

# *bem haja nelas*

A região do Dão, situada entre as Serras, mantém-se fiel à tradição de bem receber. Respeitamos os segredos da cozinha tradicional e acreditamos na arte da gente que a criou.

Bem haja por ter vindo!

## *pães e afins*

Bucha do pastor: cesta de pão, azeite Mondegão, azeitonas, figos secos **4€**

Cesta de pão, manteigas, azeitonas **3€**

Queijo de cabra **3€**

Queijo fresco **3€**

Queijo de ovelha curado **5€**

## *para começar*

Pastéis de bacalhau **4€**

Pastéis de massa tenra **4€**

Lacinhos de alheira **4€**

Brás de alheira **6€**

Brás de bacalhau **8€**

Peixinhos da horta **6€**

Ovos mexidos com farinheira **6€**

Ovos rotos com presunto **10€**

Carpaccio de bacalhau com rúcula, azeite Mondegão e alcaparras **10€**

Gambas à la guilho **12€**

Polvo à galega **15€**

Tábua de queijos **12€**

Tábua de enchidos **12€**

## *os reconfortantes*

Sopa do dia **2,5€**

Sopa de peixe **6€**

## *os verdes*

Salada à Bem Haja **6€**

Migas beirãs **5€**

Esparregado de feijão verde **5€**

## *peixe*

- Atum braseado, batata alourada, legumes **16€**  
Salmão grelhado, batatinha salteada, legumes do campo e molho de salsa **15€**  
Lombo de robalo com molho de touriga e puré de batata doce **15€**  
Filetes de polvo com migas beirãs **25€**  
Polvo à lagareiro **28€**  
Bacalhau à lagareiro **18€**  
Bacalhau com crosta de broa e coentros e batata à murro **18€**  
Bacalhau com crosta de queijo da Serra e batata frita pala-pala **20€**  
Massada de peixe **16€**  
Açorda de gambas (para 2 pessoas) **30€**  
Cataplana de mar com peixe e marisco (para 2 pessoas) **40€**

## *carne*

- Miminhos de porco com molho de alho **13€**  
Entrecosto com arroz de carqueja **13€**  
Secretos de porco preto com arroz de feijão **14€**  
Vitela no tachinho **18€**  
Rojões à moda da beira alta **13€**  
Magret de pato **16€**  
Bochechas de porco **16€**  
Costeletão de novilho com batata frita e salada **32€**

## *bifes*

- Bife da vazia **22€**  
Bife tártaro **25€**  
Posta da vazia **28€**  
Lombinho a desfazer-se na boca **25€**  
Bife Infantil **12€**

## *só ao fim de semana*

- Arroz de tamboril com gambas **25€/40€** (para duas pessoas)  
Arroz de pato à moda antiga **16€**  
Aba de vitela com osso no forno de lenha **18€**  
Cabrito assado no forno de lenha **20€**  
Cozido à Portuguesa **28€** (para duas pessoas e sazonal)  
Cachaço de porco assado em forno de lenha **16€**

## *sobremesas*

- Fruta à escolha **3€**  
Doce à escolha **4€**  
Buffet de sobremesas **6€**  
Queijo de ovelha curado com marmelada **5€**

# bem haja nelas

The Dão region, located between the northern Mountains, remains loyal to the essence of welcoming. We respect the secrets of the traditional Portuguese cuisine and we believe in the art of the people who created it.

'bem haja' in Portuguese means gratitude, thank you.

'Bem haja' for coming!

## bread and other things

Sheppard's basket: bread, olive oil Mondegão, olives, dried figs **4€**

Bread basket, butter, olives **3€**

Portuguese goat cheese **3€**

Cottage cheese from local producers **3€**

Matured sheep cheese from local producers **5€**

## to start

Codfish pastries **4€**

Soft meat pastries **4€**

Portuguese smoked sausage **4€**

*Brás de alheira* (Portuguese smoked sausage with potatoes & eggs) **6€**

*Brás de bacalhau* (salted cod with potatoes & eggs) **8€**

Fried green beans **6€**

Scrambled eggs with Portuguese smoked sausage **6€**

Broken eggs with smoked ham **10€**

Codfish carpaccio with arugula, Mondegão olive oil and capers **10€**

Shrimp 'a la guilho' **12€**

Octopus 'a la galega' **15€**

Cheese board **12€**

Smoked meat board **12€**

## to comfort you

Soup of the day **2,5€**

Fish soup **5€**

## greens

Our salad **6€**

Portuguese 'migas' ~ breadcrumbs, kale and beans **5€**

Portuguese green beans purée **5€**

## *fish*

- Braised tuna, golden potatoes, vegetables **16€**  
Grilled salmon **15€**  
Seabass loin with 'touriga' sauce and sweet potato puree **15€**  
Breaded octopus fillet with Portuguese 'migas' **25€**  
Octopus 'à lagareiro' **28€**  
Codfish 'à lagareiro' **18€**  
Codfish with a crust of Portuguese cornbread **18€**  
Codfish with a crust of our local Serra cheese **20€**  
Portuguese fish and pasta stew **16€**  
Bread stew with prawns (for 2 people) **30€**  
Fish and seafood stew made and served in a Portuguese copper pan (for 2 people) **40€**

## *meat*

- Pork bites with garlic sauce **13€**  
Pork ribs with carqueja rice **13€**  
'Iberian' black pig fillets with red beans rice **14€**  
Veal stew with fries **18€**  
Stewed pork bites, smoked meats **13€**  
Duck magret **16€**  
Pork cheek with chestnut rice **16€**  
Veal chop with fries **32€**

## *steaks*

- Beef sirloin steak 'à Portuguesa' **22€**  
Steak tartare **25€**  
Sirloin fillets with smashed potatoes **28€**  
Beef tenderloin with fries **25€**  
Kids steak **12€**

## *just at the weekends*

- Portuguese monkfish rice with prawns **25€/40€** (for two people)  
Arroz de pato ~ traditional Portuguese duck rice **16€**  
Aba de vitela ~ calf roasted in the oven **18€**  
Cabrito ~ traditional young goat roasted in wood oven **20€**  
Cozido à Portuguesa ~ boiled slow cooked meats and vegetables **28€** (for two people & seasonal)  
Roasted pork shoulder in a wood oven **€16**

## *dessert*

- Fruit of choice **3€**  
Sweet of choice **4€**  
Traditional dessert buffet **6€**  
Matured sheep cheese with marmalade **5€**