco Sauvignon Blanc. White, Lisboa 6,00€ 
Sparkeling Wines or Still Wines. White or Rose. Delicate & Light

Fresh Fish and sweet potato, Mediterranean olive oil and tomato pesto 22,00€

Fish and olive oil are two key elements of the Mediterranean diet, nowadays considered a standard of excellence and healthiness

Pairing Planalto Reserva. White, Douro 7,50€ 
Sparkeling Wines or Still Wines. White or Rose. Delicate & Light

Sea bass Fillet, codfish cake crust and mushrooms 'Brás' 24,00€

The Sea Bass is a fish that feeds on clams, a mollusk found in estuaries such as Foz do Arelho or the Óbidos lagoon.

Pairing Covela. Rose, Minho 9,00€ 
Sparkeling Wines or Still Wines. White or Rose. Fruity & Vibrant

If you have any concerns regarding food allergies, please alert your server prior to ordering.

PRICES IN EUROS WITH VAT INCLUDED



MEAT

Creamy pearly barley, peas, chorizo and poached egg

16,00€

A recreation of the traditional eggs with chorizo and barley, a super food with fiber, protein, vitamins, minerals and anti-oxidants.

Pairing Descobre, Red, Lisboa
Still Reds. Fruity & Light

5,00€ 

The best of Alcobaça: spotted pork (neck, belly, tenderloin) and the apple

22,00€

The Spotted Pig of Alcobaça, the third autochthonous breed of the country, is a cross between the English Yorkshire and Berkshire breeds and the Portuguese breed "Bísaro".

Pairing Gradil Tinta Roriz & Cabernet Sauvignon. Red, Lisboa
Still Reds. Aromatic & Supple

7,00€ 

Chicken trilogy, rice with gizzards and vegetables brunese

19,00€

Carolino rice is ideal to cook loose rice dishes: while it's being cooked it completely absorbs the water and seasonings, resulting in an extremely tasty rice.

Pairing Conde da Vidigueira. Red, Alentejo
Still Reds. Aromatic & Supple

5,50€ 

Beef fillet, potato eye-of-partridge puree, shallot, "Madeira" sauce

21,00€

Our beef comes from a local producer in a whole piece, from which we get 3 cuts: loin, sirloin and shoulder.

Pairing Vale Zias Syrah. Red, Lisboa
Still Reds. Aromatic & Robust

7,50€ 

Veal fillet from the West, potato confit, bimis and vegetables

25,00€

Our calf meat comes from animals up to 6 months old.

Pairing Mafarrico. Red, Douro
Still Reds. Fruity & Medium Bodied

9,00€ 

Beef tenderloin, potato eye-of-partridge puree, shallot, "Madeira" sauce

29,00€

Potatoes are preferably cultivated in places where there isn't a wide range of temperatures or frost, making the West one the biggest production areas of this tuber in Portugal.

Pairing Vale Zias Syrah. Red, Lisboa
Still Reds. Aromatic & Robust

7,50€ 

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DESSERTS

“Rocha” pear from the West, white chocolate, thyme and DOC Lourinhã brandy 7,50€

In 1836, a different pear tree was discovered; It had fruits of an unusual quality, pears with soft and white pulp, grainy, sweet, juicy and a slightly noticeable perfume. It was named “Rocha” after it’s farmes.

Pairing Casa Horácio Simões Moscatel Roxo. Setúbal 12,00€ (6 cl)
Dessert Wine. Aromatic & Sweet

“Apple” from Alcobaça, vanilla, and cinnamon crumble 7,50€

Characterized by its consistency and crunchiness as well as a high sugar content and acidity that grant it a specific sweet and sour taste and intense aroma.

Pairing Quinta do Gradil Late Harvest. Lisboa 15,00€ (6 cl)
Dessert Wine. Aromatic & Sweet

Maçussa Goat cheesecake, apricot and mixseeds 7,50€

What differentiates the Maçussa cheese from a French chèvre is the quality of the goats’ food, resulting in high quality milk. The goats graze in the woods, they are milked in the morning and the cheese is made shoutly after wards.

Pairing Barbeito Rainwater 5 Anos. Madeira 9,00€ (6 cl)
Dessert Wine. Aromatic & Sweet

Three chocolates and Óbidos sour cherry liquor 7,50€

Ginjinha is a traditional liquor made from the maceration of ginja, a cherry-like fruit. It is customary to serve it with a piece of fruit in the bottom of the glass.

Pairing Rozès Late Bottled Vintage. Porto 18,00€ (6 cl)
Dessert Wine. Fruity & Sweet

Conventual traditional dessert trilogy and citrus 9,00€

Conventual confectionary has its origins in the gastronomic traditions of the monks of Cister. The extensive use of egg yolks is related to the usage of egg whites in convents for the making of communion wafers, maintain clothing ironed and wine clarification.

Pairing Astronauta Moscatel do Douro 12,00€ (6 cl)
Dessert Wine. Fruity & Sweet

Selection of Portuguese cheeses 12,00€ (1pax) 18,00€ (2pax)

Enjoy a variety of cheeses produced with different types of milk and ripening stages.

Pairing Rozès Ruby. Porto 12,00€ (6 cl)
Dessert Wine. Fruity & Sweet

Seasonal sliced fruit 7,50€

Fruits from the West and the rest of Portugal arrive to us every day to ensure their freshness.

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