

BEBIDAS / BEVERAGES

	€
Refrigerantes/ Fizzy drinks (20cl)	2.60
Coca cola/ coca-cola	2.60
Frisumo / Orange	2.60
Snappy / Snappy	
Sumos/ Juice's (20 cl)	2.60
Sumo de laranja / Orange juice	2.60
Sumo de maçã / Apple juice	2.60

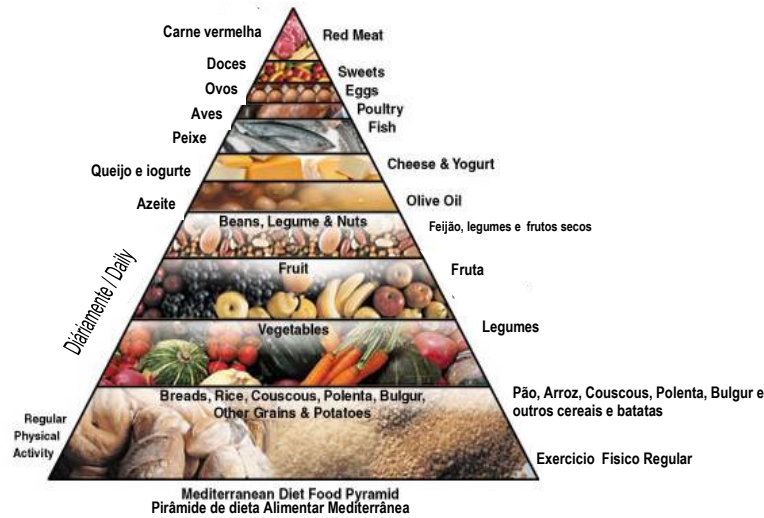
**Todas as bebidas são servidas em copos plásticos.
All the above drinks are served in special plastic cups.

PENINA HOTEL & GOLF RESORT
P.O. Box 146 Penina - 8501-952 Portimão - Algarve - Portugal
T. + 351 282 420 200 - F. + 351 282 420 300
www.penina.com



Lista de Nutrientes / Nutrients List

Kangaroo Menu



PRATO / RECIPE		CALORIAS kcal
Chicken Nuggets with French fries / <i>Panadinhos de frango com batata frita</i>	Porção portion	875
Fish fingers with French fries / <i>Douradinhos de peixe com batata frita</i>	"	779
French fries / <i>Batatas fritas</i>	"	855
Grilled beef medallion with French fries / <i>Bife de novilho com batata frita</i>	"	897
Grilled beef medallion with vegetables & rice / <i>Bife de novilho com legumes e arroz</i>	"	526
Grilled chicken breast with French fries / <i>Peito de frango grelhado com batata frita</i>	"	772
Grilled chicken breast with vegetables rice / <i>Peito de frango grelhado com legumes e arroz</i>	"	471
Grilled or poached fillet of white fish with vegetables and rice / <i>Filete de peixe branco cozido ou grelhado com legumes e arroz</i>	"	293
Grilled or Poached salmon fillet with vegetables and rice / <i>Filete de salmao grelhado ou cozido com legumes e arroz</i>	"	394
Hamburger Penguin with French fries / <i>Hamburger com batata frita</i>	"	880
Lasagna Bolognese Penguin	"	523,56
Omelet with French fries / <i>Omelette com batata frita</i>	"	863,06
Spaghetti bolognese / <i>Esparguete Bolognese</i>	"	274,19
Creamy vegetable soup / <i>Crema de legumes</i>	"	210,26
Vegetable soup (w-o cream) / <i>Sopa de legumes (sem natas)</i>	"	66,12

MENU

SNACKS E SOPAS / SNACKS & SOUP

	€
Sopa de Batata, cenoura e Alho Francês / <i>Potato, carrot and leek soup</i>	3.70
Sanduche de queijo e fiambre / <i>Cheese or ham sandwich</i>	4.20
Sanduche de Frango ou Atum / <i>Chicken or Tuna sandwich</i>	4.70
Legumes mistos cozidos / <i>Mixed boiled vegetables</i> 🌱	4.20
Salada mista vegetarian / <i>Mixed vegetarian salad</i> 🌱	4.20
Batatas fritas / <i>French fries</i>	3.20

PRATO PRINCIPAL / MAIN COURSES

Hamburger Mac Kangaroo	6.80
Omelete de queijo e fiambre / <i>Cheese or ham omelette</i> 🌱	5.80
Panadinhos de frango / <i>Chicken nuggets</i>	6.80
Peito de frango grelhado / <i>Grilled chicken breast</i> 🌱	8.90
Filetes de peixe panados / <i>Fried fish fingers</i>	6.80

Os pratos acima mencionados são servidos com batata frita, legumes a vapor ou arroz
The above mentioned dishes are served with a garnish of French fries, steamed organic vegetables or white rice

Esparguete com molho bolonhesa ou tomate 🌱 <i>Spaghetti with bolognese or tomato sauce</i>	6.80
Mini pizza	5.80
Filete de Salmão grelhado ou cozido com legumes 🌱 <i>Grilled or poached salmon fillet with vegetables</i>	8.90

SOBREMESAS / DESSERTS

Suissinho / <i>Petit Suisse</i>	0.50
Iogurte natural ou fruta / <i>Natural or fruit yoghurt</i>	1.10
Bolo de Chocolate / <i>Chocolate cake</i>	3.70
Salada de frutas / <i>Fresh fruit salad</i>	2.60
Pudim de caramelo / <i>Caramel pudding</i>	3.20
Peça de fruta / <i>Fresh fruit</i>	1.10
Bola de gelado / <i>Ice cream scoop</i>	2.10

🌱 *Comida saudável / Healthy Food*

23% IVA / VAT incl.