



## ALLERGEN INFORMATION LIST

PRODUCT	INGREDIENTS	GLUTEN	CRUSTACEANS	Eggs	FISH	PEA-NUTS	SOY-BEANS	MILK	TREE NUTS	CELERY	MUSTARD	SESAME SEEDS	SULPHUR-DIOXIDE AND SULPHITES (>10 MG/KG*)	LUPINS	MOL-LUSKS
Couvert Sourdough bread selection	Flour, water, salt	+													
Couvert Sheep's butter	<b>Sheep's butter</b>							+						+	
Couvert Poultry pâté with mushrooms	Chicken breast and giblets, mushrooms (shiitake, chestnut, Portobello, pleurotus), <b>cream, eggs, port wine, brandy, garlic, bay leaf</b>			+				+						+	
Beef tartare with brioche bread	Beef, <b>mayonnaise, hazelnut oil, lemon juice, brioche bread, parmesan</b> , chives, truffle paste	+		+				+	+						
Duck croquettes with honey, rosemary and orange sauce	Duck, onion, carrot, leek, bacon, <b>red wine, pork lard, orange, paprika paste, bay leaf, black pepper, garlic, cream, honey, rosemary, flour, panko</b>	+		+				+						+	
Prawns with garlic and coriander	<b>Shrimp, garlic, coriander, onion, peppers, carrot, celery, brandy, white wine, butter, lemon juice, black pepper, cornstarch</b>		+					+		+				+	
Grilled cod with pennyroyal and smoked Trás-os-Montes chorizo	<b>Codfish, cornbread, peppers, onion, black pork chorizo, garlic, bay leaf, pennyroyal, white wine, pork neck</b>	+			+									+	
Sautéed mushrooms with white sauce and truffle oil	Mushrooms (shiitake, Portobello, chestnut, pleurotus), garlic, white wine, <b>cream, truffle paste</b>							+						+	
Smoked beetroot salad with gratinated goat cheese, fried capers and orange	Rocket, beetroot, <b>chèvre cheese, orange, olive oil, vinegar, mustard, capers</b>							+						+	
Scallops with smoked cauliflower purée, chante-relles mushrooms and coriander oil	<b>Scallops, cauliflower, chante-relles, oil, coriander, cream, butter, crispy cuttlefish</b>							+							+
Seafood rice "malandrinho" style	<b>Shrimp, scarlet prawn (carrabineiro), mussels, squid, garlic, coriander, onion, peppers, carrot, celery, brandy, white wine, lemon juice, black pepper</b>	+												+	+
Grilled octopus with garlic purée, cuttlefish ink and Hollandaise sauce with La Vera paprika	Octopus, garlic, bay leaf, sweet paprika, <b>white wine, onion, olive oil, egg yolk, lemon juice, La Vera paprika, purslane</b>	+		+				+						+	+
Fried codfish with Galician olives, red onion chutney, parsley mayo, carrot purée and miso	<b>Codfish, tempura, olives, garlic, onion, carrot, mayonnaise, miso, butter</b>	+		+	+		+	+	+						
Roasted sea bass with cockle rice and coriander oil	<b>Sea bass, cockles, olive oil, garlic, coriander, rice, white wine</b>							+						+	+
Seared monkfish loin with curry and cocoa sauce	<b>Monkfish, rice, cocoa, pak choi, coconut, curry</b>							+							
Braised pork cheeks in red wine and balsamic vinegar, alheira purée and sautéed turnip greens	Pork cheek, onion, carrot, tomato, leek, <b>red wine, balsamic vinegar, potato, garlic, butter, milk, turnip greens</b>								+					+	
Capitulo-style beef steak with fried egg	<b>Beef, egg, potato, butter, mustard, garlic, bay leaf</b>			+					+					+	
Smoked duck rice baked in a wood oven	Duck, onion, carrot, leek, bacon, <b>red wine, pork lard, paprika paste, bay leaf, black pepper, garlic, rice, pork neck (paio cachorro), orange, port wine</b>														+
Slow-roasted pork belly with sautéed pak choi and spicy popcorn	Pork belly, pork fat, black pepper, bay leaf, garlic, orange, pak choi, popcorn, <b>togarashi, sugar, Japanese mayonnaise, Thai bread</b>	+		+										+	+
Braised goat with offal, black pudding rice and mint	Kid goat, pork lard, black pepper, bay leaf, garlic, <b>blood sausage, rice blood sausage, onion, cloves, mint, rice, baby cannot</b>	+													+
Creamy beetroot rice with spinach and balsamic reduction	Rice, beetroot, spinach, <b>balsamic, butter</b>							+							+
Grilled pleurotus mushrooms with caramelised miso, fried soybeans, Thai rice scented with ginger and teriyaki sauce	Pleurotus mushrooms, rice, <b>miso, soy, sugar, white wine, ginger, chili, edamame</b>							+						+	
Grilled savoy cabbage stuffed with chanterelles, creamy potato and Alfredo sauce	Savoy cabbage, chanterelles, <b>butter, potato, cream, black pepper</b>								+						
Crème brûlée cheesecake, paired with sour cherry ice cream and fleur de sel	<b>Egg, cream cheese, sugar, vanilla, cream, flour, sour cherry liqueur</b>	+		+					+						
Caramelised French toast with custard cream and Port wine	<b>Brioche bread, egg, milk, port wine, cinnamon, puff pastry, butter</b>	+		+					+						+
Capitulo cookie with vanilla chantilly, orange zest and coffee salted caramel	<b>Maria biscuit, egg, flour, sugar, orange, cream, coffee, butter</b>	+		+					+						
Almond pillow in filo pastry with cinnamon ice cream	Sugar, <b>almond, filo pastry, butter, flour, egg, milk, cinnamon ice cream</b>	+		+					+	+					

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**.