



SOPA | SOUP

• CREME DE LEGUMES VEGETABLE CREAM	6,50€
• CREME DE TOMATE TOMATO CREAM	6,50€
• SOPA FRIA DE CARIL COLD CURRY SOUP	7,50€



SALADAS | SALADS

• SALADA CAESAR COM FRANGO Alface, molho caesar, frango fatiado, parmesão, bacon, croutons CHICKEN CAESAR SALAD Lettuce, caesar dressing, sliced chicken, parmesan, bacon, croutons	14,00€
• SALADA CAESAR COM CAMARÃO Alface, molho caesar, camarão, parmesão, bacon, croutons SHRIMP CAESAR SALAD Shrimp, lettuce, Caesar dressing, parmesan, bacon, croutons	16,00€
• SALADA CAESAR DE CLÁSSICA Alface, molho caesar, parmesão, bacon, croutons CLASSIC CAESAR SALAD Lettuce, caesar dressing, parmesan, bacon, croutons	11,00€
• SALADA CAPRESE Tomate , mozzarella, pesto, rúcula e pinhões CAPRESE SALAD Cherry tomato, mozzarella, pesto, rocket and pine nuts	12,50€
• SALADA DE RÚCULA Rúcula, presunto, queijo feta e tomate cherry ROCKET SALAD Rocket, cured ham, feta, cherry tomato	14,50€
• SALADA MISTA Misto de alfaces, tomate, pepino, cebola MIXED SALAD Mixed lettuce, tomato, cucumber, onion	9,50€
• SALADA DE SALMÃO Alface, queijo fresco, salmão, ovo cozido, cebola, tomate SALMON SALAD Lettuce, fresh cheese, salmon, boiled egg, onion, tomato	14,50€
• SALADA DO CHEF Alface, ovo cozido, tomate, frango, queijo, bacon, croutons, cebola, rúcula CHEF'S SALAD Lettuce, boiled egg, tomato, chicken, cheese, bacon, croutons, onion, rocket	13,50€



HAMBURGUERES \* | BURGERS \*

• HAMBURGUER VEGETARIANO (de soja com alface, tomate, cebola roxa, cornichon, e maionese) VEGETARIAN BURGER ( from soya with lettuce, tomato, red onion, cornichon, and mayonnaise)	15,50€
• HAMBURGUER MARRIOTT (de vaca com alface, tomate, cebola roxa, cornichon, bacon, queijo cheddar e maionese) MARRIOTT BURGER ( beef burger with lettuce, tomato, red onion, cornichon, bacon, cheddar cheese and mayonnaise)	17,00€
• HAMBURGUER DE FRANGO (de frango com alface, tomate, cebola roxa, cornichon e maionese) CHICKEN BURGER ( chicken with lettuce, tomato, red onion, cornichon and mayonnaise)	16,00€



MASSA | PASTA

• ESPARGUETE OU PENNE, escolha a massa e o molho: SPAGHETTI OR PENNE, choose your pasta and sauce:	
- Simples / plain	12,50€
- Napolitana / Napolitana	13.50€
- Carbonara / Carbonara	14.50€
- Bolonhesa / Bolognese	15.50€



SANDUICHES E TOSTAS | SANDWICHES AND TOASTS

• TOSTA MISTA * HAM AND CHEESE TOAST *	7,50€
• SANDUÍCHE DE FRANGO * Frango, maionese, tomate e alface CHICKEN SANDWICH * Chicken, tomato, lettuce and mayonnaise	12,50€
• SANDUÍCHE DE ATUM * Atum, maionese, alface, tomate e cebola roxa TUNA SANDWICH * Tuna, mayonnaise, lettuce, tomato and red onion	12,50€
• SANDUÍCHE DE SALMÃO * Salmão, pepino, cornichons, queijo crème e alface SALMON SANDWICH * Salmon, cucumber, cornichons, cream cheese and lettuce	14,50€
• SANDUÍCHE CLUB * Peito de frango, tomate, bacon, alface, ovo e maionese CLUB SANDWICH * Chicken breast, tomato, bacon, lettuce, egg and mayonnaise	15,50€
• PANINI DE TOMATE E MOZARELLA COM PESTO * MOZZARELLA AND TOMATO PANINI WITH PESTO SAUCE *	13,50€
• CHAPATA DE TOMATE ** Presunto, queijo creme, mozzarella e rúcula TOMATO “CHAPATA” BREAD ** Cured ham, cream cheese, mozzarella and rocket	14,50€
• CHAPATA DE AZEITONA COM CAVALA ** Queijo creme, rúcula e cebola avinagrada OLIVE “CHAPATA” BREAD ** Mackerel, cream cheese, rocket and vinegary onion	15,75€

\* Acompanha com batata frita/ Comes with french fries

\*\* Acompanha com salada/ Comes with salad



SNACKS

• PREGO BLACK ANGUS em baguete * (alface, tomate e cebola roxa) BLACK ANGUS STEAK SANDWICH in a baguette * (lettuce, tomato and red onion)	15,50€
• PITA KAFTA DE FRANGO * ( alface, tomate e molho shoarma) CHICKEN PITA KAFTA * ( lettuce, tomato and shoarma sauce)	13,50€
• PITA KAFTA DE BORREGO * (alface, tomate e molho shoarma) LAMB PITA KAFTA * ( lettuce, tomato and shoarma sauce)	15,00€



PARA PICAR | TAPAS

• ASINHAS DE FRANGO com molho barbecue CHIKEN WINGS with barbecue sauce	9,50€
• CREPES CHINESES com molho agri doce CHINESE CRÊPES with sweet chilli sauce	7,50€
• CALAMARES com maionese de alho SQUID CALAMARES with garlic mayonnaise	8,50€
• ESCOLHA PORTUGUESA, bacalhau, alheira e leitão PORTUGUESE CHOICE, codfish, Portuguese sausage and suckling pig	8,75€



EXTRAS

• BATATAS FRITA FRENCH FRIES	3,00€
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CANTO SAUDAVEL | HEALTHY CORNER

• WRAP DE TOMATE SECO, PESTO, QUEIJO BRANCO E RÚCULA ** DRY TOMATO WRAP, PESTO, WHITE CHEESE AND ROCKET **	12,75€
• WRAP DE FRANGO TANDOORI, QUEIJO BRANCO, RÚCULA E TOMATE** CHICKEN TANDOORI WRAP, WHITE CHEESE, ROCKET AND TOMATO **	14,50€
• WRAP DE CARIL DE FRANGO, QUEIJO BRANCO, RÚCULA AND TOMATO ** CHICKEN CURRY WRAP, WHITE CHEESE , ROCKET AND TOMATO **	14,00€
• SALADA VEGETARIANA Rúcula, queijo feta e tomate cherry VEGETARIAN SALAD Rocket, feta and cherry tomato	10,50€
• SANDUÍCHE VEGETARIANA ** Molho de iogurte, alface, tomate e falafel VEGETARIAN SANDWICH ** Yogurt sauce , lettuce, tomato and falafel	11,50€

\* Acompanha com batata frita/ Comes with french fries

\*\* Acompanha com salada/ Comes with salad





PIZZAS

- PIZZA MARGARITA Queijo/ oregãos  
MARGARITA PIZZA Cheese/ oregano 13,50€
- PIZZA REGINA Queijo/ presunto/ oregãos  
“REGINA” PIZZA Cheese/ cured ham/ oregano 15,50€
- PIZZA DIAVOLO Queijo/ salame/pimento chili/oregãos  
DIAVOLO PIZZA Cheese/ salami/ chilli pepper/ oregano 16,50€
- PIZZA HAWAI Queijo/ fiambre/ ananás/ oregãos  
HAWAI PIZZA Cheese/ ham/ pineapple/ oregano 16,50€
- PIZZA DE FRANGO  
Queijo/ peito de frango assado/ pimentos/ cebola/ chili/ oregãos  
CHICKEN PIZZA 15,50€  
Cheese/ grilled chicken breast/ pepper/ onion chilli/ oregano
- PIZZA MEDITERRANEA 15,50€  
Queijo mozzarella/ beringela/ curgete/ pimentos/ cebola/ oregãos  
MEDITERRANEAN PIZZA  
Mozzarella cheese/ eggplant/ courgette/ peppers/ onion/ oregano



MENU INFANTIL | KIDS MENU

- CREME DE LEGUMES / VEGETABLE CREAM 5,50€
- SALADA DE FRANGO 9,00€  
CHICKEN SALAD
- ESPARGUETE À NAPOLITANA 9,50€  
SPAGHETTI À LA NEAPOLITAN
- ESPARGUETE À BOLONHESA 9,50€  
SPAGHETTI BOLOGNAISE
- NUGGETS DE FRANGO \* 9,75€  
CHICKEN NUGGETS \*
- DOURADINHOS DE PEIXE \* 10,50€  
FISH FINGERS \*
- HAMBURGUER DE NOVILHO NO PRATO \* 10,50€  
BEEF BURGER ON THE PLATE \* (WITHOUT THE BUN)
- BIFE DE NOVILHO GRELHADO \* 12,75€  
GRILLED BEEF STEAK \*
- PEITO DE FRANGO GRELHADO \* 10,75€  
GRILLED CHICKEN BREAST \*
- MINI PIZZA MARGARITA 10,50€  
KIDS PIZZA MARGARITA

POOL  
BAR

MENU



SOBREMESAS | DESSERTS

- SOBREMESA DO DIA 7,00€  
DESSERT OF THE DAY
- BOLO DE CHOCOLATE SEM GLÚTEN 7,50€  
GLUTEN FREE CHOCOLATE CAKE
- SALADA DE FRUTA 6,50€  
FRUIT SALAD
- GELADOS BEN & JERRY'S 3,50€  
BEN & JERRY'S ICECREAM
- TAÇA DE GELADO | ICE CREAM BOWL
- 1 BOLA | SCOOP 3,00€
- 2 BOLAS | SCOOP 5,50€
- 3 BOLAS | SCOOP 8,00€

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Se tiver algum problema relacionado com alergias alimentares, por favor alerte o seu empregado de mesa antes de fazer o seu pedido.

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

Nenhum prato, produto alimentar ou bebida, incluindo o couvert, pode ser cobrado se não for solicitado pelo cliente ou por este for inutilizado.

No dish, food or drink, including couvert can be charged if not requested or unused by the client.

PREÇOS EM EUROS COM IVA À TAXA LEGAL EM VIGOR  
PRICES IN EUROS WITH VAT INCLUDED

