

PORTUGUESE GASTRONOMY AUTHENTICITY AND HISTORY

Our inspiration comes from the rich flavours of the Portuguese gastronomy, entrenched in the freshness of the local products and influenced by ingredients introduced at the time of the Discoveries.

We believe on the genuineness of the Algarve products, respecting the original essence and freshness of the ingredients, with a touch of creativity and audacity, through a more natural cuisine.

Our aim is to provide an experience where flavours and their history are identified.

The Kitchen team

Please be informed that the B&G Restaurant is a smoke-free area. Please be so kind to smoke only at the authorised areas.

No dish, food or drink can be charged if not requested by the customer, even if consumed

Open from 7:00 p.m. until 10:00 p.m.

TO START

**Shellfish bisque from Algarve sea coast, tomato tartar,
scarlet prawn medallion, coriander olive oil** €15

Rich in fish and shellfish, the Algarve sea coast is where the scarlet prawn carabineiro is captured over 1000 meter deep.

Sugestion Danguin-Fays Brut. White, Champagne €20 🍷 €71 🍷
Pairing Champagne, Sparkling, White or Rosé Wine. Delicate & Light

Langoustine from Tavira, scallop, coconut kefir, saffron sauce €23

The langoustine inhabits in the deep waters of Algarve coast, digging galleries that serve as a refuge, these langoustines have a long life and can reach 10 years of age.

Sugestion Astronauta Arinto. White, Vinho Verde €7 🍷 €29 🍷
Pairing Champagne, Sparkling, White or Rosé Wine. Delicate & Light

**Foie gras, red berries jam, hazelnut brioche,
15 years balsamic, cocoa nibs** €25

Berries and hazelnuts of the highest quality are produced throughout Portugal, elements that the geese much appreciate and at the same time a great connection to this treasure.

Sugestion Barranco Longo Blush. Rosé, Algarve €7 🍷 €29 🍷
Pairing Champagne, Sparkling, White or Rosé Wine. Aromatic & Mellow

Thai marinated Atlantic bonito, mango, asparagus, sprouts €16

The bonito tuna, a very abundant species in open sea, played a fundamental role in the journeys of the Discoveries, guaranteeing a source of proteins to the crews.

Sugestion Colinas Blanc de Blancs Cuvée Brut Reserve. Branco. Bairrada €16 🍷 €78 🍷
Pairing Champagne, Sparkling, White or Rosé Wine. Aromatic & Mellow

Beef tatak, papaya, pineapple, chilly, radish €18

The best pastures grow around the Tagus river where the steers graze slowly growing one of the best meats in our country.

Sugestão Montanha Bruto. Rosé, Bairrada IVV €9 🍷 €28 🍷
Pairing Champagne, Sparkling, White or Rosé Wine. Fruity & Vibrant

FROM OUR COAST

**Sautéed wild sea bass, Ria Formosa oyster's risotto,
wasabi roes, lime confit** €45

The richness of line caught sea bass combined with the exquisite oysters from Ria Formosa bring the true flavour of the sea to this dish.

Sugestion João Clara. White. Algarve €8 🍷 €32 🍷
Pairing White or Rosé Wine. Fruity & Vibrant

Octopus habitat €35

The rocky formations in our beach and along the coastal area of Porches is the ideal habitat for numerous species being the octopus is one of the most abundant.

Sugestion Grainha Reserva. White. Douro €13 🍷 €59 🍷
Pairing White or Rosé Wine. Aromatic & Mellow

**Red snapper, Ria de Alvor razor shell, yellow beetroot,
sour carrots, coral sauce** €48

Pursuing the traditional gastronomic values of the fishing communities of the Algarve, here we found a perfect harmony between land and sea.

Sugestion Casa Santos Lima Chardonnay, White. Lisboa €9 🍷 €28 🍷
Pairing White or Rosé Wine. Aromatic & Mellow

Sagres' red mullet and the Discoveries €47

The red mullet that lives in the deep sea of our coast in perfect harmony with products used during the time of Henry the Navigator

Sugestion Carm. Rosé. Douro €7 🍷 €30 🍷
Pairing Champagne, Sparkling, White or Rosé Wine. Delicate & Light

**Nassas blue lobster, Algarve citrus tagliolini,
glazed vegetables** €70

Known as the "cardinal of the seas," the blue lobster is a native of the Algarve coast, captured in Nassas, traditional lobster pots, here "married" with the flavours of the citrus fruits of the Algarve.

Sugestion Soalheiro Primeiras Vinhas Alvarinho. White. Vinho Verde €14 🍷 €69 🍷
Pairing Champagne, Sparkling, White or Rosé Wine. Delicate & Light

FROM THE COUNTRYSIDE

**Aged Iberian beef tenderloin, caramelized pumpkin,
truffled cabbage, topinamburg stew, marrow sauce** €43

Here we present a harmony between the characteristic flavour of the aged meat with the products of the land that the ingenuity of rural societies still has to offer.

Sugestion Volteface Reserva. Red. Alentejo €12 🍷 €43 🍷
Pairing Red Wine. Aromatic & Robust

**Portuguese duck breast, parsnip, fermented blueberries,
pearl barley, chard, duck jus with malt** €29

A tasteful meat, we dare to recreate the day-to-day diet of the duck, with flavours that he would find in nature around him.

Sugestion Quinta de Chocapalha Cabernet Sauvignon. Red. Lisboa €10 🍷 €50 🍷
Pairing Red Wine. Fruity & Light

**Alentejo lamb loin, pine nuts en croûte,
celery, pine flavour, juniper sauce** €28

Part of our food chain for more than 7000 years, the lamb has a tender and juicy meat, here combined with the flavours and aromas of the pine forests and juniper of the Alentejo coast.

Sugestion M.O.B. Alfrocheiro. Red. Dão €15 🍷 €69 🍷
Pairing Red Wine. Aromatic & Supple

**Grilled Iberian veal carrê, veal stew,
rosti potato, bio vegetables, chimichurri sauce** €37

With a rosy tinge the veal meat is tender and juicy. With this combination we will offer the best the countryside has to give.

Sugestion Quinta Nova Reserva Terror Blend. Red. Douro €14 🍷 €80 🍷
Pairing Red Wine. Fruity & Medium Bodied

Iberian black pork confit, apple purée, rhubarb chutney and plums €27

Under the oaks of Alentejo, feeding on the most nutritious acorns, the black pig is considered one of the best meats in the world with strong flavour and soft texture.

Sugestion Monte do Além Syrah & Grenache. Red. Algarve €11 🍷 €49 🍷
Pairing Red Wine. Fruity & Medium Bodied

SAVE THE BEST TO THE END

*Aljezur's sweet potato soufflé,
Tavira fleur du sel, lime and basil sorbet* €15

Algarve is a unique region with unique products. Sweet potatoes, the fleur du sel, citrus fruits and herbs are among the best.

Sugestion K.O. Barranco Longo. White. Algarve €11 🍷
Pairing Late Harvest. White. Aromatic & Sweet

Our tiramisu, coffee ice cream €14

A new and unique take on the classic tiramisu on a perfect marriage with coffee, rooted in Portuguese culture for centuries, result of the great synergy with the North Africa and the sea routes.

Sugestion Blandy's Boal 10 Years. White. Madeira €12 🍷
Pairing Fortified Wine. White. Aromatic & Sweet

Citrus tangerina €16

Algarve is famous for the agriculture of citrus fruits like the tangerine. We pay a small tribute to this Algarve's landmark product.

Sugestion Horácio Simões Moscatel Roxo Superior. Red. Setúbal €12 🍷
Pairing Fortified Wine. Red or Ruby. Fruity & Sweet

Chocolate V8 €17

Deeply rooted in Portuguese culture, here we celebrate the versatility of chocolate in various textures and flavours, with some irreverent combinations.

Sugestion Rozès Late Bottled Vintage, Ruby. Porto €12 🍷
Pairing Fortified Wine. Red or Ruby. Fruity & Sweet

Almond Tree €14

Algarve is known for the production of almonds, the most sought in the world, we pay tribute to its tree, which marvels us everywhere with its pink petal flower.

Sugestion Taylor's 10 Years. Tawny. Porto €15 🍷
Pairing Fortified Wine. White. Aromatic & Sweet

INTERESTING FACTS

FISH AND SEAFOOD FROM ALGARVE

Algarve benefits of its prime location and long coastline to make fish and seafood its culinary flag. It is these same waters of pleasant temperatures and rich in nutrients where the Atlantic meets the Mediterranean Sea that gives to the Portuguese fish and seafood, especially in the Algarve, its characteristic flavour and the title of world's best.

In our menu we present shellfish such as the scarlet prawns, langoustines, oysters, razor shells and scallops in delicious combinations with flavours of the Algarve and the world. Fish and molluscs we combine the bonito tuna, wild sea bass, octopus, seabream and mullet of Sagres, with inland elements and spices brought by the navigators during the Discoveries period that have been part of the Portuguese gastronomic culture for centuries.

SCARLET PRAWNS

Considered as the best of the Portuguese seafood, the scarlett prawn is big and extremely tasty, the bright red carabineiro provide an unforgettable sensory experience. With its elongated head and a hornlike spike which protrudes from its head, its meat is sweet and of a delicate texture.

OYSTERS

Some of the most exquisite oysters in Europe are produced in Algarve. Ria Formosa and Ria de Alvor are two of the locations where these bivalves thrive. Taking only one to one-and-a-half years to fully grow, compared to four in France, thanks to the ideal conditions, these oysters are mostly produced for export worldwide.

ALJEZUR SWEET POTATO

Gluten free and high in fibre, sweet potatoes are all the rage at the moment. With a reddish brown skin and yellow pulp, the Aljezur variety of this root vegetable is used in soups, stews, pies and is also baked and fried. The locals are so proud of their crop that a festival is organised in its honour every year during its high season.

INTERESTING FACTS

TAVIRA FLEUR DE SEL (SALT FLOWER)

Designated by Flor de Sal de Tavira or Sal de Tavira is the sea salt obtained by manual harvesting. This is an unrefined sea salt, not washed after harvest and without additives, and confines its production to the salt flats located in the Ria Formosa Natural Park.

It is an ex-libris from this region, being known for the natural presence of iodine, proportionally included in the crystals of this salt, in beneficial amounts and of trace elements existing in sea water.

The unique characteristics of Flor de Sal are recognized nationally and internationally by the greatest Chefs. Its use in the kitchen allows to enhance the flavours and a unique touch of refinement

OLIVE OIL

The oldest living tree in Portugal is over two millennia old - an olive tree that lives in Santa Luzia, near Tavira. Although not as well-known as its neighbouring Alentejo for producing olive oil, the Algarve is rich in olive groves and is well known for its Maçanilha olive.

ORANGES AND CITRUS

Many are fooled thinking the best oranges and other citrus fruits, like tangerines, come from Spain. In fact, the Algarve's precious fruit is sweeter and juicier than its neighbouring cousins. A reliable source of vitamin C, they are pressed for their delicious juice and made into delicacies and cakes. Their natural sweetness comes from the unique soil they grow in and the all year-long Algarve sunshine.

ALMONDS

Used by the locals to make sweets and puddings, as well as Amarguinha (bitter almond liqueur), these delicious nuts are typical of the region. The almond blossom heralds the arrival of spring, covering the ground in a carpet of white and pink petals that look like snow. According to the legend a Moorish king order almond trees to be planted to remind his Nordic bride of winter back home.

INTERESTING FACTS

FIGS

Their unique scent fills the air on hot summer days. A sweet delicacy which is either green with a sharp flavour or purple and very sweet and differing in size depending on their type. They don't last long once they've been picked and are therefore often dried or mixed with almonds and carob as in the traditional Morgado cake.

MEDRONHO & MELOSA

Medronho is the famous firewater that has been distilled manually in the Monchique hills for decades. The clear liquid, with a fruity smell and taste and an alcohol content of between 40 and 50%, is traditionally drunk with an espresso. A sweeter version is Melosa, where the addition of honey is further enhanced by a touch of lemon and cinnamon.