

















ALLERGEN INFORMATION LIST

PRODUCT	INGREDIENTS	GLUTEN	CRUSTA-CEANS	EGGS	FISH	PEA-NUTS	SOY- BEANS	MILK	TREE NUTS	CELERY	MUS- TARD	SESAME SEEDS	SULPHUR- DIOXIDE AND SUL- PHITES +1.0 mg/100g	LUPINS	MOL- LUSKS
															
Couvent Sourdough bread selection	Flour, water, salt	+													
Couvent Sheep's butter	Sheep's butter							+					+		
Couvent Poultry pâté with mushrooms	Chicken breast and giblets, mushrooms (shiitake, chestnut, Portobello, pleurotus), cream, eggs, port wine, brandy, garlic, bay leaf			+				+					+		
Beef tartare with brioche bread	Beef, mayonnaise, hazelnut oil, lemon juice, brioche bread, parmesan, chives, truffle paste	+		+				+	+						
Duck croquettes with honey, rosemary and orange sauce	Duck, onion, carrot, leek, bacon, red wine, pork lard, orange, paprika paste, bay leaf, black pepper, garlic, cream, honey, rosemary, flour, panko	+		+				+					+		
Prawns with garlic and coriander	Shrimp, garlic, coriander, onion, peppers, carrot, celery, brandy, white wine, butter, lemon juice, black pepper, cornstarch		+					+		+			+		
Grilled cod with pennroyal and smoked Trás-os-Montes chorizo	Codfish, cornbread, peppers, onion, black pork chorizo, garlic, bay leaf, pennroyal, white wine, pork neck	+			+								+		
Sautéed mushrooms with white sauce and truffle oil	Mushrooms (shiitake, Portobello, chestnut, pleurotus), garlic, white wine, cream, truffle paste							+					+		
Smoked beetroot salad with gratinated goat cheese, fried capers and orange	Rocket, beetroot, chèvre cheese, orange, olive oil, vinegar, mustard, capers							+			+		+		
Scallops with smoked cauliflower purée, chanterelles mushrooms and coriander oil	Scallops, cauliflower, chanterelles, oil, coriander, cream, butter, crispy cuttlefish							+							+
Seafood rice "malandrinho" style	Shrimp, scarlet prawn (carabineiro), mussels, squid, garlic, coriander, onion, peppers, carrot, celery, brandy, white wine, lemon juice, black pepper		+							+			+		+
Grilled octopus with garlic purée, cuttlefish ink and Hollandaise sauce with La Vera paprika	Octopus, garlic, bay leaf, sweet paprika, white wine, onion, olive oil, egg yolk, lemon juice, La Vera paprika, purslane	+		+				+					+		+
Fried codfish with Galician olives, red onion chutney, parsley mayo, carrot purée and miso	Codfish, tempura, olives, garlic, onion, carrot, mayonnaise, miso, butter	+		+	+		+	+			+				
Roasted sea bass with cockle rice and coriander oil	Sea bass, cockles, olive oil, garlic, coriander, rice, white wine				+								+		+
Seared monkfish loin with curry and cocoa sauce	Monkfish, rice, cocoa, pak choi, coconut, curry				+										
Braised pork cheeks in red wine and balsamic vinegar, alheira purée and sautéed turnip greens	Pork cheek, onion, carrot, tomato, leek, red wine, balsamic vinegar, potato, garlic, butter, milk, turnip greens							+					+		
Capítulo-style beef steak with fried egg	Beef, egg, potato, butter, mustard, garlic, bay leaf			+				+			+				
Smoked duck rice baked in a wood oven	Duck, onion, carrot, leek, bacon, red wine, pork lard, paprika paste, bay leaf, black pepper, garlic, rice, pork neck (paio cacheço), orange, port wine												+		
Slow-roasted pork belly with sautéed pak choi and spicy popcorn	Pork belly, pork fat, black pepper, bay leaf, garlic, orange, pak choi, popcorn, togarashi, sugar, Japanese mayonnaise, Thai bread	+		+							+	+			
Braised goat with offal, black pudding rice and mint	Kid goat, pork lard, black pepper, bay leaf, garlic, blood sausage, rice blood sausage, onion, cloves, mint, rice, baby carrot	+											+		
Creamy beetroot rice with spinach and balsamic reduction	Rice, beetroot, spinach, balsamic, butter						+						+		
Grilled pleurotus mushrooms with caramelised miso, fried soybeans, Thai rice scented with ginger and teriyaki sauce	Pleurotus mushrooms, rice, miso, soy, sugar, white wine, ginger, chili, edamame						+						+		
Grilled savoy cabbage stuffed with chanterelles, creamy potato and Alfredo sauce	Savoy cabbage, chanterelles, butter, potato, cream, black pepper							+							
Crème brûlée cheesecake, paired with sour cherry ice cream and fleur de sel	Egg, cream cheese, sugar, vanilla, cream, flour, sour cherry liqueur	+		+				+							
Caramelised French toast with custard cream and Port wine	Brioche bread, egg, milk, port wine, cinnamon, puff pastry, butter	+		+				+					+		
Capítulo cookie with vanilla chantilly, orange zest and coffee salted caramel	Maria biscuit, egg, flour, sugar, orange, cream, coffee, butter	+		+				+							
Almond pillow in filo pastry with cinnamon ice cream	Sugar, almond, filo pastry, butter, flour, egg, milk, cinnamon ice cream	+		+				+	+						

Notes:
+ Contains,
* seasonal products,

Despite the information in the table above, since our facilities do not have separate and exclusive production lines to prevent cross-contamination, all preparations may contain traces of **Gluten, Crustaceans, Eggs, Fish, Peanuts, Soy, Milk, Tree Nuts, Celery, Mustard, Sesame Seeds, Sulphur Dioxide and Sulphites, Lupins, and Mollusks.**