

# MENU



ВІРЛАЯ

# COMEÇAR OU PARTILHAR

SOPA DO DIA | SOUP OF THE DAY 4€

Um sabor a descobrir  
A flavor to discover

COUVERT | COUVERT 4€

Cesto de pão, focaccia com manteiga composta & patê caseiro  
Bread basket and focaccia with compound butter & homemade pâté

HUMUS TRADICIONAL | TRADITIONAL HUMMUS 7,50€

Com legumes +1€  
With vegetables +1€

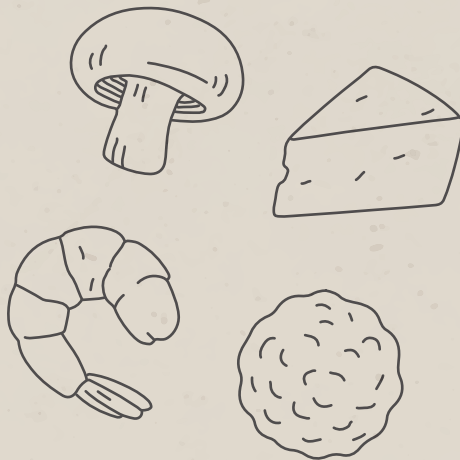
NACHOS COM GUACAMOLE | NACHOS WITH GUACAMOLE 7,90€

Guacamole caseiro & pico de gallo  
Homemade guacamole & pico de gallo

CROQUETES DE ALHEIRA | ALHEIRA CROQUETTES 6,90€

Croquetes de alheira caseiros  
Portuguese alheira croquettes

BRUSCHETTA DE TOMATE | TOMATO BRUSCHETTA 7,50€



BIPOLAR

# COMEÇAR OU PARTILHAR

## TACOS DE ATUM | TUNA TACOS

Tortilha de milho, atum marinado, guacamole & wasabi  
Corn tortilla, marinated tuna, guacamole & wasabi

9€

## TACOS DE COGUMELOS | MUSHROOM TACOS

Mix de cogumelos selvagens & maionese de gengibre  
Wild mushroom mix & ginger mayonnaise

9€

## SALADA CAPRESE | CAPRESE SALAD

Mozzarella di bufala, pesto, mix de tomate & manjeriço  
Mozzarella di bufala, pesto, tomato mix & basil

12€

## OVOS ROTOS | BROKEN EGGS

Batata frita, presunto, maionese fumada, ovo estrelado & paprika fumada  
Fried potatoes, ham, smoked mayonnaise, fried egg & smoked paprika

9€

## GAMBAS À GUILHO | GARLIC PRAWNS

Camarão black tiger, alho, vinho branco & limão  
Black tiger prawns, garlic, white wine & lemon

14€

## PICA PAU | PORTUGUESE PICA PAU

Vazia de novilho, alho, louro, mostarda & picles  
Veal loin, garlic, bay leaf, mustard & pickles

14€

## CHICKEN WINGS | CHICKEN WINGS

Panko chicken wings & aioli de coentros  
Panko chicken wings & coriander aioli

9,90€



BIPOLAR

# BURGER LOVERS

## HANGOVER | BRIOCHE

Novilho (320 gr), Cebola Caramelizada, Bacon, Queijo Cheddar, Alface e Tomate  
Beef (320 gr), Caramelized Onion, Bacon, Cheddar Cheese, Lettuce & Tomato

19,50€

## BIPOLAR | BRIOCHE

Novilho (160 gr), Cebola Caramelizada, Bacon, Queijo Cheddar, Maionese Fumada, Alface e Tomate  
Beef (160 gr), Caramelized Onion, Bacon, Cheddar Cheese, Smoked Mayonnaise, Lettuce & Tomato

15,90€

## PREGO DE PICANHA | BOLO DO CACO

Manteiga de Alho e Batata Frita | Garlic Butter & French Fries

14,90€

## PREGO DE ATUM | BOLO DO CACO

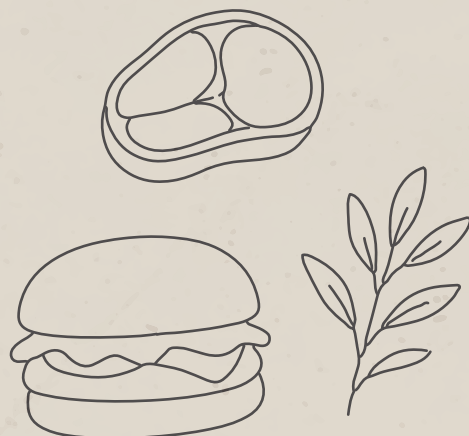
Lombo de Atum Selado, Manteiga de Ervas, Chips de Batata Doce  
Seared Tuna Loin, Herb Butter, Sweet Potato Chips

15,90€

## EUPHORIA VEGGIE BURGER | PÃO DE MATCHA

Pão matcha, Beterraba e Quinoa, Maionese de Kimchi, Pickles de Cebola Roxa & Batata Doce  
Matcha Bread, Beetroot and Quinoa, Kimchi Mayonnaise, Red Onion Pickles & Sweet Potato Chips

14,90€



BIPOLAR

## CREATE YOUR BOWL

15,90€

### 1 BASE | 1 BASE

Quinoa, arroz de sushi, mistura de alfaces.

Quinoa, sushi rice, mixed lettuce.

### 1 PROTEÍNA | 1 PROTEIN

Coxa de frango desossada, salmão marinado, camarão cozido, salmão fumado, tofu panado.

Boneless chicken thigh, marinated salmon, cooked shrimp, smoked salmon, breaded tofu.

### 3 COMPLEMENTOS | 3 TOPPINGS

Mistura de vegetais, espinafres, brócolos, pepino, tomate cherry, abacate, rúcula, manga, abacaxi, couve roxa, edamame, jalapeño, cenoura ralada.

Mixed vegetables, spinach, broccoli, cucumber, cherry tomato, avocado, arugula, mango, pineapple, red cabbage, edamame, jalapeño, grated carrot.

### 2 TOPPINGS | 2 CRUNCHY TOPPINGS

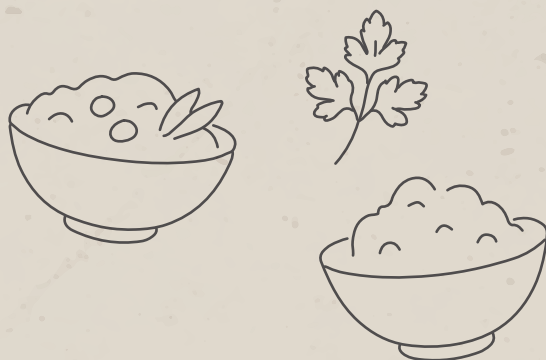
Cebola crocante, sementes de sésamo, wasabi peas, cebolinho, amêndoa torrada, coentros, ceboleto.

Crispy onion, sesame seeds, wasabi peas, chives, roasted almond, coriander, scallion.

### 1 MOLHO | 1 SAUCE

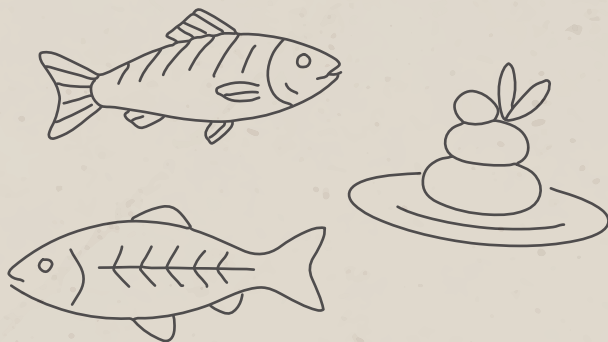
Soja, ponzu, teriyaki, maionese sriracha, azeite de ervas, molho de iogurte, molho cocktail.

Soy sauce, ponzu, teriyaki, sriracha mayo, herb oil, yogurt sauce, cocktail sauce.



# MEAT MY FISH

|  |               |
|--|---------------|
| <b>FRANGO GRELHADO   GRILLED CHICKEN</b>   | <b>15,90€</b> |
| Coxa de frango desossada, tomate cherry assado, arroz basmati, aioli de coentros<br>Boneless chicken thigh, roasted cherry tomatoes, basmati rice, coriander aioli |               |
| <b>PICANHA BLACK ANGUS   BLACK ANGUS RUMP STEAK</b>  | <b>20,90€</b> |
| Naco de picanha, molho chimichurri, arroz & feijão preto<br>Rump steak, chimichurri sauce, rice & black beans  |               |
| <b>FRALDINHA USA   USA SIRLOIN STEAK</b>   | <b>24,90€</b> |
| Naco de fraldinha USA, batata frita<br>Sirloin steak USA, french fries   |               |
| <b>SALMÃO GRELHADO   GRILLED SALMON</b>  | <b>18,90€</b> |
| Legumes assados, puré de batata doce, aioli de coentros, maracujá<br>Roasted vegetables, sweet potato purée, coriander aioli, passion fruit                        |               |
| <b>BACALHAU À BRÁS   CODFISH 'À BRÁS'</b>  | <b>16,90€</b> |
| Cebolada, bacalhau lascado, gema BT, pó de azeitona, azeite verde<br>Onions, chipped codfish, BT yolk, olive powder, green olive oil                               |               |
| <b>RISOTO NERO DE CAMARÃO   BLACK TIGER PRAWN RISOTTO</b>  | <b>26,90€</b> |
| Risoto negro, camarão tigre, maionese de gengibre<br>Black risotto, tiger prawns, ginger mayonnaise  |               |
| <b>RISOTO DE COGUMELOS   MUSHROOM RISOTTO</b>  | <b>16,90€</b> |
| Mix de cogumelos selvagens, espuma de parmesão e trufa<br>Wild mushroom mix, parmesan and truffle foam   |               |



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## SOBREMESAS

|   |       |
|---|-------|
| PETIT GATEAU  | 7,90€ |
| Chocolate branco, gelado de lima<br>White chocolate, lime ice cream   |       |
| PANQUECA PASTEL DE NATA   PASTEL DE NATA<br>PANCAKE   | 8,90€ |
| Inspirada numa delícia portuguesa, o pastel de nata. Alta, fofa e crocante<br>Inspired by a Portuguese delicacy, the pastel de nata. Tall, fluffy and crunchy |       |
| CHOCOLATE BROWNIE   | 7,90€ |
| Brownie 70% cacau, gelado de baunilha<br>Brownie 70% cocoa, vanilla ice cream   |       |
| CHEESECAKE  | 6,90€ |
| Morango ou maracujá<br>Strawberry or passion fruit  |       |
| CARPACCIO DE ANANÁS   PINEAPPLE CARPACCIO   | 5,90€ |
| Gelado de lima<br>Lime ice cream  |       |

## EXTRAS

|   |       |
|---|-------|
| CARNE HAMBURGUER   BEEF PATTY                   | 4,00€ |
| SALMÃO MARINADO 100G  <br>MARINATED SALMON 100G | 4,00€ |
| SALMÃO FUMADO   SMOKED SALMON                   | 4,00€ |
| ARROZ BASMATTI   BASMATI RICE                   | 2,90€ |
| SALADA VERDE   GREEN SALAD                      | 3,00€ |
| CROISSANT   CROISSANT                           | 2,00€ |
| FATIA DE PÃO   BREAD SLICE                      | 1,00€ |