



Porto Covo
PRAIA HOTEL & SPA
★ ★ ★ ★

www.portocovopraiahotelspa.pt

SLOW/SEA

restaurante

SLOW SEA'S KITCHEN VALUES THE LOCAL AND SEASONAL PRODUCTS, FISH, MEAT AND REGIONAL VEGETABLES, AND THE GASTRONOMIC TRADITION FROM THE ALENTEJO COAST. LET YOURSELF BE TAKEN ON A JOURNEY OF FLAVOURS AND ENJOY THE BEST THAT PORTO COVO HAS TO OFFER.

SLOW SEA

TO START YOUR APETITE... (p/person) PVP

Our bread selection	1.50€
Artisanal butters, Alentejo olive oil, olive tapenade	3.25€

A LITTLE BIT OF COZINESS

Cream of vegetable soup from our garden	4.50€
Cream of tomato soup with presunto ham	6.50€
Fish soup from the coast with a hint of mint	9.50€

THE BEGINNING OF A GASTRONOMIC JOURNEY

Grilled Portuguese game sausage with leek and dehydrated grapefruit	7.00€
Fresh mozzarella, cherry tomato and toasted almond salad	8.50€
Codfish cakes with mountain cheese	8.50€
Wild shrimp à Slow Sea	17.00€

FROM COAST TO PLATE

Tagliatelle with shrimp, mussels, cherry tomatoes and parmesan shavings	21.00€
Grouper pasta with shrimp and coriander from the garden	25.00€
Norwegian cod loin with potatoes, egg and seasonal vegetables	25.00€
Meagre and asparagus risotto with coriander and lemon perfume	26.00€
Coast octopus with mashed sweet potatoes and vegetables	29.00€

OUR SELECTION OF MEATS PVP

Chicken medallions with tagliatelle and seasonal vegetables	17.00€
Duck risotto with regional sausages and orange perfume	19.50€
Black pork with asparagus, migas and corn	24.00€
Wild boar stew, with bull chorizo	27.00€
Veal entrecote with french fries, pineapple and Padrón peppers	28.00€

FOR THE YOUNGEST

Grilled chicken steak with spaghetti	11.00€
Veal burger with rice, french fries and fried egg	14.00€
Salmon fillet with white rice	17.50€

OUR SPECIALTY with advance reservation (2 persons)

Sea bass in salt with smashed potatoes and sautéed vegetables	95.00€
Monkfish and prawn rice	65.00€

TO FINISH ON A HIGH NOTE!

Scoop of ice cream	4.00€
Sliced seasonal fruit	4.00€
Sliced tropical fruit	6.00€
Burnt crème brûlée and nuts	5.00€
Crispy rice pudding with vanilla ice cream	8.00€
Fig parfait with almond praline and orange syrup	8.00€
Dark chocolate coulant and Sicilian lemon ice cream	9.00€

VEGETARIAN/VEGAN

TO START YOUR APETITE WITH... (p/person) PVP

Our bread selection	1.50€
Artisanal butters, Alentejo olive oil, olive tapenade	3.25€

THE BEGINNING OF A GASTRONOMIC JOURNEY

Cream of Vegetable soup from our garden	4.50€
Cream of Tomato soup with egg	6.50€
Assorted grilled vegetables with rosemary	7.50€
Fresh mozzarella, cherry tomato and toasted almond salad	8.50€
Sautéed mushrooms with green asparagus and Truffle olive oil	10.50€

THE BEST THAT OUR LAND HAS TO OFFER US

Broken eggs with fresh mushrooms and french fries	14.50€
Sautéed tagliatelle with tomato and asparagus	15.50€
Wild mushroom and parmesan risotto	16.50€
Seitan steak, chickpea puree, mint and vegetables	17.50€

TO END ON A HIGH NOTE!

Sliced seasonal fruit	4.00€
Sliced tropical fruit	6.00€
Oatmeal pancake with mango and passion fruit ice cream	8.00€
Coconut pannacotta and pineapple ice cream	9.00€

- Prices with VAT included at the legal rate in force
- This property has a complaints book
- In case you have any food intolerance or allergies, please inform the employee before ordering
- Opening hours: [lunch] 12:30-15h [dinner] 7pm-10pm from October to April | 7:30 p.m.-10:30 p.m. from May to September
- Closed on Sunday and Monday