

*aromatic & delicious*

**Recommendations of the chef**

Algarvian octopus salad with Bruschetta ● <b>glutenfree available</b>	7.50 €
Fresh sheep cheese with extra virgin olive oil and pumpkin compote ●	7.50 €
Melon with presunto and sausage from iberian pork, tradicional from Monchique	8.00 €
Mackerel fillets in olive oil with algarvian salad	7.50 €

**Choose your summer menu**

Cover

❖  
Green salad with avocado, pomegranate and pear,  
flavoured with honey vinaigrette

or

Fresh sheep cheese and strawberry with basil in extra virgin olive oil,  
zucchini and carrot

Fried fish fillet with traditional sauce Escabeche ●  
**gluten free available**

or

Grilled Iberian pork fillet with grilled mango and pineapple

Choose from our dessert board  
fruit flambé with crepe not included

25.50 €

● contains lactose

● contains gluten



# Barradas

## Restaurante

### Cover

Bread, butter, carrot salad, olives, beetroot cream and cheese crackers  
**gluten free or lactose free cover available** 1.60 €

Homemade tuna paté 2 people/ 1.50 €

### Starters

Prawns "à Casa"  
fried prawns with garlic in spicy sauce 8.80 €

Grilled prawn kebab  
served with garlic mayonnaise 10.50 €

Marinated pepper with anchovies 5.50 €

Goat cheese tarte with figs in Moscatel ●● 6.80 €

Muxama (dried, salted tuna) ●  
in mixed lettuce, vinaigrette of capers and pomegranate, cheese shavings 9.80 €

### Salads

Tomato salad 4.00 €

Mixed salad 5.00 €

Salad à moda da Casa ●  
fresh sheep and goat cheese with tomato and basil olive oil 6.80 €

Shrimp cocktail  
with fresh pineapple 7.80 €

### Soups

Traditional Portuguese vegetable soup 3.50 €

Homemade tomato soup ●● 4.00 €

Homemade tomato soup with shrimps ●● 4.80 €

● contains lactose

●● contains gluten

open from 18:00h, closed on Wednesday

[www.obarradas.com](http://www.obarradas.com)

Phone 282 443 308 – 961 657 357



# Barradas

## Restaurante

As we only serve wild fish, and this depends on the local fisherman's daily catch, some of these may not be available. Consequently the prices are set on a daily basis.

### Fish

Stone Bass, Golden Bream, Red Bream,  
Sole, Bass, Sea Bass, John Dory, Tuna etc.

Grilled Fish price of the day  
with hot garlic butter ●  
**lactose free butter or olive oil with garlic available**

Fried Fish price of the day  
in butter, with garlic and capers ●●  
**we can fried your fish with gluten free flour or/and in lactose free butter**

### Typical Portuguese, traditional dishes

In the oven baked Fish traditional "Algarvio"  
with garlic, tomato, onions, potatoes, white wine... price of the day

In the oven baked Fish à Casa  
with fresh coriander, parsley, onions, potatoes, white wine... price of the day

Fish in Salt price of the day  
a special way to bake fish in a crust of salt  
for two or more people, needs to be ordered 24 hours in advance

Fish Cataplana 2 people/45.00 €

dish of steamed fish and prawns  
for two or more people, needs to be ordered 24 hours in advance

Caldeirada 2 people/46.00 €  
a delicious fish stew  
for two or more people, needs to be ordered 24 hours in advance

Cataplana Algarvia 2 people/45.00 €  
dish of pork and clams  
for two or more people, needs to be ordered 24 hours in advance

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the below dishes are available with:  
boiled potatoes/ french fries / rice or  
potatoes "house style"  
(fried in olive-oil with garlic, onions and oregano)

sautéed vegetables

## Meat

### All barbecued

Chicken breast kebab with tomato, onion and piri-piri orange mango chili sauce	13.50 €
Kebab à Casa pork fillet, Portuguese sausage, pepper and onion spicy pepper tomato sauce	14.50 €
Special kebab pork fillet, veal Mirandesa, bacon and shallots, fig chutney	17.50 €
Lamb fillet on sautéed apple strawberry mint sauce	22.80 €
Lamb steak mint butter with garlic ●	17.80 €
<b>Veal</b> (young beef/8 month) from prime Mirandesa herd	
Fillet Port sauce flavoured with tyyme	26.50 €
Cutlet fig chutney and butter with rosemary and garlic ●	25.50 €
Steak white wine tarragon sauce ●	24.50 €



### Stews

Lamb, mouth-watering speciality of the house ● You may ask for glutenfree lambstew	15.50 €
Lamb, Alentejo style	15.50 €
Pork, delicious and spicy, "house style" ●	12.50 €

### In the oven baked

Pork fillet with bacon and figs in white wine pepper sauce, gratinated with sheep cheese ●	14.50 €
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## Seafood

Prawn kebab grilled and served with butter garlic sauce ● <b>lactose free available</b>	24.50 €
Prawns "à Barradas" fried with garlic, served with spicy sauce	24.50 €
Tiger prawns grilled and served with garlic butter sauce, aioli and cocktail sauce ● <b>lactose free available</b>	100.00 € / kg
Lobster from Sagres with reservation, for two or more people	price of the day

## Vegetarian

Potato vegetable gratin ● served with a small tomato orange salad	8.50 €
Delicious pumpkin quiche ● ● served with a small green salad with grapes, cherry tomatoes, walnuts and seeds <b>gluten free available</b>	8.50 €

## Vegan

potato vegetable casserole with coconut milk and roasted almonds served with a small tomato orange salad	8.50 €
Beet root and fennel battered with seeds and nuts ● on orange sauce, rice and a small green salad	12.50 €

## Children's Plate

Fish fingers and French fries or rice ●	5.80 €
Chicken kebab with French fries or rice	5.80 €
Spaghetti Bolognese ● <b>gluten free available</b>	5.80 €

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### House Wine

Quinta do Barradas 0.75 l red / white / rosé	16.00 €
Quinta do Barradas 0.375 l red / white / rosé	8.50 €
Glass of Wine red / white / rosé	4.50 €
Set of three glasses of wine for your meal	11.50 €

### Quinta do Barradas

#### our wine to take away

	bottle	box of 6 bottles
Rosé	5.00 €	30.00 €
White	6.00 €	36.00 €
Red seleção	7.50 €	45.00 €
Reserva	15.00 €	90.00 €
Reserva Syrah	25.00 €	150.00 €

Many thanks

*Andrea & Luís*

VAT included 23 % / 13%.  
This establishment has got a complaint book.