



# ALLOW

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## MENU





### SNACKS




## COUVERT







**Pão, Manteiga e azeitonas 2.50€**    
Bread, butter and olives

## SANDWICHES TOSTAS





**CHICKEN SANDWICH / TOSTA DE FRANGO 8.40€**     
(Frango, queijo, alface, pickles, cebola e maionese)  
(Chicken, cheese, lettuce, pickles, onion and mayonnaise)




**TUNA SANDWICH / TOSTA DE ATUM 8.90€**      
(Atum, queijo, cebola, milho e maionese)  
(Tuna, cheese, onion, corn and mayonnaise)



**GOLDEN SANDWICH / TOSTA GOLD 10.90€**     
(Carne de vaca, cebola caramelizada, queijo e molho especial gold na cobertura)  
(Beef, caramelized onions, cheese and special golden topping sauce)





**XXL CLUB SANDWICH 10.90€**        
(Peito de frango, tomate, bacon de peru, queijo, alface, maionese e ketchup)  
(Chicken, tomato, turkey bacon, cheese, lettuce, mayonnaise and ketchup)









## HAMBURGERS HAMBÚRGUERES



**BEEF BURGUER / HAMBURGUER 9.50€**      
(Carne de vaca, queijo, alface, tomate, cebola e maionese)  
(Beef, cheese, lettuce, tomato, onion and mayonnaise)

**CHICKEN BURGUER / HAMBURGUER DE FRANGO 9.40€**     
(Frango, queijo, alface, tomate e maionese)  
(Chicken, cheese, lettuce, tomato and mayonnaise)

**GOLDEN BURGUER 9.90€**    
(Carne de vaca, queijo, alface, tomate e cebola e molho especial gold)  
(Beef, cheese, lettuce, tomato and onion and special golden sauce)

**VEGGIE BURGUER/ HAMBURGUER VEGETARIANO 8.90€**      
(Hambúrguer de vegetais, queijo, alface, cebola, tomate e maionese)  
(Veggies burger, cheese, lettuce, onion, tomato and mayonnaise)

**XXL BURGUER 12.90€**          
(Carne de vaca, queijo, ovo frito, bacon de peru, alface, tomate, cebola e maionese de alho)  
(Beef, cheese, fried egg, turkey bacon, lettuce, tomato, onion and garlic mayonnaise)

**KIDS BURGUER / HAMBURGUER CRIANÇAS 6.90€**    
(Hambúrguer de vaca, queijo e ketchup)  
(Beef burger, cheese and ketchup)

Sandwiches & Burguers served w/ chips • Sandes e Hamburgueres servidos com batatas fritas  
Fried sweet potato - Batata doce frita +2€

## MAIN DISHES PRATOS PRINCIPAIS

### CHICKEN STEAK

BITOQUE DE FRANGO 10.90€

(Bife de frango com arroz, ovo, batatas fritas e salada)  
(Chicken steak with rice, egg, french fries and salad)

### BEEF SIRLOIN STEAK

BITOQUE DA VAZIA 13.90€

(Bife de vazia com arroz, ovo, batatas fritas e salada)  
(Beef sirloin steak with rice, egg, french fries and salad)

### PICA PAU COM BATATAS FRITAS

10.90€

(Beef loin strips, pickles and fries)

### FISH & CHIPS

10.90€

FILETE DE ROBALO COM LEGUMES

SEABASS FILLET WITH VEGETABLES 12.90€

(Robalo com batatas e vinagrete de pimentos e cebola roxa)  
(Sea bass, potatoes with pepper and red onion vinaigrette)

### LINGUINE NERO

12.90€

(com camarão, mozzarella fresca e tomates secos)

(with shrimp, fresh mozzarella and dry tomatoes)

### RISOTTO DE CAMARÃO

SHRIMP RISOTTO 14.50€

BACALHAU EM CAMA DE LEGUMES

CODFISH ON A VEGETABLES STACK 14.90€

### RAVIOLI DE ESPINAFRES

SPINACH RAVIOLI 14.90€

## SALADS SALADAS

### SALADA CAPRESE • CAPRESE SALAD 8.40€

(Tomate cherry, mozzarella fresca, majericão e molho pesto)  
(Cherry tomatoes, fresh mozzarella, basil and pesto sauce)

### SALADA DE GRÃO • CHICKPEAS SALAD 8.90€

(Grão, quinoa, cajú, tomate, manga, abacate e sementes sésamo)  
(Chickpea, quinoa, cashew, tomato, mango, avocado and sesame seeds)

### SALADA DE CAMARÃO • SHRIMP SALAD 9.90€

(salada ibérica, tomate cherry, camarão, pepino, abacaxi, cebola e molho de mostarda e mel)  
(Iberian salad, cherry tomatoes, shrimp, cucumber, pineapple, onion and mustard and honey sauce)

### CAESAR SALAD • SALADA CAESAR 10.90€

(Frango, salada ibérica, tomate cherry, croutons e parmesão)  
(Chicken, Iberian salad, cherry tomatoes, croutons and parmesan)

### SALADA DE SALMÃO • SALMON SALAD 15.90€

(salada ibérica, tomate cherry, pepino, laranja, salmão fumado e molho de iogurte)  
(Iberian salad, cherry tomatoes, cucumber, orange, smoked salmon and yogurt sauce)

## DESSERTS SOBREMESAS

### WHITE CHOCOLATE CHEESECAKE

WITH BERRIES

CHEESECAKE DE CHOCOLATE BRANCO  
COM FRUTOS SILVESTRES 4.40€

TIRAMISU 3.90€

CRÈME BRULÉE 3.90€

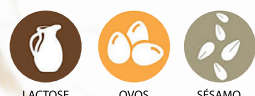
CARPACCIO DE ANANÁS 2.90€

FRUIT SALAD

SALADA DE FRUTA 2.50€

ICE CREAM • GELADO

2.5€ 1 BOLA - 4€ 2 BOLAS - 5.50€ 3 BOLAS



## COMPLETE YOUR MENU COMPLETE O MENU

+ drink + dessert  
+ bebida + sobremesa

+5€

## DRINKS BEBIDAS

ICE TEA 2.20€

PEPSI 2.20€

PEPSI MAX 2.20€

7UP 2.20€

COMPAL 2.20€

REDBULL 3.5€

GINGER ALE 2.20€

ÁGUA/WATER 0.5L 2.0€

ÁGUA/WATER 0.7L 2.5€

ÁGUAS DAS PEDRAS / SPARKLING WATER 2.5€

SUMO DE LARANJA NATURAL / NATURAL ORANGE JUICE 3.0€

UCAL / CHOCOLATE MILK 2.5€

### MOCKTAILS (NO ALCOHOL)

MOJITO 3.00€

PEPINO/CUCUMBER 3.00€

MORANGO/STRAWBERRY 3.00€

SANGRIA (1 LITRO) 14.90€

### MILKSHAKES

MORANGO / STRAWBERRY 5.50€

BANANA 5.50€

CHOCOLATE 5.50€

### OUTRAS BEBIDAS / OTHER DRINKS

CAFÉ / EXPRESSO COFFEE 1.00€

AMERICANO 2.00€

CAPPUCCINO 2.50€

CHOCOLATE QUENTE / HOT CHOCOLATE 2.50€

FRAPUCCINO 3.00€

DESCAFEINADO / DECAF 1.00€

CHÁ / TEA 2.00€



(+351) 308 801 020  
reservas@meraprimehotels.com

Rua Áurea 52, 1100-063 Lisboa  
www.meraprimehotels.com

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