

ONDA

CALADA POOL



## algo fresco & petiscos something fresh & bites

### **Lírio curado, citrinos, algas, pickle de pimenta verde**

Cured amberjack, citrus, seaweed, green pepper pickle

FI

17

### **Tártaro de atum, melancia, crème fraîche, trigo sarraceno**

Tuna tartare, watermelon, crème fraîche, buckwheat

FI CE

16

### **Tártaro de vaca, pão de massa mãe, agrião**

Beef tartare, sourdough bread, watercress

GL EG

20

### **Tártaro de cenoura, coentros, algas, trigo sarraceno**

Carrot tartare, coriander, seaweed, buckwheat

S

12

### **Ostras da Ria Formosa, limão**

Oysters from Ria Formosa, lemon

CR

5 | UNI

### **Croquetes de amêijoia e berbigão, maionese de coentros, alho e limão**

Clam and cockle croquettes, coriander mayonnaise, garlic, lemon

GL EG CR MI S

9

### **Pastéis de grão, tahini de limão e coentros**

Chickpea fritters, lemon tahini, coriander

SE

7

### **Churros de bacalhau, romesco, sal de citrinos**

Cod churros, romesco, citrus salt

GL EG FI MI

8

### **Cascas de batata, salsa brava, maionese de alho negro**

Potato skins, salsa brava, black garlic mayonnaise

S EG M

6

### **O nosso pão**

House-made bread

GL MI

5 P.P.

## saladas & “no pão salads & handhelds

**Tomates marinados, manjeriço roxo, azeite biológico virgem extra, flor de sal**

Marinated tomatoes, purple basil, organic extra virgin olive oil, fleur de sel

S

12

**Salada de polvo grelhado, grão-de-bico, pimentos assados**

Grilled octopus salad, chickpeas, roasted peppers

S MO

17

**Salada russa, maionese de anchovas, malagueta em conserva**

Russian salad, anchovy mayonnaise, pickled chilli

EG FI M

11

**Salada de beterraba e laranja, vinagrete, pistácio**

Beetroot and orange salad, vinaigrette, pistachio

NU S M

15

**Salada de folhas verdes, funcho, maçã, noz, iogurte**

Green leaf salad, fennel, apple, walnut, yoghurt

S EG MI M SE NU

12

**Espetada de borrego, tomate, especiarias, iogurte**

Lamb skewer, tomato, spices, yoghurt

GL S MI

19

**Espetada de couve, miso, xarope de romã, pickles**

Cabbage skewer, miso, pomegranate syrup, pickles

GL S

15

**Cachorro de lavagante, salada de maçã e pepino**

Lobster hot dog, apple, cucumber salad

GL EG CR MI M

30

**Prego de atum, bolo do caco, mostarda, pickles**

Tuna steak, bolo do caco, mustard, pickles

M GL FI EG MI

20

**Aethos duplo smash burger, queijo de mistura, pickles**

Aethos double smash burger, mixed cheese, pickles

GL EG MI S M

25

**Chapata de frango piri-piri, molho tártaro, alface, tomate**

Piri-piri chicken ciabatta, tartare sauce, lettuce, tomato

GL S EG M

23

## sobremesas

### desserts

#### **Fruta fresca da época**

Seasonal fresh fruits

**8**

#### **Banana, caramelo**

Banana, caramel

MI

**10**

#### **Maracujá, cremoso de erva-príncipe, limão**

Passion fruit, lemongrass cream,

lemon

MI

**14**

#### **Gelados e sorbets**

Ice creams and sorbets

MI

**4**

## signature cocktails

<b>Sal Da Ericeira</b>	<b>18</b>
Aguardente DOC Lourinha, Salted Coconut, Dark Chocolate, Campari Lemon	
<b>Area Rosa</b>	<b>17</b>
Olmecca Reposado Tequila, Lime, Watermelon, Raspberry	
<b>Pear Le Jam</b>	<b>18</b>
Sharis Pear, Trigo Limpio Vodka, Lemon, Spiced Brown Sugar	
<b>Ameixa Spirit</b>	<b>18</b>
Trigo Limpio Vodka, Homemade Plum Liqueur, Citric Solution, Plum Bitters	

## spritz

<b>Onda Spritz</b>	<b>12</b>
Per Se, Sparkling Wine, Soda Water	
<b>Porto Tónico</b>	<b>11</b>
White Port , Tónico Water	
<b>Aperol Spritz</b>	<b>12</b>
Aperol, Sparkling Wine, Soda Water	
<b>Hugo Spritz</b>	<b>14</b>
Elderflower Liqueur, Sparkling Wine, Soda Water	
<b>Lillet Spritz</b>	<b>14</b>
Lillet Liqueur, Sparkling Wine, Soda Water	

Challenge our bartenders with any drink of your choice

## classic cocktails

<b>Negroni</b>	17
Carpano Rosso, MG Gin, Campari	
<b>Mojito</b>	15
Santissima Trinidad Rum, Mint, Lime	
<b>Margarita</b>	16
Olmecca Reposado Tequila, Cointreau, Lime	
<b>Espresso Martini</b>	16
Trigo Limpio Vodka, Coffee Liqueur, Espresso Shot	
<b>Paloma</b>	17
Olmecca Reposado, Lime, Grapefruit Soda	

## non-alcoholic signature

<b>Basilisco</b>	13
Tanqueray 0.0, Lime, Basil	
<b>Cliffs Martini</b>	13
Martini Floreale, Raspberry Cordial, Cinnamon, Lemon	
<b>Espresso Tonic</b>	12
Espresso Shot, Tonic Water	
<b>Solero</b>	12
Salted Coconut, Passion fruit, Lemon	

## something fresh

<b>Beet It</b>	8
Beetroot, Watermelon, Lemon	
<b>Wake Up Call</b>	7
Orange, Carrot, Ginger	
<b>Aethonic</b>	7
Homemade Isotonic	
<b>Go Nuts</b>	9.5
Banana, Peanut Butter, Oat Milk (Opt w/ Strawberry or Cold Brew)	

## bubbles

**Brut Nature** 12/45

Quinta do Poço do Lobo  
Bairrada, Portugal

**Pet Nat Rosé** 40

Almeida Garret  
Beira Interior, Portugal

**Blanc de Blancs** 17/85

Le Brun de Neuville  
Champagne, France

**Brut** 210

Ruinart  
Champagne, France

## white wine

**Céu na Terra** 60

Quinta de Santiago  
Vinos Verdes, Portugal

**Sauvignon Blanc** 42

Quinta do Piloto  
Península de Setúbal, Portugal

**Sauvignon Blanc** 15/70

Cloudy Bay  
New Zealand, Australia

**Chardonnay** 12/42

Lacrau  
Douro, Portugal

## rose wine

**Especial Edition** 13/55

Freixo  
Alentejo, Portugal

**Manoella** 45

Wine & Soul  
Douro, Portugal

**Whispering Angel** 75

Chateau d'Esclans  
Côtes de Provence, France

## red wine

**Vale dos Enganos** 60

Quinta de S. Bernardo  
Douro, Portugal

**Freshco** 12/45

Howard's Folly  
Alentejo, Portugal

**Sonhador** 45

Howard's Folly  
Alentejo, Portugal

**Tinto Atlantico** 15/70

AdegaMãe  
Lisboa, Portugal

## beer & cider

<b>Draft Sagres 0.25</b> alc. vol. 5%	4
<b>Draft Sagres 0.5</b> alc. vol. 5%	6
<b>Sagres 0.33</b> alc. vol. 5%	5
<b>Rafeira IPA</b> alc. vol. 5.5%	8
<b>Hobsin Blonde Ale</b> alc. vol. 5%	6
<b>Sagres 0.0</b> alc. vol 0.0%	5
<b>Bandida do Pomar Cider</b> alc. vol 4.5%	5.5
<b>Ummi Kombucha Ginger Lemon</b> alc. vol 6%	9
<b>Ummi Kombucha Hibiscus Berry</b> alc. vol 6%	9

## soft drinks

<b>Coca-Cola</b> Original, Zero	5
<b>Le Tribute Tonic</b>	6.5
<b>Le Tribute Ginger Ale</b>	6.5
<b>Le Tribute Ginger Beer</b>	6.5
<b>Le Tribute Grapefruit Soda</b>	6.5
<b>Why Not Soda Lemon&amp;Mate</b>	6
<b>Why Not Soda Peach Ginger</b>	6
<b>Why Not Soda Raspberry&amp;Thyme</b>	6
<b>Mai Kombucha</b>	8
<b>Still Water 1L</b>	5
<b>Sparkling Water 0.75L</b>	5.5
<b>Agua NEA Still 0.33L</b>	4
<b>Agua NEA Sparkling 0.33L</b>	4

## coffee

Americano	5
Espresso	4
Espresso Machiatto	4
Double Espresso	5
Cappuccino	6
Flat White	6
Latte Machiatto	7
Chai Latte	8
Matcha Latte	7
Berry Matcha Latte	9
House Cold Brew	8

## Adaptogenic

London Notropic	8
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## tea & infusion

English Breakfast	8
Earl Grey	8
Darjeeling	8
Green Tea	8
White Tea	8
Black Tea	8
Relaxing Infusion	8
Mild Infusion	8
Citric Infusion	8
Rooibos	8
Purple Infusion	8
Mint Infusion	8

**Preços com IVA incluído à taxa legal em vigor. Todos os preços estão apresentados em €. Para informações sobre alergénios, por favor, consulte os nossos colaboradores antes de fazer o seu pedido. Nenhum prato, produto alimentar ou bebida, incluindo o couvert, pode ser cobrado se não for solicitado pelo cliente ou se for inutilizado.**

Prices include VAT at the current legal rate. All prices are listed in €. For allergen information, please consult our staff before placing your order. No dish, food item, or drink, including the couvert, may be charged if not requested by the customer or if rendered unusable by them.

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the sea.