



RESTAURANTE & BAR

PEDESTRE

 142

A journey traversed by flavors
and Arouquean palates.

The Pedestrian Route 142 is made on its own,
discovering the gastronomic traditions of
the center-north, inspired by nature and
accompanied by local knowledge and flavors.

A journey in which we welcome you with
open arms, towards new horizons and taste
experiences, according to local traditions.

Percurso 142

MOSCOW MULE

A refreshing and slightly spicy cocktail served in a copper mug. It combines vodka, ginger beer and lime. 7



DAIQUIRI

Classic cuban cocktail, refreshing and balanced. It combines rum, fresh lime juice and a hint of sugar. 7,50

EXPRESSO MARTINI

An elegant and intense cocktail that combines vodka, coffee liqueur and espresso. Perfect for the ladies. 9,50



COCKTAILS

Pina Colada ₪ 7,50

Mojito ₪ 8

Caipirinha ₪ 7,50

Whiskey Sour ₪ 7,50

Expresso Martini ₪ 9,50

Moscow Mule ₪ 7

Daiquiri ₪ 7,50

GIFTCARD

**HAVE YOU HEARD ABOUT OUR GIFT CARD?
GIVE SOMEONE A SPECIAL GIFT**

VOUCHER GRAND ROUTE ₪ 100

VOUCHER 80 ADVENTURES ₪ 80

VOUCHER 60 KM'S ₪ 60

VOUCHER MODERATE TRAIL ₪ 40



APPETIZERS

AROUQUES CROQUETTE **NEW!!**

Crispy croquette filled with arouquesa meat. € 2,80

GRANDMA ANGELINA'S RISSOLE **NEW!!**

Chicken rissole made following the traditional grandmother's recipe. € 2,80

GARDEN'S RISSOLE **NEW!!**

Vegetarian rissole filled with seasonal vegetables. € 2,30

SHRIMP RISSOLE **NEW!!**

Crispy rissole filled with shrimp. € 3,10

PEDESTRE142 TAPA PLATE

3 typical varieties of cheese, Iberian serrano ham, salpicão, alheira, linguiça and olives. € 17



APPETIZERS

SERRA DA FREITA TAPA PLATE

3 typical cheese varieties, Iberian serrano ham, salpicão and olives. € 12

LINGUIÇA ^(2UNITS)

Typical sausage from the North of Portugal. € 3,50

VEGETABLE SOUP

Mediterranean diet soup composed with different vegetables. € 2,60

BREAD BASKET

Locally sourced sliced bread. € 2,60

OLIVES

Olives served w/ olive oil & oregano. € 2,60

ALHEIRA

Typical portuguese sausage w/ roots in the north of Portugal. € 6

FISH

À LIBERDADE CODFISH

Fried norwegian Codfish with aromatic onion sauce and french fries. € 19,95 €€ 38

À LAGAREIRO OCTOPUS

Grilled Octopus with origin on the Algarve Coast served with mashed potato and sautéed vegetables. € 22 €€ 39,95

GIVEAWAY PEDESTRE 142

CAPTURE, SAVOR, AND PARTICIPATE: WE OFFER A 5% DISCOUNT ON THE DISH(ES) YOU PHOTOGRAPH.

TAKE A PICTURE OF THE DISH YOU CHOOSE AND TAG @ PEDESTRE142 IN PUBLIC MODE ON INSTAGRAM OR FACEBOOK WITH THE FOLLOWING CAMPAIGN HASHTAGS:
#ROTAGASTRÓNOMICA
#PEDESTRE142
#AROUCA



MEAT

AROUQUESA MEAT TRANCHE

Locally sourced **Arouquesa** breed veal served w/ potato punch, sautéed vegetables and stewed bean rice. € 19,50 €€ 37,95

AROUQUESA ROASTED VEAL

Oven roasted **Arouquesa** veal meat accompanied with roasted potatoes, white rice and seasonal salad. € 17,50 €€ 32,50

VEAL CHOP

Arouquesa beef cutlet w/ mashed potatoes À murro style, sautéed vegetables and stewed bean rice. € 20,50 €€ 39

AROUQUESA ALCATRA

Fried **Arouquesa** beef steak with fresh champignon sauce, served with white rice and wavy fries. € 19,50 €€ 36,95

PICANHA STYLE GRILLED MEAT

Originally from Brazil, Picanha is a specific veal meat cut, grilled and served straight from blade in sliced tranches w/ linguiça, white rice, french fries, black beans, mayonnaise salad and grilled pineapple. € 20,95 €€ 39,65

GRILLED LAMB – NEW!!

Grilled lamb cut seasoned with a blend of spices and a subtle spicy touch. Served with intensely flavorful smoked rice. € 18,50 €€ 34,90

TYPICAL GUIA CHICKEN

Coal flame grilled chicken of Bio sources, marinated in typical Guia sauce, with french fries, white rice and seasonal salad. € 12 €€ 18

SIDE SERVINGS

RICE OR BEAN RICE ₺ 3,70

FRENCH FRIES (straws / sliced) ₺ 4,10

À MURRO MASHED POTATOES ₺ 3,70

BLACK BEANS ₺ 3,70

MAYONNAISE SALAD ₺ 4,10

SAUTÉED VEGETABLES ₺ 3,70

SEASONAL SALAD ₺ 3,70

FAROFA ₺ 2,50

KID´S MENU

FISH STICKS

Served with french fries, white rice and seasonal salad. ₺ 8

NUGGETS

Served with french fries, white rice and seasonal salad. ₺ 8

STEAK 100G

Served with french fries, white rice and seasonal salad. ₺ 10

SALADS

MEDITERRANEAN SALAD

Varieties of lettuce with cherry tomatoes, arugula, parmesan shavings, Modena balsamic vinegar with a drizzle of olive oil. ₺ 10,50

TROPICAL SALAD (VEGAN)

Varieties of lettuce, arugula, tomato, onion, carrot, pineapple, orange, peach, pomegranate. ₺ 10,50

VEGAN FRIENDLY

VEGETABLE PATANISCA

Courgettes, beets, carrots, red cabbage and onions w/ arabic rice. ₺ 12,50

PASTA CAPRESE WITH PESTO

Pasta, cherry tomato, pesto sauce and mozzarella. ₺ 11,50

DESSERTS

BARRIGA DE FREIRA NUN'S BELLY

Secret Confection Monastic, top 7 sweets of Portugal ₧ 6,25

CHOCOLATE MOUSSE ₧ 4,25

GOLD PUDDING

Secret recipe specialty, Gold Medal ₧ 6,95

DONA ANA'S SWEET ₧ 4,25

AMERICAN CHEESECAKE

Classic with a red berry topping ₧ 6,50

CHOCOLATE CAKE ₧ 5,50

TRADITIONAL WAFER AND

CARAMEL CAKE ₧ 5

BAKED APPLE ₧ 4,75

PASSION FRUIT PIE ₧ 5

ORANGE CAKE ₧ 4,95

FRUITS (SUBJECT TO SEASONALITY)

GRILLED PINNEAPPLE ₧ 4,75

SLICED FRUIT ₧ 5,75

SEASONAL FRUIT ₧ (under consultation)

CHILLED CARTE D'ÓR DESSERTS

ROMÂNTICA ICE CAKE ₧ 5,75

TARTE DE WHISKY WHISKY ICE TART ₧ 5,75

VANILLA VIENNETTA ₧ 4,75

VANILLA ICE CREAM W / THIN CHOCOLATE SLICES

MAGNUM MINI CLÁSSIC ₧ 3,35

CAFÉ DOCE GELADO ₧ 3,15

MAGNUM BOMBONEIRA CLASSIC 6 UNI ₧ 4,75

CARTE D'ÓR ICE CREAM FOR KIDS

BARBIE ₧ 5,10

SONIC ₧ 5,10

HARIBO ₧ 4,80

PATRULHA PATA ₧ 5,10

HOT WHEELS ₧ 5,10



EPORDOURO

Family Estates

DOURO RED

Solar dos Dragos Reserva € 29,50

Portas do Solar € 18,50

Roble € 15

Encostas do Solar € 13,50

DOURO WHITE

Portas do Solar € 18,50

Roble € 15

Vale Romões € 13,50

DOURO ROSÉ

Portas do Solar € 19,50

PORTO WINE

Solar dos Dragos Reserva - 10cl € 6,75

"Life is short, wine is eternal"

Omar Khayyam

www.epordouro.com

WINES

DOURO RED

Três Bagos Grande Escolha 11 € 64

Espada Cinta Reserva € 17

100 Segredos € 16

Duas Quintas 0,375 € 15,90

Arribas Douro Colheita € 15

Scarpa € 21

Papa Figos 0,375 € 9,50

Perspetiva € 14,50

Esteva 0,375 € 8,90

Arribas Douro Superior € 18,80

Quinta do Cachão € 18

Diálogo 0,375 € 8,95

DOURO WHITE

Quinta da Rede Gr. R. 16 € 30

100 Segredos € 16

Herédias € 19

Perspetiva € 14,50

Planalto 0,375 € 7,90

Cismeira € 18

Arribas Douro Superior € 18

Espada Cinta Reserva € 16

Arribas Douro Colheita € 15

Cachão 0,375 € 7,80

WINES

DÃO RED

Ribeiro Santo Grande Escolha € 49,50

Ribeiro Santo Reserva € 18

Dona Sancha Vinha Avarenta € 28,50

Quinta das Camélias Syrah € 15

Dona Sancha € 21,50

Ribeiro Santo € 13

Ribeiro Santo Automático € 18,90

DÃO WHITE

Dona Sanha Encruzado € 51

Ribeiro Santo € 13

Dona Sancha € 21,50

Ribeiro Santo Encruzado € 18,90

Ribeiro Santo Automático € 18,90

Dona Sancha Vinha Avarenta € 28,50

ALENTEJANO RED

Pêra Manca 11 € 550

Tapada Coelheiros € 43

Monte dos Cardeais 0,375 € 7,50

Blog 13 € 255

Segredos de São Miguel € 12,95

Arrepiado Collection € 56

Segredos de São Miguel 0,375 € 7

Monte dos Cardeais € 13,90

Vinha do Taco Coelheiros € 55

WINES

ALENTEJANO WHITE

Tapada Coelheiros 17 € 33,50

Monte dos Cardeais € 13,90

Segredos de São Miguel 0,375 € 7

Herdade Coelheiros € 19

Monte Velho 0,375 € 7,80

Quinta do Carmo € 21,50

Segredos de São Miguel € 12,95

ROSÉ

Dona Sancha Dão € 21,50

Quinta das Camélias Dão € 16

Arribas Douro € 20

Casa Américo Dão € 14,50

Portas do Solar € 19,50

Herdade São Miguel € 15,90

Zé da Leonor Tejo € 21

WHITE GREEN

Palácio de Brejoeira Alvarinho € 32,90

Padroeiro € 13,90

Muralhas 0,375 € 8,50

Arêgos € 18,70

Casa da Fraga € 13

Quinta da Raza € 15,50

Aveleda 0,375 € 8

MS - Marques & Saraiva € 14,50

WINES

WHITE SEMI SPARKLING

Quebra Nozes €€ 12

RED GREEN

Arca Nova €€ 12

TEJO / SETÚBAL / BAIRRADA WHITE

Atlântico By Brejinho 2un €€ 75

Zé da Leonor €€ 21

Quinta do Valdoeiro Chardonnay €€ 17,50

Original Bairrada €€ 9,50

Quinta do Valdoeiro €€ 15,50

TEJO / SETÚBAL / BAIRRADA RED

Atlântico By Brejinho 2uni €€ 75

Quinta do Valdoeiro €€ 15,50

WINES

CHAMPAGNE

Dom Pérignon €€ 270

Mumm €€ 65

Ruinart €€ 99

RED SPARKLING WINE

Aliança €€ 18

WHITE SPARKLING WINE

Elpídio Velha Reserva €€ 27

São Domingos Extra Reserva €€ 18,90

Ribeiro Santo Reserva €€ 21,90

Raposeira Doce €€ 17

Elpídio Superior €€ 26

Messias Bruto €€ 16,90

Murganheira Bruto €€ 22,90

Raposeira Bruto €€ 18,60

Ribeiro Santo Bruto €€ 19

SANGRIAS

Glass of Sangria € 8,50

Sparkling wine Sangria €€ 18,50

Red Berrys Sangria €€ 16,50

Red wine Sangria €€ 16

White wine Sangria €€ 16,50

Rosé wine Sangria €€ 17,50

DRINKS

SODAS

- Coca Cola € 2,25
- Coca Cola Zero € 2,25
- Compal € 2,25
- Fanta € 2,25
- Guaraná € 2,25
- Ice Tea € 2,25
- 7 up € 2,25
- Schweppes Água Tônica € 2,25
- Schweppes Ginger Ale € 2,25

BEER

- Beer € 1,95
- Beer 30 cl € 2,25
- Beer 35 cl € 2,45
- Super Bock 33 cl € 2
- Super Bock Stout € 2
- Super Bock Alcohol Free € 1,90
- Somersby € 3

DIGESTIVE

WHISKY

- James Martin's 32 € 50
- Craigellachie € 17,50
- Dalmore € 18
- Jack Daniels Fire € 7,50
- Macallan 12 € 19,50
- Tomatin € 9,50
- Ardbeg € 16,50
- The Balvenie € 15
- Cutty Sark € 4,50
- Talisker Storm € 14,90
- Glenfiddich 18 € 20,50
- Jack Daniels Honey € 6,90
- Nikka (JP) € 16
- Jameson Orange € 6,50
- Glenfiddich 12 € 15
- Ballantines 12 € 5,80
- Johnnie Walker Double Black € 11,90
- Jack Daniels Apple € 6,90
- Old Parr 12 € 11
- Aberfeldy € 14,80
- Jameson € 5,80

DIGESTIVE

BRANDY

Caves São João Aguardente Velha € 18

São Domingos Velhíssima € 6,60

São Domingos Velhíssima Porcelana € 15

Fim de seculo € 5,50

MAVEM Aguardente Vinica € 13

Marthas Aguardente Velha € 4

CRF € 5,90

PORTO WINE

Kopke Colheita 1965 (Gf.) € 325

Martha's rosé € 3

Graham's 40 Anos € 33,50

Martha's Vintage (Gf.) € 80

Graham's 10 Anos € 7

Taylor's reserva 325 anos (Gf.) € 260

Martha's Tawny branco € 5,25

Andresen 10 Anos € 6,50

Martha's 10 Anos € 5,50

Messias LBV € 5,25

Solar dos Dragos Reserva € 6,75

Graham's 20 Anos € 9,90

Martha's Tawny tinto € 5,25

DIGESTIVE

MUSCAT

Quinta do Piloto Moscatel Roxo € 5

Martha's Moscatel do Douro € 4,50

GIN

Adamvs € 14

Beefeater Pink € 7,50

Le Tribute € 12,90

Tanqueray € 8,90

Bulldog € 11

Nordés € 10,70

Exceptional Salicórnica € 13

Beefeater € 7

Citadelle € 9,90

Bombay Sapphire € 8,50

Gold Grail € 11,50

Hendrick's € 12

Bombay Sapphire € 8,50

Martin Miller's € 11,80

Gordon's € 5,70

DIGESTIVE

LIQUEURS

Frangelico Avelãs ₧ 5

Pinguça Canela (Receita de Avó Micas) ₧ 4,50

Jagermeister Ervas ₧ 5

Pinguça Maracujá ₧ 4,50

Pinguça Frutos vermelhos ₧ 4,50

Malibu ₧ 4

Licor Aveirense Ovos Moles ₧ 4,50

Villa Massa Limoncello ₧ 4,90

Cantares de Portugal Pastel de Nata ₧ 4,50

Licor Beirão ₧ 4

Cantares de Portugal Arroz Doce ₧ 4,50

Tijuana ₧ 4

Cantares de Portugal Ginja ₧ 4,50

Cantares de Portugal Chocolate branco ₧ 4,50

Cantares de Portugal Licor de Café ₧ 4,50

Cantares de Portugal Bolacha Maria ₧ 4,50

DIGESTIVE

BRANDY

Croft ₧ 3,25

Macieira ₧ 3,25

1920 ₧ 3,25

RUM

Havana Club Especial ₧ 5,50

Havana Club 3 Anos ₧ 5

Sumatra ₧ 5

VODKA

Belvedere ₧ 9

Eristoff ₧ 5

Beluga Noble ₧ 8

Eristoff Black ₧ 5

Moskovskaya ₧ 5,50

Sky ₧ 5

Sumatra ₧ 5

HONEY CASA DAS CHÃS

Eucalyptus Honey	7,50
Heather Honey	7,50
Multifloral Honey	7,50
3 unit Pack	19,50

ACCESSORIES PEDESTRE 142

Yellow Backpack	69,99
Red Backpack	69,99
Yellow Purse	44,99
Walker Purse	59,99
Thermos	19,99
Key ring	3,50
Water Bottle Pedestre	6,50

IVA included at the current legal rate.

Note:
No food or drink, including couvert, can be charged if not requested by the customer or if unused.
The prices listed on this menu are expressed in the official currency: euro(€).

