

PRATOS

MAIN COURSE / PLAT PRINCIPAL

SAI COM:
sides / accompagnement

Salada Cocktail de Camarão (16€) 🍤🥗
shrimp fresh salad / salade fraîche de crevettes

Choco Frito (16€) 🍤
fried cuttlefish / seiche frite

Bife de Atum (18€) 🍤🥗
tuna steak / steak de thon

Pica Pau de Atum (16€) 🍲
tuna “pica pau” / “pica pau” de thon

Filetes de Sardinha (14€) 🥗🍷
sardine fillets / filets de sardine

Ovinhas Fritas com Açorda (18€) 🍲🥗
deep fried fish little roe with bread puré /
petits oeufs de poisson frits avec purée de pain

Sardinha Assada (14€) 🍷🥗
grilled sardines / sardines grillées

Ventresca de Atum (18€) 🍷🥗
tuna belly / ventrèche de thon

Carapau Assado (15€) 🍷🥗
grilled mackerel / maquereau grillés

Douradinha Grelhada (15€) 🍷🥗
grilled seabream / petit dourade grillée

Robalinho Grelhado (15€) 🍷🥗
grilled seabass / petit bar grillé

Salmão Grelhado (17€) 🍷🥗
grilled salmon / saumon grillé

Lulas Grelhadas (18€) 🍷🥗
grilled little squid / petit calamar grillé

Hambúrguer de Peixe no Bolo do Caco (11€) 🍤
fish burger / burger de poisson

Hambúguer de Marisco no Bolo do Caco (11€) 🍤
seafood burger / burger de fruits de mer

Hambúrguer de Polvo no Bolo do Caco (11€) 🍤
octopus burger / burger de poulpe

Fish&Chips (15€) 🍤

TACHOS

IN THE POT / DANS LE POT



Arroz de Lagosta & Gambas (59€)
lobster & prawns rice / riz de langouste et gambas

Arroz do Mar (48€)
tamboril, gambas e mexilhão
sea rice (monkfish, prawns and mussels) /
riz de mer (la lote, gambas et moules)

Caldeirada (39€)
fish stew / bouillabaise de poisson

Açorda de Gambas (35€)
shrimp breadsoup / soupe de pain de crevette

IVA INCLuíDO À TAXA VIGOR
TAX INCLUDED

NÃO É PEIXE

ITS NOT FISH / C’EST PAS POISSON

Croquetes de Espinafres 4un (8€)
spinach croquettes / croquettes au épinard

Salada Vegan (16€) 🍤🥗
vegan salad / salade vegeterien
tofu + amendoins (nuts) + vegetais (vegetables) + fusili

Hambúrguer de Novilho no Bolo do Caco (13€) 🍤
veal burger / burger de veau

Prego no Bolo do Caco (11€) 🍤
small steak in the bread / petit steak sur du pain

Prego no Prato Com Ovo a Cavalo (13€) 🍳🍤
small steak on the plate with fried egg /
petit steak sur l’assiette avec oeuf frit

Entrecôte na Grelha (28€) 🥗🍤
entrecot on the grill / entrecot sur le gril

EXTRAS

5€ BATATA FRITA
fries / frites

3€ ½ BATATA FRITA 🍤
½ fries/ ½ frites

3€ BATATA COZIDA 🍷
boiled potato / pommes de terre bouillies

5€ LEGUMES COZIDOS
steamed vegetables / légumes vapeur

3€ ARROZ BRANCO
white rice / riz blanche

3€ ARROZ DE TOMATE 🍲
tomato rice / riz de tomate

5€ AÇORDA 🍲
bread soup / soupe à pain

3€ SALADA MISTA 🥗
mix salad / salade mixte

3€ SALADA DE ALFACE
lettuce salad / salade de laitue

4€ SALADA DE TOMATE
tomato salad / salade de tomate

2€ MOLHO DE MANTEIGA
butter sauce / sauce au beurre

2€ MOLHO À ESPANHOLA
spanish sauce / sauce espagnole

1€ MAIONESE DE ALHO
garlic mayonnaise / mayonnaise à l’ail

1€ CAIXA TAKE AWAY
garlic mayonnaise / mayonnaise à l’ail

9€ TAXA DE ROLHA
corkage fee / droit de bouchon

1€/PAX TAXA DE BOLO ANIVERSÁRIO
own birthday cake fee / frais de vos propres
gâteau d’anniversaire

Qualquer acompanhamento que
não faça parte da composição
normal do prato será cobrado à parte.

Any side dish that is not part of the
normal dish will be charged separately.

Tout accompagnement ne faisant pas partie
du plat normal sera facturé séparément.

BEBIDAS

BEVERAGE / BOISSON

2€ ÁGUA PROFRESCO
house water / eau de la maison

2€ ÁGUA 0,5L
water / eau

3€ ÁGUA 1,5L
water / eau

2€ ÁGUA COM GÁS 0,20L
sparkling water / l’eau gazeuse

4€ ÁGUA COM GÁS 0,75L
sparkling water / l’eau gazeuse

2,60€ ÁGUA COM GÁS DE LIMÃO
lemon sparkling water / eau gazeuse du citron

3€ ÁGUA TÔNICA
tonic water / eau tonique

2,50€ ÁGUA DAS PEDRAS
“pedras” sparkling water / eau de “pedras”

2,60€ COCA COLA

2,60€ COCA COLA ZERO

2,60€ FANTA LARANJA
orange

2,60€ SUMOL ANANÁS
pineapple / ananas

2,60€ 7UP

2,60€ ICE TEA MANGA
mango / mangue

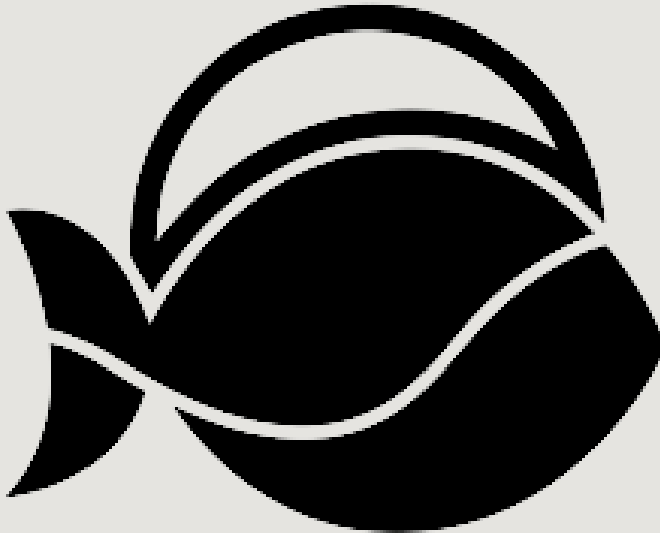
2,60€ ICE TEA LIMÃO
lemon / citron

2,60€ ICE TEA PÊSSEGO
peach / pêche

2€ COMPAL MAÇÃ
apple juice / jus de pomme

2€ COMPAL MANGA LARANJA
mango.orange juice / jus de mangue.orange

4€ SUMO LARANJA NATURAL
natural orange juice / jus d’orange naturel



WI-FI GRÁTIS

profresco_clientes
pass: profresco

O NOSSO CONCEITO

OUR CONCEPT / NOTRE CONCEPT

A PROFRESCO nasceu do mar e do trabalho em família. Cresceu entre colos, gelo e memórias de sabor. Hoje é restaurante, sem deixar de ser peixaria — onde o peixe e o marisco chegam frescos, ganham cor e vão à mesa. Com vista para as Berlengas, da nossa família para as vossas.

 PROFRESCO was born from the sea and built by family hands. It grew among hugs, ice, and memories of flavour. Today, it's a restaurant — but still a fish market at heart — where fresh fish and seafood meet the grill and head to your plate. With a view to the Berlengas, from our family to yours.

 PROFRESCO est né de la mer et a été bâti par une famille. Il a grandi au milieu des câlins, de la glace et des souvenirs de saveurs. Aujourd'hui, c'est un restaurant, mais toujours une poissonnerie, où poissons et fruits de mer frais croisent le grill et se retrouvent dans votre assiette. Avec vue sur les Berlengas, de notre famille à la vôtre.

Peixe-Grelhado

Grilled Fish

Poisson Grillé

Escolha o peixe **diretamente na nossa peixaria** e saboreie-o no nosso restaurante. Ao preço indicado, acresce uma taxa de **9€/kg** que inclui a sua confecção, batata (frita ou cozida) e salada.

NOTA: alguns peixes que já existem no menu, são vendidos à dose.

 Choose the fish from the fish counter and enjoy it with this wonderful ocean view. To the indicated price, there is a fee of €9/kg which includes its preparation, potatoes (fried or boiled) and salad.

NOTE: some fish that are already on the menu are sold by portion.

 Choisissez le poisson dans notre poissonnerie et profitez-en avec cette vue magnifique sur la mer. Au prix indiqué, il y a un forfait de 9€/kg qui comprend sa préparation, les pommes de terre (frites ou bouillies) et la salade.

NOTE: certains poissons déjà au menu, sont vendus à la portion.



SE TIVER ALGUMA ALERGIA AVISE O NOSSO STAFF. OS NOSSOS PRATOS PODEM CONTER OS SEGUINTES ALERGÉNEOS:

IF YOU HAVE ANY ALLERGIES PLEASE LET OUR STAFF KNOW. OUR DISHES MAY CONTAIN THE FOLLOWING ALLERGENS:

Si vous souffrez d'allergies, veuillez en informer notre personnel. Nos plats peuvent contenir les allergènes suivants.



Tábua de Marisco (85,00€)

Seafood Set

Plateau de Fruit de Mer

A nossa tábua é composta por uma variedade de mariscos, contendo frios e quentes. Ideal para duas pessoas.

COMPOSIÇÃO : (FRIOS) sapateira recheada, percebes, gambas, búzios, ostras, navalheira e lagosta pequena; (QUENTES) amêijoas à bulhão pato, mexilhão ao vapor e camarão frito.

Our amazing seafood set consists of a variety of seafood, containing both cold and hot. Ideal for two people.

COMPOSITION: (COLD) dressed crab, barnacles, prawns, whelks, oysters, crab and small lobster; (HOT) clams in garlic and olive oil, steamed mussel and fried shrimp.

Notre plateau se compose d'une variété de fruits de mer, contenant du froid et du chaud. Idéal pour deux personnes.

COMPOSITION : (FROID) tourteau farci, ponce pied, crevettes, bulots, huîtres, petit crabe et petit homard; (CHAUD) palourdes flambées à l'ail et l'huile d'olive, moules vapeur et crevettes frites.

COUVERT & ENTRADAS

APPETIZERS / ENTRÉES

Pão (3,00€)
bread / pain

Pão Torrado (4,00€)
toasted bread / pain grillé

Pão Torrado com Manteiga (4,50€)
toasted bread+butter / pain grillé+beurre

Azeitonas (2,00€)
olives / olives cheese

Manteiga (UN) (1,00€)
butter / beurre

Broa de Milho (3,50€)
corn bread / pain des maïs

Tostinhas (3,00€)
mini toasts / petit biscottes

Paté de Sapateira (4,00€)
crab paté / paté de tourteau

Paté de Surimi (4,00€)
surimi paté / pâté au surimi

Paté de Sardinha (4,00€)
sardine paté / pâté de sardine

Saladinha de Búzios (150g*) (8,00€)
whelks vinaigrette / vinaigrette de bulots

Saladinha de Ovas (200g*) (8,00€)
fish roe vinaigrette/ vinaigrette d'oeufs de morue

Saladinha de Polvo (200g*) (9,00€)
octopus vinaigrette / vinaigrette de poulpe

Ceviche de Peixe Branco (17,00€)
white fish ceviche / ceviche de poisson blanc

Croquetes de Lula com Tinta 5un (9,50€)
squid ink croquette/ Croquette à l'encre de seiche

Croquetes de Carabineiro 5un (8,00€)
Scarlet Prawn Croquette

SOPAS

SOUP / SOUPE

Sopa da Casa (7,00€)
Chef's soup / soupe du Chef
sopa de peixe + gambas + polvo + ovas + pão frito
fish soup + shrimp + octopus + roe + fried bread
soupe de poisson + crevettes + poulpe + œufs + pain frit

Sopa de Peixe (4,00€)
fish soup / soupe de poisson

Creme de Marisco (4,00€)
seafood soup / soupe des fruits de mer

Sopa de Legumes (3,00€)
vegetable soup / soupe de légumes



OSTRAS

oysters / huîtres

3€/un

PETISCOS

SEAFOOD & TID BITS / FRUITS DE MER & CASSE-CROÛTE

Sapateira Recheada (29€/kg)
dressed hardshell crab / tourteau farci

Santola Recheada (33€/kg)
dressed spider crab / araignée de mer farcie

Percebes Cozidos Grandes(200g*) (23€)
(115€/kg)
steamed big barnacles / poucespiéd grands

Percebes Cozidos Médios (200g*) (12€)
(59€/kg)
steamed barnacles / poucespiéd

Navalheiras (38€/kg)
small local crabs / petits crabes

Lagosta Pequena (55€/kg)
small lobster / petite langouste

Lagosta Nacional (125€/kg)
national rock lobster / langouste nationale

Lavagante (75€/kg)
blue lobster (with claws) / l'homard

Búzios Cozidos (200g*) (6€)
steamed whelks / bulots vapeur

Gamba Cozida (200g*) (9€)
steamed prawns / gamba vapeur

Camarão Crocante (12€)
crispy shrimp / crevettes croustillantes

Camarão à Chefe (25€)
Chef style's shrimp / crevettes façon du Chef

Gambas Bravas (25€)
"badass" prawns on the special mayo and potato / crevettes à la mayo spéciale et pommes de terre

Gambas ao Alho (19€)
garlic prawns / gambas à l'ail

Camarão Tigre Grelhado 2un (27,50€)
grilled tigers / crevettes tigrées grillées

Camarão da Costa (100g*) (9,50€)
small shrimp from the coast / petites crevettes de la côte

Amêijoas à Bulhão Pato (19€)
clams in garlic and olive oil / palourdes flambées à l'ail et l'huile d'olive

Mexilhão à Espanhola (11€)
spanish sauce mussels / moules à la sauce espagnole

Lapas na Chapa (15€)
grilled limpets / chapeux chinois grillés

Berbigão ao Natural (10€)
steamed cockles / coques vapeur

Mexilhão ao Vapor (10€)
steamed mussels / moules vapeur

Navalhas na Chapa (11€)
grilled razor clams / couteaux grillés

Chipirones (Lulinhas Fritas) (17€)
deep fried mini squid / mini calamars frites

P.V. = PREÇO VARIÁVEL / VARIABLE PRICE
*= PESO APROXIMADO / APPROX. WEIGHT

IVA INCLUIDO À TAXA VIGOR
TAX INCLUDED

Nenhum prato, alimento ou bebida, incluindo o couvert, pode ser cobrado se não for solicitado pelo cliente ou por este for inutilizado.