

## MENU

### COUVERT

Organic artisanal bread trio made in a wood-fired oven with sourdough, sun-drenched with seeds, wheat, spelt, and oat bread. Flavored butters, farm-grown vegetables, Green Romesco sauce.

Organic convent olives. 8€

### STARTERS

Pea veloute with goat cheese labneh and parsley oil 8€

Sweet corn soup with tiger shrimp tempura, corn shishimi 13€

Crispy panisses with smoked eggplant dip and Parmesan 6€

Silken tofu with spicy soy dressing 9€

Homemade pitta with green romesco, grilled asparagus and Convent's fresh vegetables, and feta 8€

Beetroot kofta with a pistachio crust, garden beet delight, and raita 8€

Accra with octopus, saffron aioli and octopus salad 10€

Exquisite or noble beef tartare with a caress of soy and ginger, golden duck treasure and onions marinated in port wine 16€

#### Prices include current VAT rate

In case of allergies, please inform the staff / In case of a shortage of any ingredient it will be replaced by an equivalent



# convent bio

### MENU

### MAIN COURSES

Creamy Mushroom Forest with celery crunch and seasonal freshness 16€

Teriyaki aubergine with grilled vegetables salad and crumbled feta 16€

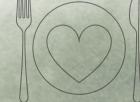
Grilled sea bass fillet with tiger shrimp sauce reduction, served with pea purée and seafood bisque 26€

Tiger prawns Kalonji Jhinga with roasted sweet potato and pesto 41€

Beef fillet with potato rosti, glazed baby carrots, Porto sauce 32€

Silky tofu with soy elixir, flavor garden, and crispy panisse 18€

Chicken kebab with organic wrap, smoked eggplant aroma, feta, and delights from the land and fields 22€



This establishment has a Complaints Book.



### DESSERTS

Vegan coconut mousse with passion fruit and pineapple 8€

Dark chocolate cheesecake with hazelnut and fresh berries 8€

Pear and chocolate cake with vanilla ice cream 8€

Flambéed pancakes with organic Algarve medronho, oranges, and caramel 10€

### LIQUEURS AND DIGESTIFS

Port Wine 3€

Medronho (Arbutus Berry Brandy) 3€

Fig Brandy <mark>3€</mark>



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## DRINKS

### **CAFETERIA**

Infusion of the day 1,20€

Tea1,50€

Coffee / Decaffeinated 1,20€

Small coffee with milk 1,20€

Long black coffee 1,70€

Coffee with milk 1,90€

Cappuccino 2,20€

Portuguese milk coffee 2,00€

Hot chocolate 2,50€

Plant-based drink (extra) 0,30€

### **JUICES**

Juice of the day 3,00€

Apple 3,00€

Apple / Pear 3,00€

Apple / Carrot 3,00€

Apple / Ginger 3,00€

Apple / Beetroot 3,00€

Pineapple 3,00€

Fresh Orange Juice 3,50€

Natural Lemonade 3,00€

### **SMOOTHIE**

Smoothie of the day 3,90€
Beet Blend 4,00€
Fig Vanilla 4,00€
Power Granade 4,00€
Morning Glory 4,00€
Natural Smoothie 4,50€
Jungle fruits 4,00€

### **BEER**

Non-alcoholic Beer 50cl 5,00€

Marafada Beer 25cl 3,50€

Marafada Beer 40cl 5,00€

Marafada Dark Beer 25cl 3,50€

Marafada Dark Beer 40cl 5,00€

Gluten-Free Beer 5,00€

### WATERS

Still water 33cl 1,75€

Sparkling water 33cl 2,00€

Still water 75cl 3,00€

Sparkling water 75cl 3,50€

Coconut water 3,00€

### LIQUEURS / SPIRITS

Fig Brandy 3,00€
Medronho 3,00€
Apple Brandy 3,00€
Vodka 3,00€
Gin 3,00€
Port Wine 3,00€
Gin and Tonic 10,00€

### **SODA**

Why Not 3,00€ Kombucha 3,00€ Vegan Coca-cola 2,50€





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