



Healthy

"LET FOOD BE THY MEDICINE
AND MEDICINE
BE THY FOOD."

Hippocrates

No Palácio Estoril Hotel, o nosso objectivo é servir refeições saborosas e saudáveis. O chef Bernard Pfister em parceria com a Nutricionista Patricia Segadães criaram receitas que sabem bem e fazem bem, apresentando soluções para quem tem restrições ou opte por alternativas na dieta alimentar.

At Palácio Estoril Hotel, Golf & Spa we are all about fresh, seasonal, nutrient dense and tasty food and drink. Our Head Chef Bernard Pfister alongside expert Dr. Patricia Segadães Nutritionist, has created deliciously alkalising, balanced dishes to support your health.



Baixas Calorias | Low Carb



Sem laticínios | Dairy Free



Detox



Vegetariano | Vegetarian



Sem Glúten | Gluten Free



Análise Nutricional | Nutritional Facts

Entradas | Starters

Palitos de cenoura e
aipo com molho de abacate e coentros

Carrots and celery sticks with
avocado and coriander dip



Kcal 160, Lip 13.8, HC 10, Prot 2.1
€7,50

Carpaccio de Tamboril
com molho de citrinos

Monkfish carpaccio with citrus sauce



Kcal 50, Lip 0.9, HC 0.5, Prot 9.2
€12,00

Tian de Sapateira e abacate
Crab and avocado Tian



Kcal 242, Lip. 13, HC 19.2, Prot. 13.8
€13,50

Cesto de parmesão com mini legumes
aromatizado com cerefólio

Parmesan basket with baby vegetables
flavored with chervil



Kcal 230, Lip 16.7, HC 10.1, Prot 11.1
€11,00

Sopas | Soups

Gaspacho
Gazpacho



Kcal 47.4, Lip 0.4, HC 10.4, Prot 2
€7,50

Creme de ervilhas com hortelã e
lascas de amêndoa tostada

Pea and mint cream soup with
toasted flaked almonds



Kcal 198, Lip 10.5, HC 20.3, Prot 6.6
€8,00

Sopa de sapateira com sabores do oriente
Crab soup with oriental flavours



Kcal 99.8, Lip 6.8, HC 2.2, Prot 7.21
€11,00

Vegetariano | Vegetarian



Risotto de Quinoa e legumes com cogumelos selvagens
Wild mushrooms and vegetables quinoa risotto



Kcal 370, Lip 18, HC 45.8, Prot 12.9
€22,00

Peixe | Fish

Lombos de pregado salteados, puré de batata doce, acelgas e emulsão de laranja e gengibre
Sauteed turbot loins, sweet potato puree, chard and orange with ginger emulsion






     Kcal 356, Lip 13.3, HC 32.7, Prot 26.7
€ 31,00

Tártaro de atum e gengibre sobre geleia de pepino e creme wasabi, salada de espargos e tostinhas de pão integral sem glúten

Tuna and ginger tartar over cucumber jelly and wasabi cream, asparagus salad and toasted gluten-free bread

     Kcal 196, Lip 2.5, HC 10.7, Prot 32.2
€ 16,00

Risoto de quinoa com medalhões de garoupa
Quinoa risotto with grouper medalions

     Kcal 316, Lip 9.3, HC 26.8, Prot 30.4
€ 24,00

Camarões braseados com panache de legumes salteados e infusão de coentros
Prawns braised with sautéed vegetable panache and coriander infusion





     Kcal 261, Lip 12.4, HC 10.4, Prot 27
€ 21,00

Carne | Meat


Mistura de legumes frescos da época e hortelã com quinoa, frango e pistachio tostado
Mix of fresh vegetables of the season and mint, with quinoa, chicken and roasted pistachio

     Kcal 392, Lip 9.28, HC 31.4, Prot 43.3
€ 19,00

Entrecôte de vitela com molho tamarind, cogumelos shiitake e espargos verdes
Beef Entrecôte in tamarind sauce, shiitake mushrooms and green asparagus

     Kcal 373, Lip 22.2, HC 12.0, Prot 32.7
€ 28,00

Bife do lombo grelhado com batata doce crocante e panache de legumes mediterrâneos
Grilled tenderloin steak with crispy sweet potato and Mediterranean vegetable panache

     Kcal 393, Lip 20.4, HC 22, Prot 30.6
€ 27,00

Sobremesas | Desserts

As nossas sobremesas não contém ingredientes de origem animal ou geneticamente modificado, são confeccionadas com ingredientes biológicos, contêm açúcares naturalmente presentes nos alimentos e apenas algumas contêm uma pitada de açúcar de coco.

Our desserts contain no ingredients of animal or genetically modified origin, are made with biological ingredients, contain sugars naturally present in foods and only a few contain a dash of coconut sugar.

Carpaccio de abacaxi com molho de hortelã e lascas de coco
Pineapple carpaccio with mint sauce and coconut flakes

     Kcal 83, Lip 3.4, HC 14.1, Prot 0.8
€ 8,50

Salted caramel & chocolate
Salted caramel & Chocolate

     Kcal 296, Lip 25.2, HC 29.2, Prot 7.8
€ 10,50

Pudim de Chia de manga e lima
Mango and lime chia pudding

     Kcal 101.7, Lip 4.9, HC 17.4, Prot 3.1
€ 10,50






Crumble de maçã
Apple crumble

     Kcal 295.4, Lip 22.5, HC 21.4, Prot 3.9
€ 9,00

Sumos | Juices






Red Energy

Banana, frutos vermelhos, leite de coco e pasta de amêndoa
Banana, berries, coconut milk and almond butter

     Kcal 195, Lip 5.6, HC 32.9, Prot 3.7
€ 7,50






Revitalizing

Cenoura, laranja, gengibre e hortelã
Carrot, orange, ginger and mint

     Kcal 92, Lip 0.3, HC 22.2, Prot 1.9
€ 7,50

Detox

Pepino, espinafres, maçã verde, aipo, gengibre, hortelã e salsa
Cucumber, spinach, green apple, celery, ginger, mint and parsley

     Kcal 97, Lip 0.5, HC 23.2, Prot 1.74
€ 8,00