

PREGO – A TASTE OF PORTUGUESE TRADITION

The story goes that the prego sandwich began in the coastal taverns of Portugal, where a tavern owner wanted to serve up something quick, hearty, and satisfying for the locals and travelers alike. With just a tender steak and fresh, crusty bread, he crafted a simple yet flavorful sandwich that instantly won hearts.

It became a favorite among sailors, who found it a perfect last meal on land before setting out to sea, and among workers who loved its no-fuss appeal. Over time, the humble prego became a symbol of Portuguese comfort food, capturing the essence of local tradition in its delicious simplicity.

Prego – in Portuguese, prego means “nail”



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STARTERS

Mixes Board for 2 (2 Drinks Included) / Tábua de Mistura para 2 (2 bebidas incluídas)	€ 34
Mini board / Mini Tabúa	€ 15
House prawns / Gambas a Casa	€ 14
Roasted Sausage / Chouriço Assado	€ 12
Codfish Cake / Pastel de Bacalhau	€ 2.50
House meat cake / Pastel de carne a casa	€ 2.50
Local Cheese / Queijo Local	€ 5
Gratin cheese / Queijo Gratinado	€ 7
Bread / Pão	€ 2
Olives / Azeitonas	€ 2.50
Butter / Manteiga	€ 1.50



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MEAT DISHES

Prego no Pão

Beef 10€ / Pork 9€ / Picanha 12.5€

A classic Sintra meat sandwich with delicious sauce served with chips or a side salad.



Hambúrguer Clássico

Juicy beef, melted mozzarella, fresh tomato, and crisp lettuce, served with a side of golden chips

12.5€

Prego no Prato

A simply grilled steak, lightly seasoned, served with crispy fries and a fresh salad for a balanced and satisfying meal.

16€



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Lombinhos de Porco

A simply grilled steak, lightly seasoned, served with crispy fries and a fresh salad for a balanced and satisfying meal.

15€



Picanha no Prato

flame-grilled Picanha steak, served with fluffy white rice, hearty black beans, and your choice of crispy French fries or a refreshing green salad

18€



Costeletas na Tábua

Grilled pork chops served on a wooden board with white rice, black beans with chorizo, and Brazilian farofa. Perfect for two.

30€



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FISH DISHES

Bacalhau com Nata

Creamy baked cod in a rich, savory sauce—a Portuguese classic.

14,5€



Salmão Grelhado

Perfectly grilled salmon served with tender potatoes and juicy cherry tomatoes

18€



Arroz Do Mar

A rich seafood rice with plump shrimp, slow-cooked in a flavorful broth with fresh herbs and spices, perfect to share

14€



Bacalhau à Brás

Shredded cod with onions, crispy potatoes, and eggs, topped with parsley and olives.

14€



Bacalhau a Lagareiro

Cod topped with presunto, served with roasted potatoes, sweet peppers, cherry tomatoes, and onions

18€



Polvo a Lagareiro

Tender octopus drizzled with olive oil, served with golden potatoes, cherry tomatoes, and a hint of onion.

18€



Pasta a Sinta

Shrimp pasta in a creamy nata sauce with fresh vegetables

18€



Bacalhau a Fresco

Fresh cod served with tender potatoes and cherry tomatoes, simply seasoned for a light, flavorful taste

25€



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VEGAN & VEGITARIAN



Vegan Lasagna

Layers of pasta, seasonal vegetables, and a savory tomato sauce, topped with a creamy dairy-free cheese, baked until golden.

14€

Vegetarian Lasagna

Layers of pasta with a rich blend of fresh vegetables, tomatoes, and creamy cheese, baked to perfection.

12.5€



Vegetarian Burger

Served with potato chips and a side salad

12.5€



Vegetarian Pasta

14€

Pasta with creamy avocado, fresh vegetables, and a topping of melted cheese



Vegan Burger

Vegan Burger served with potato chips and a side salad

15€



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SALADS & TOASTS

Salada Mista

Mixed Salad with Cherry Tomatoes, Feta Cheese, Red Onions, Lettuce, Beets, and Soy Sprouts

14,5€



Tosta de Atum

Tuna Toast with Cheese, served with Chips or Salad

18€

Tosta Mista

Ham and Cheese Toastie with Tomato, served with Chips or Salad.

18€



Salada de Atum

14€

Salad with Tuna, Eggs, Lettuce, Cherry Tomatoes, and a hint of Soy Sauce



Tosta de Salmão

25€

Salmon Toast with Avocado and Cheese, served with Chips or Salad



Salada de Salmão

18€

Salad with Salmon, Red Onions, Avocado, Cherry Tomatoes, and Lettuce



Salada de Camarão

18€

Salad with Shrimp, Eggs, Red Onions, Cherry Tomatoes, Lettuce, and a hint of Soy Sauce



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DESSERTS



**Bolo de
Chocolate
com Gelado
6,5€**



**Doce da
casa com
Gelado
4,5€**



**Gelado com
Frutas
4,5€**



**Frutas da
Estação
4,5€**



DRINKS

WATER

- Still water 50cl - 2.5€
- Sparkling water 33cl - 2.3€
- Tonic water - 3.5€

SOFT DRINKS

- Coca Cola - 3€
- 7UP - 3€
- Guarana Antartica - 3€
- Ice Tea Peach / Lemon 3€

JUICE

- Compal Apple - 3.5€
- Compal mixed berry - 3.5€
- Orange Juice - 4.5€
- Lemonade - 4€

COFFE AND HOT DRINKS

- Espresso – 1.50€
- Portuguese Pingado – 1.70€
- Americano – 2.50€
- Double Espresso – 3.20€
- Cappuccino – 3.50€
- Hot Chocolate – 3.50€
- Lemon Carioca – 3.50€

DIGESTIFS

- Wine from Porto - 4.5€
- Moscatel de Setubal - 4.5€
- Shot of Ginja - 1€
- Liquer Beirão - 4.5€
- Whiskey - 7€
- Operol - 6€
- Gin Tonic - 8€

BEER

- Imperial - 3€
- Tulipa - 4.5€
- Caneca - 5.5€
- Alcohol free beer - 3.6€
- Sintra's Local Beer - 5.2€
- Artesanal Cider - 5.2€

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