

BAKFR



'The myth of the bell'. According to the myth bells sounded everytime bread was baked in the old convents. Myth or not, we believe it's something worth celebrating.

A.M.

ORANGE & LEMON YOGURT | 3 Orange juice & crystalised lemon zest

ALMOND PORRIDGE | 4.9 Porridge, almond milk & almond flakes

CHILLI AVO TOAST | 5.9 With chilli flakes, salt & olive oil

RABANADA French Toast | 5.9 Served with sugarcane honey

GINGER PIG EGGS | 6.9

- * benedict on Bolo do Caco
- * poached on chilli avocado
- * scrambled, chorizo & herbs

BUTTERMILK PANCAKES | 7.5 Berries, maple cyrup & cream

FLAT IRON EGGS | 8.5 Flat iron steak, mash potatoes, spinach & poached egg

SMALL DISHES

to share

CANJINHA SOUP | 3.5 Cup of light chicken soup and toast

QUINOA SALAD | 5.9 Beetroot, butternut squash, goat's cheese, herbs & citrus juice

ESCABECHE | 4.5 Beans / cod Marinated in olive oil, vinegar, garlic, onions & herbs

COD CROQUETES | 4.9 Salted cod, potato & parsley

BAKED SWEET POTATO | 4.9 Baked with the Chef cheese's choice

CHICKEN LIVERS | 6.5 Sauted in red wine & balsamic vinegar served with citrus cabbage

FLAMED CHORIZO | 6.9 Smoked black pig chorizo normal / spicy

ALHEIRA | 8.5 Soft game sausage & egg yolk

CHORIZO MEATBALLS | 8.5 Chorizo, meat, bacon, medjool dates, yogurt, tomato & pepper sauce



Proudly sourcing sustainable food!

SWEET CHILLI PRAWNS | 8.9 Atlantic pan fried prawns in garlic, butter & chilli

CRISPY SOUID | 7.9 Deep fried in a crispy batter, onion & lemon mayo

CLAMS 'Bulhao Pato' | 8.5 Slow cooked in white wine, garlic, & coriander

SEARED TUNA | 9.5 Braised on herbs, chilli & passionfruit mayo

BACALHAU COM NATAS | 8.9 Baked salted cod, sliced potato, natas, onions, garlic & herbs

GRILLED SARDINES | 8.5 Caramelised onions & roasted peppers

PORK & POTATO SAUTE | 8.5 Cachaço pork & potato cubes in a rich tomato, pepper & yogurt sauce

FLAT IRON STEAK | 9.5 Grilled steak cut with anchovy mayonnaise

SIDES

POTATO FRIES | 3 Slightly salted Garlic & lemon mayo (50p) Garlic & chilli sauce (50p)

SWEET POTATO FRIES | 3.5 Thyme & rosemary

MILHO FRITO | 4 Deep fried polenta cubes

GREEN SALAD | 4 Mixed leaf salad

boards PORCO PRETO

The famous Iberian black Pig

The Iberian Pig is a dark-skinned animal with a unique genetic feature that allows it to store fat in its muscular tissue, which is the reason for the distinctive taste of its tender meat. This exceptional breed that is presently only found in the southwestern Iberian Peninsula, is fed according to a regime of herding in the fields, in a landscape of holm oak and cork oak. This dietary regime consists of acorns, alongside fresh grass and aromatic herbs.

MELON PRESUNTO | 7 Cured for 18 month served with hale melon

IBERIAN PRESUNTO | 9 Premium cut cured for 24 months IBERIAN PRESUNTO | 11 Premium cut cured for 38 months

IBERIAN PLATTER | 12 Presunto, cheese, paio, salchichao, pickles, cappers, shallots & toast

LUNCH SPECIAL Chef's Choice 7.5

NIBBLES

Just because we don't like drinking without nibbling...!

Tremocos | 2.0 Lupin/Lupini beans

Garlic Olives | 3.0 Marinated in garlic & olive oil

BOIODO CACO

BOLO DO CACO | 2.5 Hot with garlic butter

TUNA PREGO | 12 Atlantic tuna steak, garlic butter and watercress on bolo do caco

COD PREGO | 11 Dried salted cod, garlic butter and spinach on bolo do caco

SOFT CRAB PREGO | 12 Soft crab, apricot chutney, rocket and chilli sauce on bolo do caco

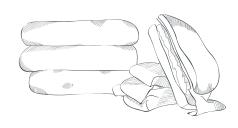
SALMON PREGO | 12 Salmon and cuttlefish burger with rocket & hollandaise sauce

GOATS CHEESE PREGO | 9 Goats cheese, sundried tomato, pesto, Sirloin steak, chorizo, ham, cheese on rocket & sweet balsamic

A meal without a sweet dish is like a story without a moral, -Yiddish idiom

The Caco Story

Cited in the Old Testament, the Bolo Hot with garlic butter do Caco was the bread of the Hebrew people, thus making it thousands of MEAT PREGO | 12 years old. This ancient tradition is still Prime sirloin cut with garlic butter or alive in Madeira Island. It is classified as Azeitão & caramilised onions 'street food' as it's commonly found in street parties around the island often SALT BEEF PREGO | 10 served hot with garlic butter. It's best Melting salt beef soaked for 7 days shared among family and friends, and served sliced gerkins & mustard occasionally with strangers.



FRANCESINHA 'the world's best sawndwich' Caco, spicy sauce & chips

PAO DE LÓ de OVAR

Custard, olive oil & sea salt | 4.5 Melting Chocolate | 4.5 Custard to share 6-8 people | 16

CHORIZO CACO | 3

NDUIA PREGO | 12 Soft spicy pork sausage, tomato, lemon mayo & lettuce

POULTRY PREGO | 9 Corn fed suculent chicken thigh, crispy bacon, lettuce & Lemon mayo

HALLOUMI PREGO | 9 Grilled with avocado, peppers & courgette

NATA RICE PUDDING | 3.5 With cinnamon

CHEESE | 4.5 Crackers, pumpkin Jam & marmelade

SWEET