

Trigo Latino

FISH

Cod Loin "à Lagareiro"

(Grilled Cod with Hot Olive Oil and Garlic, with Small Potato "à Murro" and Spinach Puree)

Cod Loin "à Minhota"

(Fried Cod com Cebolada, com Batata Frita e Salada de Tomate, Cebola e Oregãos)

Octopus "à Lagareiro"

(Grilled Octopus with Small Potatoes "à Murro" and Sautéed vegetables)

Octopus Rice

(Pan with Brothy Rice and Octopus Pieces)

Fish Rice with Prawns

(Pan with Brothy Rice, a Piece of Fish and Prawns)

Salmon Fillet

(Grilled Salmon with Potatoes Sautéed in Olive Oil and Rosemary and Sautéed Spinach)

Grouper "Cataplana" with Seafood (for two people)

(Grouper with Potatoes, Tomato, Red Pepper, Onion and Seafood)

Grilled Grouper

(Grouper with Boiled Potatoes and Vegetables)

Braised Tuna Steak

(Tuna Wrapped in White and Black Sesame Seeds, with Potatoes Sautéed in Olive Oil and Rosemary and Sautéed Vegetables)

MEAT

Sirloin steak

(Fried Pork Loin Steak with French Fries and Spinach Puree)

Chicken Breast Stuffed with Farinheira and Carrot

(Oven Stuffed Chicken Breast with Basmati Rice and Lettuce, Arugula and Onion Salad)

Portuguese style steak with fried egg

(Fried Veal Steak with French Fries and Fried Egg)

SPECIAL MEAT

Tomahawk Beef Chop with Thyme Sauce

(Tomahawkgrilled with French Fries and Tomato, Cucumber and Onion Salad)

T-Bone

(T-BoneFried with French Fries and Sautéed Green Beans)

Entrecôte

(Entrecôte Grilled with Potatoes Sautéed in Butter and Lemon and Spinach Puree)

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VEGETARIAN/VEGAN

Pasta with Mushrooms and Soy Cream (with or without cheese)

14.00€

Eggplant Lasagna, Stuffed with Tomato Sause and Spinach (wiht or without cheese)

14.00€

Large Mixed Salad with Black Olives

12.00€