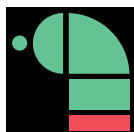


Guide to
Lezíria
do Tejo
Certified
Restaurants



Ribatejo
Viva a festa

Guide to Lezíria do Tejo Certified Restaurants

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Preface

"Tough" people by nature, in the distant past, with hardly any resources, the people from Ribatejo proved to be skilful in the art of creating different products that throughout time were established as unique, particularly in what concerns cuisine.

The quality of the endogenous products from the Ribatejo *leziria* has inspired chefs and those curious, who have unknowingly left a vast and rich legacy for menus of all types of restaurants, from the most noble to the humblest, such as the region's *tascas*, *tasquinhas*, *casas de pasto* or taverns.

Aware of the historic and cultural importance of this gastronomic collection, and the potential that the product Gastronomy and Wines has in attracting visitors and tourists, the new generation of cooks or chefs has been continuing to use authenticity to prepare the dishes that make up the menus, and entrepreneurs have also known how to invest in the management of establishments that dignify and communicate the brand Ribatejo. Conscious of this reality, the Regional Tourist Office felt the need to help preserve one of the symbols of the identity of this region by way of a project that recognises and certifies the restaurants of Lezíria do Tejo whose basic concept is the tradition, know-how and flavours of Ribatejo.

In response to the Certification process implemented by the Alentejo and Ribatejo Tourist Office, 35 restaurants from Lezíria do

Tejo voluntarily accepted the commitment to respect and implement a quality reference cross-cutting the products used in the cooking, the service and the welcome given, by displaying a distinctive seal.

The genuine Ribatejo value and cooking, the inspiration from ancestral recipes, the use of endogenous products, the excellence of the service and the information provided, the *décor*, the ambient, the presentation of menus mostly consisting of typical dishes from Ribatejo and a list of wines from the region are surely values present in the certified restaurants which, in perfect harmony with the Confraria da Gastronomia do Ribatejo – responsible for the dissemination of the Gastronomic Charter of Lezíria do Tejo –, contribute towards the promotion of a valuable heritage.

This book is, above all, a homage to the professionals, entrepreneurs and local government members who, in close partnership with the Regional Tourist Office, strive to dignify, safeguard and project the traditional products and gastronomic delicacies of Ribatejo, both inside and outside the country.

Also available in electronic e-book format – in this way allowing for the possibility to include other restaurants that may come to be certified –, this guide is an invitation to visitors and tourists to come and enjoy the flavours of Ribatejo.

António Ceia da Silva
President of Turismo do Alentejo/Ribatejo



In the beginning was the Tejo

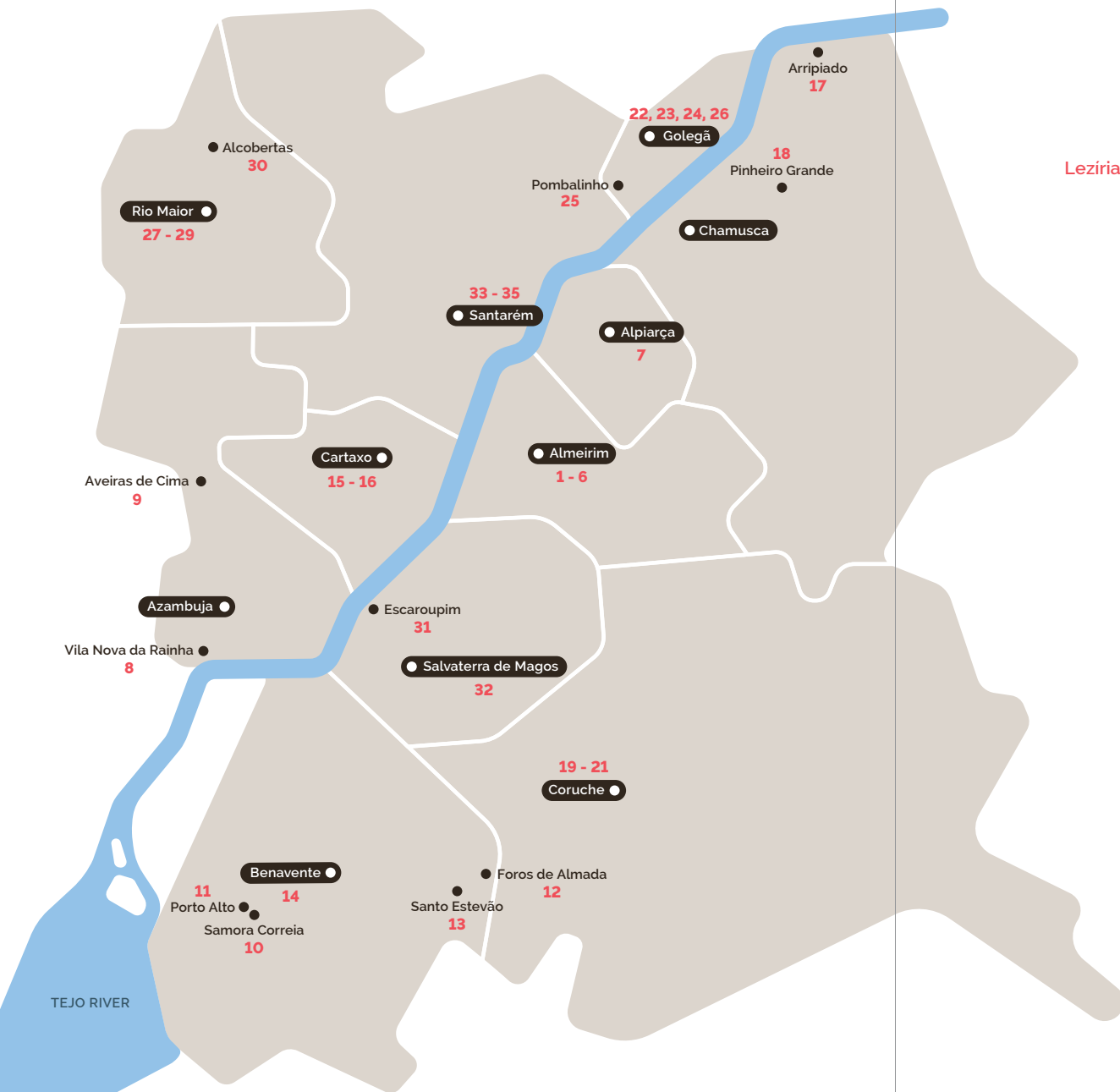
«No, Tejo,
It is not you who you see in me,
– it is I who I see in you!»
Alexandre O'Neill

The Tejo is the structural axis of a natural and cultural region to which it gave the name, by adding the word *riba*, which means margin or bank: Ribatejo. It was always a place of easy passage thanks to the low, extensive land; and it was the point of arrival because the fertile soil and waters abounding with fish attracted workers. *Ratinhos*, *caramelos* and *gaibéus* (from Beiras), *avieiros* (Vieira de Leiria), *varinos* (Ovar), *cagaréus* (Aveiro), *barrões* (Alto Alentejo), among others, some for the seasonal work and others to settle for good. All of them contributed with their tastes and traditions towards the construction of a Ribatejo lifestyle.

The Tejo crosses the region from one end to the other. The extremely fertile lands of the Borda-d'Água – *leziria*, fields –, produce fields of corn, tomatoes, melon and others, vineyards and pastures with bulls and horses, that became, together with the cattle herders, symbols of Ribatejo. But the Borda-d'Água is only a small part of the region with Bairro and Charneca, both complementing each other: Bairro, on the right bank, is more hilly with olive groves, vineyards, corn, wheat and pastures for goats and sheep; Charneca, the extension of the *leziria* towards the Alentejo, covers an immense area of sandy soils with cork oak *montado*, dry farming, vineyards, grain and some irrigation farming. With so many different productions, such a variety of peoples and such easy contacts with other regions, the cuisine of this region could only be diversified and rich. Wheat bread ("*ribatejano*" and "*caralhotas*"); cornbread which is an indispensable ingredient of *mangusto*; olive oil, the people's favourite seasoning; tomatoes, essential to the region's economy and gastronomy;

fish and shellfish from the watercourses and dams; ox meat and other beef, pork, goat – roast kid is emblematic – and game; sausages, cheeses, sweets, fresh fruit and dried fruit, wine and so many other high quality products that Ribatejo offers! Combined and prepared according to rules of extremely old and traditional recipes transmitted from one generation to another, or prepared with new culinary techniques that respect the same principles in new ways, result in unprecedented delicacies. In Ribatejo gastronomy, tradition and innovation go hand in hand along the paths leading to their regional culture. Yesterday's novelties are today's classics. But the essential values of tradition are respected both at home with family meals and in restaurants that exhibit the regional cuisine of Ribatejo. Fortunately, there are many restaurants, and here we are proud to record some of the best. It is the regional gastronomy that unites them and at the same time displays their differences. We have divided them into four groups according to the following characteristics:

- **Contemporary restaurant:** with contemporary cooking and plating techniques. The service is considered a priority.
- **Typical restaurant:** where relevance is given to rustic and typical *décor*. There is a characteristic feeling of the region.
- **Traditional restaurant:** associated with the value given to a nostalgic image of Ribatejo. Traditional recipes and presentation.
- **Informal restaurant:** informality and familiarity associated with the quality of the food served – a tasty homemade meal – are the decisive factors.



Almeirim

- 1 David Parque
- 2 O Forno
- 3 O Pinheiro
- 4 O Toucinho
- 5 O Zézano
- 6 Tertúlia da Quinta

Alpiarça

- 7 O Cavalo do Sorraia

Azambuja

- 8 Mercearia do Peixe e Cia
- 9 Oficina dos Sabores

Benavente

- 10 A Coudelaria
- 11 Chico do Porto
- 12 O Telheiro
- 13 Santo Gula
- 14 Vila Hotel

Cartaxo

- 15 Taberna do Gaio
- 16 Taxo

Chamusca

- 17 O Moinante
- 18 Taberna da Rita

Coruche

- 19 Coruja Chef
- 20 O Farnel
- 21 Sabores de Coruche

Golegã

- 22 Café Central
- 23 Lusitanus
- 24 O Barrigas
- 25 O Peso
- 26 Rédea Curta

Rio Maior

- 27 O Pancinhas
- 28 Palhinhas Gold
- 29 Salarium
- 30 Terra Chã

Salvaterra de Magos

- 31 O Escaroupim
- 32 Quinta do Parque Real

Santarém

- 33 Dois Petiscos
- 34 Taberna do Quinzena
- 35 Taberna Ô Balcão

David Parque

Located in the area of the sopa da pedra, restaurants in front of the Almeirim Bullring, David Parque is marked by the sobriety of its unpretentiousness and by the simplicity of its cooking with no frills, only with high quality produce and cooking.

As soon as we enter the big white room, we notice, to the left, a long service counter and an open-plan kitchen, which allows us to witness the organization and care with which the ingredients are handled and cooked; in front and to the right, we see the eating area, with good sized tables well detached from each other. Good omens! The size of this room required plain columns to be built to

sustain the ceiling. This is intentional for all the *décor* is very discrete with few paintings or mirrors on the walls. It makes us think that we should be concentrating on what we are about to eat. The menu is quite varied save for the starters that are few and rarely ordered. What is always on demand is the *sopa da pedra*, which fulfils its duty both as a soup and as a main dish – and is often



Informal Restaurant

Address Largo da Praça de Touros, 15, 2080-030 Almeirim **Telephone** +351 243 591 475 and +351 918 210 299 **Website** www.davidparque.rbx.pt **E-mail** davidparquego@sapo.pt **GPS** 39°12'08,5"N 8°37'39,0"W **Forms of Payment** Cards are accepted **Opening Hours** 12.00-10.30pm **Closing Day(s)** Wednesday **Capacity** 110 seats **Parking** On the street **Average Price** €15 **No Smoking** **Wi-Fi connection available**

asked to be taken away. There are good fish dishes, particularly the codfish house special, which is slowly cooked on the grill after being embedded in olive oil and bread, squid on the skewer with prawns, both served with boiled potatoes and cabbage and also the monkfish rice and the prawn *açorda*. As for the meat dishes, one of the favourites is black pork spare ribs, but the house special steak,

which is fried with shrimps and cream, the steak with *champignons*, similar but with mushrooms, and the loin and shrimp skewer also stand among the most sought after. Traditional desserts, such as the *doce da casa* (a specialty of the house), egg pudding and chocolate mousse are the highlights. The wines are from the Tejo and Alentejo regions. Friendly and efficient service.



Emblematic dish

The black pork spare ribs stand out as they are from the neck and are very nicely grilled with a unique texture and flavour.

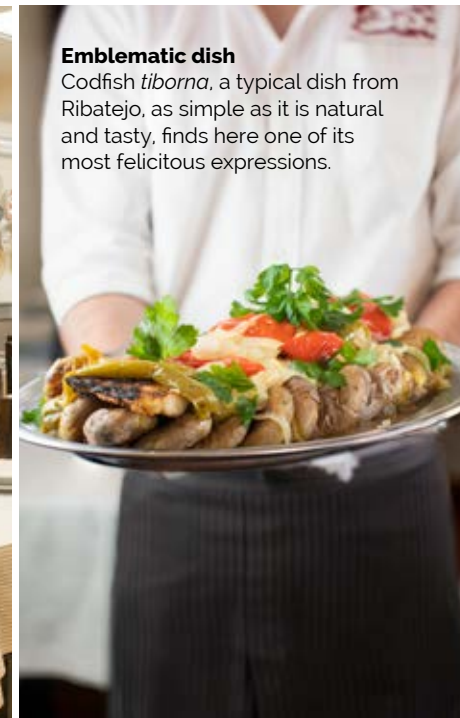


O Forno

Large, welcoming restaurant with lavish, tasty food and attentive and friendly service. O Forno has hundreds of seats, is well organized and is a restaurant where customers love to come back to in order to savour dishes that they know, that they like and that they cannot do without.

Well located in the famous Largo da Praça de Touros, in Almeirim, O Forno is a local gastronomic attraction for both its size and its quality, assets which create a large influx of customers. Three large dining-rooms, two on the ground floor and one on the upper floor are often not enough to immediately guarantee a table for those arriving. The two dining-rooms on the ground floor communicate through a corridor with an

open kitchen, on one side and the pantry on the other. Archways mitigate the immensity of this space as does the sober *décor*. But it is for the food that people come here with no fear of the noise or queues. *Sopa da pedra* plus a main dish are an ideal choice for two, but some people eat *sopa da pedra* as their main dish. As for the menu, there are many options, the codfish *tiborna* being one of the favourites: codfish grilled



Emblematic dish

Codfish *tiborna*, a typical dish from Ribatejo, as simple as it is natural and tasty, finds here one of its most felicitous expressions.

and topped with hot olive oil and garlic is prepared with fried onions and peppers and served with smashed roast potatoes and salad. Another favourite: charcoaled sea bream, cuttlefish and octopus *à lagareiro* (in the oven with olive oil, onions and garlic), grilled lamb chops, grilled pork steaks and *secretos*, veal and pork medallions, tenderloin steak, *sabores do mar* (sea bream and tiger prawns), *terra e mar* (veal steak and tiger

prawns) and roasted or stewed lamb, among others. Traditional homemade desserts: *delícia* and *doce de amêndoa* (almond puddings), *bolo* and *duo de chocolate* (chocolate cakes), several mousses and *toucinho do céu* are some examples of this confectionery. Wines are predominantly from the Tejo region. The house wine is also from this region and is served by the glass. Attentive and efficient service.

Informal Restaurant

Address Largo da Praça de Touros, 23, 2080-030 Almeirim **Telephone** +351 243 241 163 and +351 243 592 916
Website www.restauranteoforno.pt **E-mail** geral@restauranteoforno.pt **GPS** 39°12'08,0"N 8°37'38,6"W
Forms of Payment Cards are accepted **Opening Hours** 11.30am-3.30pm; 6.30pm-10pm **Closing Day(s)** Tuesday
Capacity 380 seats **Parking** On the street **Access** Access for persons with reduced mobility **Average Price** €13
No Smoking • Wi-Fi connection available

O Pinheiro

Well located in the heart of the "sopa da pedra restaurants", in front of the Almeirim bullring, O Pinheiro, an informal restaurant, is characterised by adding a large component of excellent fresh fish to regional dishes, which also adds quality and variety to the dishes.



The fish display is one of the most attractive features of the restaurant and it is hard to resist a close look at the fresh examples on display. But everything is lovely: three cosy dining-rooms, two of which linked by a long corridor in front of the kitchen and the wine cellar, a large dining-room; upholstered chairs, good-sized tables, linen tablecloths under paper covers, sober decoration with soft but cheerful colours. An informal and relaxed environment completes the pleasant setting of O Pinheiro.

On the menu, where there is *sopa da pedra* and a good selection of fish and meat dishes, there is less room for starters, but there is always a plate of bread, butter, sardine *pâté* and cheeses which help you bide your time and keep up your spirits. Then, naturally, the thick



rich broth, the *sopa da pedra*. Next, if the option is fish, it comes barbecued, starting with the grouper's head or a choice of sea bream, sea bass, grouper, scabbard, octopus, cuttlefish, squid or whatever was available in the market that day, and of course codfish *à lagareiro* and codfish with cream. The most sought-after meat is also barbecued, particularly lamb and veal chops, *rinzada de borrego* (Ribatejo name for lamb chops) and also *carne de porco à alentejana*, roast leg of pork with new potatoes and stewed veal, which is always on the menu. Homemade desserts, such as the house pudding (biscuits and cream) and the *molotov*. Interesting wines, mainly from the Tejo region, including the house wines, served in a jug or by the glass. Friendly and efficient service.

Informal Restaurant

Address Largo da Praça de Touros, 41, 2080-030 Almeirim **Telephone** +351 243 592 052
Website www.facebook.com/Restaurante-O-Pinheiro-125080587561562/ **GPS** 39°12'05.5"N 8°37'36.5"W
Forms of Payment Cards are accepted **Opening Hours** 11.45am-3pm; Fridays, Saturdays and Sundays: 11.45am-3pm; 6.30pm-10pm **Closing Day(s)** Thursday
Capacity 270 seats **Parking** On the street and in public carparks **Access** Access for persons with reduced mobility **Average Price** €15 **No Smoking**
Wi-Fi connection available

Emblematic dish

Not all codfish *à lagareiro* is the same; it varies depending on the quality of the product, the barbecue and olive oil, three reasons for its success in this restaurant.



O Toucinho

There is a family saga in the relationship between O Toucinho and sopa da pedra: Mariana used to prepare the sopa da pedra at home, where the couple Manuela and Manuel Toucinho, her heirs, opened the restaurant in 1962; their daughter, Hélia Costa, her husband, João Simões, and their children, João Miguel and André, both with a degree in hotel management, joined the venture. We can see a good future for this relationship.

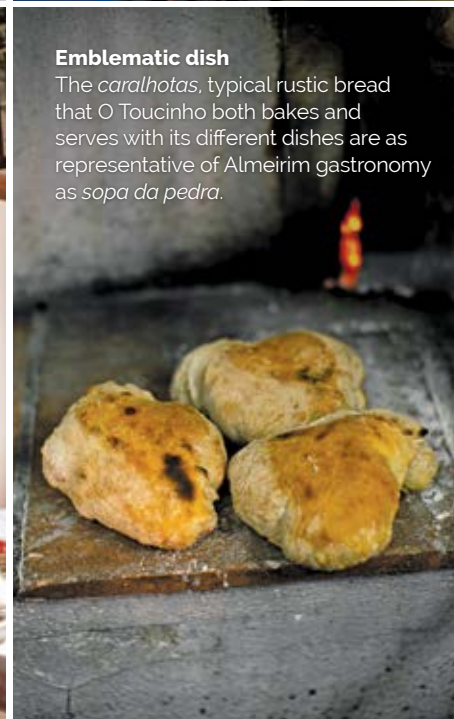
It used to be a tiny place with 10 seats, which is still there in the old part, with a Portuguese stone pavement and benches, in addition to three parts with 30, 35 and 50 seats, and the kitchen and the firewood oven where one can watch the bread being baked; in the new part, acquired later, there is another dining room with 150 seats; they are all operational.

The secret of this success is due to the selected national products that are all prepared in this restaurant. For instance, the meat arrives in one piece and is cut there. The food is traditional Portuguese food with a variety of dishes on the menu. Two main topics, daily specials and grills, and a Sunday variation with Hélia's lamb, which is astounding (with a two-day marinade and 15 hours in the oven). For starters, there is *pata negra* prosciutto, Alentejo hard

cheese, mushrooms, peppers and other nice titbits, but what cannot be missed are the *caralhotas* (traditional bread oven baked in front of the customers) and the *sopa da pedra*. The ideal meal for two is perhaps a *sopa da pedra* and a main dish. Among the main dishes there are the fresh fish of the day, always different, depending on what the market has, as well as tiger prawns and codfish, grilled of course; and excellent meat, also grilled: lamb chops, *rinzada* chops (loin), veal chops, small pork steaks on a bay leaf branch, steaks and lots more. A special reference must go to the offal: liver and kidneys with olive oil, vinegar, lemon and coriander. Good traditional desserts with the house pudding and the *crème caramel* made in the firewood oven. Wines from all regions, including the best from the Tejo region. Attentive friendly service.

Typical Restaurant

Address Rua de Macau, 12, 2080-095 Almeirim **Telephone** +351 243 592 237 **Website** www.toucinho.com
GPS 39°12'11.4"N 8°37'38.5"W **Forms of Payment** Cards are accepted **Opening Hours** 11.30am-3pm; 6.30pm-10pm
Closing Day(s) Thursday **Capacity** 280 seats **Parking** On the street and in public parking areas
Access Access for persons with reduced mobility **Average Price** €17 **Smoking and Non-Smoking areas**



Emblematic dish

The *caralhotas*, typical rustic bread that O Toucinho both bakes and serves with its different dishes are as representative of Alentejo gastronomy as *sopa da pedra*.

O Zézano

Probably the smallest of all the restaurants surrounding the Almeirim Bullring and certainly one of the best as regards the quality of its products, the savoir-faire with which they are grilled and the way they are served, fulfilling the wish of making "everyone who arrives, feel at home".

The restaurant has a long narrow dining room with big windows leading onto the street which fill it with natural light, heightening the blue of the tile wainscoting. On the walls, and above these tiles, hang plates made by Ândrea's mother, the owner (a name from the Alentejo, as is Zézano, extended from Zê, the father) and framed copies of photos, from the original Almeirim Floods

Collection, a sober *décor*, suitable for the informal and calm atmosphere of this place.

As for the food, the quality of the products, condiments and cooking must be highlighted, albeit the cooking practically only involves the grill. Upon arrival, customers will find bread, olives and small cheeses from the Alentejo on the table. Then, they may choose from one of three

soups, *sopa da pedra*, which is also served as a main dish, vegetable or fish soup, or else, an appetiser as a starter, such as grilled Alentejo sausages, scrambled eggs with *farinheira*, sometimes gizzards, among others. Fish includes only squid, cuttlefish and codfish, all barbecued and served à *lagareiro*; and fried eels served with Ribatejo *migas*. The meat is almost all grilled: black pork *secretos*, *lagartos* and

Informal Restaurant

Address Largo da Praça de Touros, 5, 2080-030 Almeirim **Telephone** +351 243 509 281

E-mail andrea_ouro@yahoo.com **GPS** 39°12'09,1"N 8°37'39,5"W **Forms of Payment** Cards are accepted except AE

Opening Hours 12.00-4pm; 7pm-10pm

Closing Day(s) Monday **Capacity** 55 seats

Parking On the street **Access** Access for persons with reduced mobility **Average Price** €12 **No Smoking**

Wi-Fi connection available

plumas with *migas* and old-fashioned chips (sliced with a knife), big ox chops, wild boar brochette and the chef's steak (sirloin steak). In addition are the daily specials (as a rule two, fish and meat), quick meals, small steaks and pork steaks on the stone. Good traditional homemade desserts. Small selection of wines as the house wine (Quinta do Casal Branco) is a bestseller. Friendly and efficient service.



Emblematic dish

Big ox chop, 800 to 950 g, as a rule a portion is plenty for two people, but it could be enough for more, and is grilled to the customer's taste.

Tertúlia da Quinta

A bloated cheerful monk in front of a soup bowl is the illustration on the business card where it says: "Even the friar recommends the Sopa da Pedra from Tertúlia". This soup is really a must, but the restaurant has much more to offer. Everything deserves to be recommended, as you will see.

The restaurant inherited the site of the old wine cellar Quinta de Sant'Ana, where a get-together (*tertúlia*) took place, hence its name, and from being a cellar it became a restaurant. It is set in an ideal place where there are more restaurants, by the bullring, in Almeirim. At the entrance, there is a long dining room, once the wine cellar, and another larger dining room inside, both profusely decorated with allusions to

Almeirim and Ribatejo in general – the city and the *leziria*. To vouch for their attachment to their roots are two testimonials: the *sopa da pedra* recipe in a visible place at the entrance of the main room with a detailed description of the ingredients and the way to prepare the soup, and the wine list open on an easel, with useful information about the wine castes, vineyards and wines. Here one finds traditional Portuguese



Emblematic dish

The roast ox meat is amazingly good because of its softness and intense flavour. It is the meat from a calf marinated in wine and very well roasted in the oven.

cuisine, focused on Ribatejo and on its noblest produce, especially wild ox. This choice is naturally immediately revealed in the starters with the *sopa da pedra* sausage, and also with the Ribatejo and Alentejo cheeses presented on a special menu, and cooked and served differently, in a frying pan with mushrooms. The *sopa da pedra* is served as such but, given its rich substance, many customers have it as a main dish. The roast ox is one of the other main attractions but its meat – chops, loin and sirloin – also make very good grills.

Other high standard grilled dishes are black pork *lagartos* and neck chops, preferably sided by small bean rice. At weekends, there is roast lamb, the grandmother's recipe, which is a delight. The *molinhos de carneiro* (mutton tripe) is a typical striking dish from Almeirim. The fresh grilled fish with *migas* is also stunning. Codfish with cornbread is a delight when well prepared as it is here. Diversified and excellent desserts. Good selection of wines, worthy of the history of the restaurant. Efficient and friendly service.

Typical Restaurant

Address Largo da Praça de Touros, 37-A, 2080-030 Almeirim **Telephone** +351 243 593 008

Website www.tertuliadaquinta.com **E-mail** reservas@tertuliadaquinta.com **GPS** 39°12'05,8"N 8°37'37,2"W

Forms of Payment Cards are accepted **Opening Hours** 12.00-3pm; 7pm-0. 30pm **Closing Day(s)** Monday

Capacity 92 seats **Parking** On the street **Access** Access for persons with reduced mobility **Average Price** €12

No Smoking • **Wi-Fi connection available**

O Cavalo do Sorraia

In the midst of the Sorraia Horse Nature Reserve, in total communion with nature, this restaurant invites us to taste the local gastronomy, preferably with our family, and, after or before, to visit the Casa dos Patudos – the Alpiarça Museum, the region's trademark.



From Almeirim to Alpiarça there are barely half a dozen kilometres until the first roundabout, where one can see to the left the Casa dos Patudos and the sign indicating the Patudos dam, the camping site and the Sorraia Horse Nature Reserve. to the right. It is in this reserve that the endangered breed of horses roams freely, and it is also where the restaurant with the same name stands (there is also a dogs' school that may interest many). The main room in the restaurant, large and full of light and the bar, smaller, have different sized tables of different shapes, some better for families, others, individual tables, all with good table linen and full of natural light, really cosy. There is a weekly menu consisting of six set fish dishes and five set meat dishes, two daily suggestions (fish and meat) plus the



specials ordered. These include codfish with *mangusto* (cabbage and cornbread); lobster codfish, with a cocktail sauce, prawns and clams and finally it is served *au gratin* decorated with prawns; octopus à *lagareiro*, with plenty of olive oil and flavour; duck rice; roast lamb in the oven with small potatoes on a bed of boiled vegetables; lamb *Alpiarça*, the local emblematic dish. Homemade traditional desserts: rice pudding, *crème brûlée*, "wonderful" pudding and the roller-coaster pudding are the highlights. Wines mainly from the Tejo region. Friendly and efficient service. The bar opens daily with extended opening hours, 9am-5pm, with cafe service, which may be useful for those doing the cultural Alpiarça trail, especially the Reserve and the Casa dos Patudos.

Informal Restaurant

Address Reserva Natural Cavalo do Sorraia, Alpiarça
Telephone +351 243 558 121 and +351 961 553 759
Website www.ocavalodosorraia.com
E-mail catering@ocavalodosorraia.com
GPS 39°14'32.3"N 8°34'34.0"W **Forms of Payment** Cards are accepted **Opening Hours** 12.00-5pm; Cafe: 9am-5pm **Closing Day(s)** Monday **Capacity** 60 seats in the room and 20 in the bar **Parking** Private
Access Access for persons with reduced mobility
Average Price €18 **No Smoking**
Wi-Fi connection available

Emblematic dish

Lamb done in the Alpiarça style is a delicious stew with secrets in its preparation that ensure its unique flavour. Traditionally, it was the main dish at weddings. It fell into disuse but now it has been acknowledged and is appreciated once again.



Mercearia do Peixe e Cia

The quality not only of the fish, but also the meat and other ingredients used in the kitchen, together with the service and the ambiance, explain the success of this restaurant located in Vila Nova da Rainha, on the road between Carregado and Azambuja.

Daily fresh market produce; traditionally grilled or casseroled; friendly, speedy service, these are the ingredients responsible for the fame of Mercearia do Peixe e Cia., now enhanced with the connection to another benchmark restaurant, the Kottada. It has a comfortable room with good sized chairs and tables rendered lighter by the current table runners; rustic *décor* which gives the numerous bottles of wine the double role of articles for sale and ornaments; calm, cosy, family ambiance. What is really outstanding, though, is the fish display strategically set in the room so as to catch the eye of those coming in, enjoying the look of freshness of the varieties exhibited,

from the noblest to the more popular fish. The grill is right behind it. In terms of cuisine, the aim of including more and more Ribatejo regional dishes is obvious. These include *migas ribatejanas*, made with turnip greens to eat with fish, the codfish *torricado*, fried eels and small sole from the Tejo, especially at weekends. But the specialties are grilled fresh fish from the fish auction, now served with *migas ribatejanas*, baked tomatoes and boiled potatoes, and also grouper's head which is delicious; stewed codfish tongue in rice of turnip greens and the Ribatejo veal fillet grilled in a medieval style. There are also good desserts, such as the cheesecake topped with raspberry ice-cream. Good wines.

Traditional Restaurant

Address EN n.º 3, km 6.6, Arneiro, 2050-522 Vila Nova da Rainha **Telephone** +351 263 418 464
Website www.merceariadopeixe.pt **E-mail** merceariadopeixe@sapo.pt **GPS** 39°02'57.72"N 8°54'46.30"W
Forms of Payment Cards are accepted **Opening Hours** 12.00-3.30pm (dinners for groups; booking required)
Closing Day(s) Open every day, except from 13 August to 26 August for holidays **Capacity** 50 seats **Parking** Private
Access Access ramp; no toilet for persons with special needs **Average Price** €30 **No Smoking**
Wi-Fi connection available



Emblematic dish

The grilled grouper's head is an exceptional experience and, contrary to what many think, it is easy to eat in small, delicious pieces.

Oficina dos Sabores

From a shed in ruins, carefully and tastefully refurbished, a successful restaurant was born, based on good food, good value for money, a good atmosphere and good service, a restaurant that has not come to a standstill over time but now, after the renovation of the premises and the introduction of other regional dishes, it is even more attractive and more welcoming.

The restaurant is housed in a large white building with a yellow trim, by the road, in the heart of the countryside, on the outskirts of Aveiras de Cima. It has a big dining room for events (290 people) as well as three new ones where once there was only a very large room with a partition in the middle. Now, new partitions clearly separate three more intimate and less noisy areas: three dining rooms, really. The kitchen is open-

plan and the bottles placed on the partitions are also decorative. Everything is much cosier. As to the food, which is genuinely Portuguese, it has kept its high quality and regional component. The menu has a wide selection of suggestions: as for starters, besides the usual appetisers, such as small salads and eggs with *farinheira*, there is the *torricado*, which, as it is served as a main

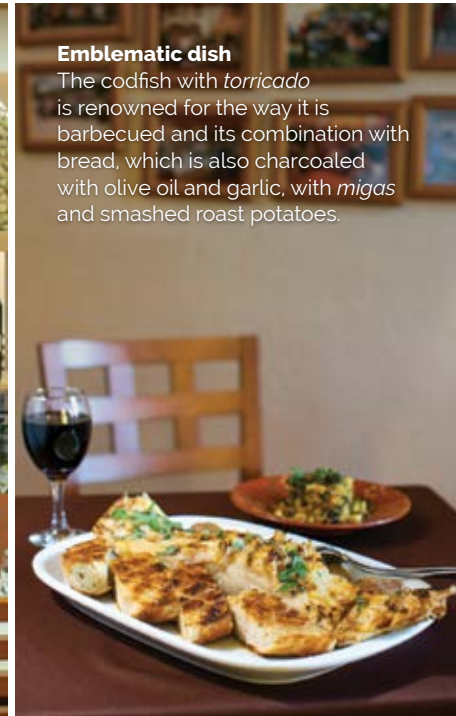
dish, can also be served as a starter in a smaller version; as for fish, here codfish with *torricado* appears in all its splendour, but the octopus à *lagareiro* is yet another success with the customers, as is the fresh grilled fish; the meat is certified, a guarantee and a sign of their willingness to serve well, as is the case with the *mirandesa* meat (from Miranda do Douro), be it filleted or served as barbecued chops, or the

Informal Restaurant

Address Estrada Nacional 366, km 23,6, Ladeira, 2050-000 Aveiras de Cima **Telephone** +351 263 478 153 and +351 963 027 719 **E-mail** canteijo@gmail.com

GPS 39°7'53.59"N 8°53'41.36"W **Forms of Payment** Cards are accepted **Opening Hours** 12.00-3pm; 7pm-11pm **Closing Day(s)** Closes Sunday dinner time and all day Monday **Capacity** 80 seats **Parking** Private parking area **Access** Access for persons with reduced mobility **Average Price** €15 **No Smoking** **Wi-Fi connection available**

entrecôte in the oven, or even the black pork strips and loin and skewers, all barbecued, and to which are added such delicacies as roasted pork cheeks, duck à *l'orange*, grilled veal chops or tenderloin beefsteak on the stone, all worthy of high praise. Homemade desserts with unbeatable *farófias*. Wines from the Tejo region and two good house wines served in jugs. Very attentive and friendly service.



Emblematic dish

The codfish with *torricado* is renowned for the way it is barbecued and its combination with bread, which is also charcoaled with olive oil and garlic, with *migas* and smashed roast potatoes.

A Coudelaria

The success of Saturday's country buffet and Sunday's wild-game cozido, also served as a buffet, is such that one has to book well in advance to get a table, and during the week, with its à la carte service, it is usually very busy, so booking in advance is also advisable.

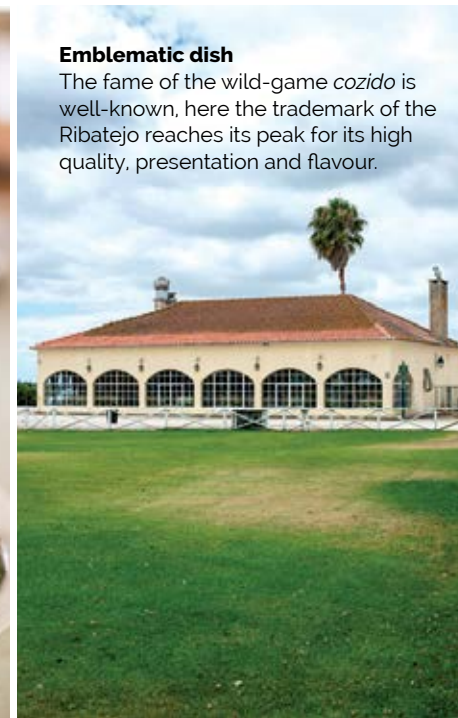
Located on the land of the Companhia das Lezírias, which extends over 18 thousand hectares of Ribatejo *leziria*, with agriculture, livestock and forest, this restaurant fully blends in with the surrounding nature. The restaurant is next to the hippodrome and has an ample room with wall-to-wall windows, full of natural light, overlooking the arena and the horse obstacle course

– hence its name: A Coudelaria (The Stud Farm) – and, at the back is the cork oak forest where horses run wild. The way in is through the bar which has a fireplace and comfortable seats where one can wait enjoying an *apéritif*. In the dining room, to the right, the counter, on buffet days, recalls the royal banquets from old engravings given the abundance and



Emblematic dish

The fame of the wild-game *cozido* is well-known, here the trademark of the Ribatejo reaches its peak for its high quality, presentation and flavour.



variety of delicacies laid out. Its general *décor* is what one expects: focused on bulls and horses.

Its cuisine is mainly meat dishes but always includes codfish and octopus, with different recipes every day, and grilled fresh fish. As for the meat, be it beef, (stewed with bean rice, on the spit or in minute steaks with onions and gravy), black pork (grilled *secretos* or neck in the oven), Muscovy duck (in an astounding rice) or any other,

it is always outstanding. Top of the list of favourites are the buffets, so rich, abundant and savoury that it is impossible for us to describe them here. It is an absolute must, be sure to book beforehand. The desserts are delicious and diversified, *farófiás*, bread and sweet potato pudding, *tigelada*, *segredo* (almond pudding) and others. Wine is, of course, from the Companhia das Lezírias, as well as one or two others. Good, efficient service.

Typical Restaurant

Address Monte de Braço de Prata, Porto Alto, 2135-318 Samora Correia **Telephone** +351 263 654 985

Website www.acoudelaria.com **E-mail** rest.coudelaria@clix.pt **GPS** 38°52'45.9"N 8°51'43.8"W

Forms of Payment Cards are accepted **Opening Hours** 12.00-3.00pm; dinners only with prior booking for a minimum of 20 people **Closing Day(s)** Monday and Bank Holidays **Capacity** 75 seats **Parking** Private **Access** Facilities for persons with reduced mobility **Average Price** €18 **No smoking** • **Wi-Fi connection available**

Chico do Porto

A landmark of the Ribatejo's regional gastronomy, Chico do Porto stands out for the high quality of its products, namely the wild bull meat cuts, the precision of the seasoning and preparation, the generous portions, and also for the friendliness and efficiency of its service, thus it is naturally much sought after.



It is easily recognised with its tiled awning on the pavement outside which serves as a shelter for those waiting and also as an entrance to the first room, with a small window display to the right, followed by a counter and then an open-plan kitchen. Next, there is another, more private room and, at the back, a third, which is kept for special events. All in all, it is a very pleasant place with its blue and white wainscoting alluding to the art of bullfighting, frequently attended by bullfighters, businessmen and fans, and the show going on in the kitchen is well worth watching. The menu is very balanced with interesting suggestions for all courses: the starters include French bean fritters, in an excellent batter and beautifully fried, the *pata negra* prosciutto, codfish cakes and a small



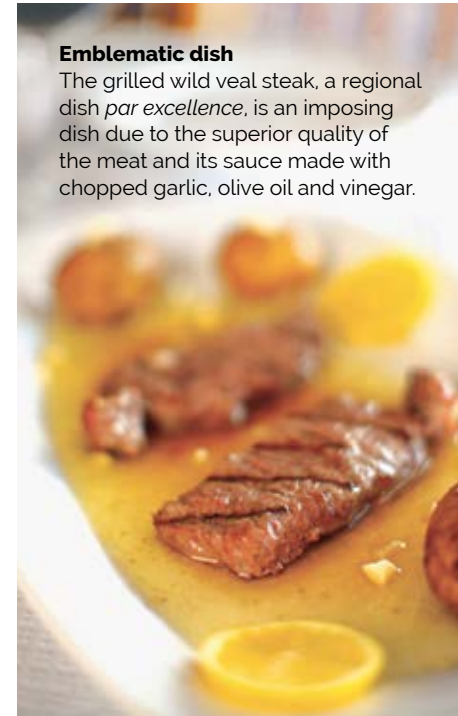
codfish salad, all laid on the table as a suggestion, which shouldn't be shunned; fish dishes include grouper cataplana, unless you would rather have the grouper *à marinheira*, shrimps *à Brás*, octopus *à lagareiro*, fried or stewed eels or eels in a thick broth and, if in season, fried shad with savoury roe *açorda* or lamprey rice, also very desirable; meat dishes include: excellent wild bull fillets and grilled veal chops, little pork fillets fried in olive oil and garlic, done in the typical old Portuguese way, wild veal steak fried in olive oil and garlic, *cabidela* chicken or duck rice. Good homemade desserts: mango mousse, lime mousse, chocolate mousse, rice pudding or *faróias*, among others. Wines are mainly from three regions; Alentejo, Douro and Tejo. Friendly, professional service.

Informal Restaurant

Address Avenida Mário Mendes Delgado, 22, 2135-115 Porto Alto **Telephone** +351 263 651 371 and +351 933 482 850 **Website** www.restaurantechicodoporto.pt
E-mail restaurantechicodoporto@gmail.com
GPS 38°55'28.9"N 8°53'10.8"W **Forms of Payment** Cards are accepted **Opening Hours** 12.00-3pm; 7.00pm-10pm
Closing Day(s) Sunday **Capacity** 90 seats **Parking** On the street **Access** Access for persons with reduced mobility **Average Price** €15
Smoking and non-smoking areas
Wi-Fi connection available

Emblematic dish

The grilled wild veal steak, a regional dish *par excellence*, is an imposing dish due to the superior quality of the meat and its sauce made with chopped garlic, olive oil and vinegar.



O Telheiro

Typical roadside restaurant, located at the crossroads of the EN 119 and the Estrada dos Alemães, with a large dining-room and an extensive menu of simple and tasty traditional Portuguese dishes, reasonably priced, an informal environment, where customers are treated as if they were old friends of the family.

When entering the dining-room, behind the two display fridges, one can see the kitchen, where the owner, Cecilia Marques, is working. Her husband, Joaquim, is in charge of the large dining-room where screens separate different areas; tables are well detached from each other, some round, ideal for families, with linen tablecloths, others, rectangular with table runners. There is a small smoking area on the right-hand side. The atmosphere is simple and relaxed. The cuisine, which is faithful to Portuguese tradition and local recipes, is as simple as it is tasty. In a restaurant like this, cottage cheese could not be missing as a starter, but the top place is disputed between the sautéed mushrooms and partridge pies. Among the fish, there is the grouper, simply grilled or

cooked with sauce *à marinheira*, with an onion stew, but there are other popular dishes such as codfish fritters with bean rice, codfish bruschetta, cuttlefish and squid *à algarvia*, small sole and, at times, fried *joaquinzinhos* with either bean or tomato rice. There is an even greater selection of meat dishes, starting with free-range chicken with *cabidela* rice, minced meat pasties with bean rice, black pork cheeks with asparagus *migas*, *mirandesa* beef fillet and the grilled black pork strips (*presas* and *lagartos*). Conventual desserts (*fidalgo*, *sericaia*) and traditional desserts (rice pudding, *crème brûlée*, *crème caramel*, etc.), all homemade. Interesting wines, particularly from the Douro and Alentejo regions. Very friendly service.

Informal Restaurant

Address Estrada Nacional 119, 80, 2130-121 Foros de Almada **Telephone** +351 263 949 937 and +351 960 306 472

E-mail rest.otelheiro@gmail.com **GPS** 38°51'59.8"N 8°41'30.6"W **Forms of Payment** Cards are accepted

Opening Hours 12.00-10pm **Closing Day(s)** Monday **Capacity** 80 seats **Parking** Private **Average Price** €17.50

Smoking and non-smoking areas · Wi-Fi connection available



Emblematic dish

The success of the *cabidela* free-range chicken is due to "the way it is prepared", says the chef, without revealing its secret, except that she uses *arroz carolino* (round grain rice) from the Lezíria.

Santo Gula

Housed in a very well refurbished olive oil press, this restaurant is amazing both for the touch of sophistication of its premises and the contemporary look of the gastronomy that does not forget its local roots, in a land where the Ribatejo lezíria extends as far as the Alentejo.

Simplifying things, let's say that we like the restaurant both for its beauty and difference, half rustic, half modern, with a restrained audacity and just enough sophistication to keep it informal and relaxed. When you look around you just have to like it. It is separated into two areas: the olive press, a smoking area with a bar and three long tables; the main dining room of identical architecture and minimalistic

décor; the tables are made from wine boxes, the plates are all different from each other, the glasses are coloured and a classical service, with some peculiarities, for instance, the pans and frying pans being brought to the tables. The cuisine has changed from *gourmet* to classical and, strange as it may seem, that means evolution. It follows people's wishes for local produce. And that is what the menu does,

it presents local dishes such as codfish, *torricado* and Ribatejo *lezíria* rice in five versions: with clams à *Bulhão Pato*, razor clams, turnip greens and codfish tongues, mushrooms and wild asparagus, this one is naturally a vegetarian rice dish. The rice dishes can be eaten on their own but they can also be served with other dishes, such as fried john dory or fried octopus or even veal *pincho* (on the skewer) with vegetables.

Contemporary Restaurant

Address Rua Manuel Martins Alves, 41, 2130-143 Santo Estevão **Telephone** +351 263 948 003

Website www.santogula.com

E-mail geral@santogula.com **GPS** 38°51'40.3"N

8°44'51.5"W **Forms of Payment** Cards are accepted

Opening Hours 12.00-3pm; 7pm-10pm **Closing Day(s)** Closes on Mondays and Tuesdays **Capacity** 70 seats

Parking On the street **Average Price** €20

Smoking and Non-Smoking areas

Wi-Fi connection available

For specials, there are: octopus à *lagareiro* with the chef's special touch; tiger prawns à *la plancha*; Santo Gula country meat pie; piglet's belly in its juice; veal flank cooked at low temperature and several steaks. Very interesting desserts, such as the rice pudding (rice from the *lezíria*) to the restaurant's special very strong chocolate mousse. Good wines from the Tejo, Alentejo and Douro regions.



Emblematic dish

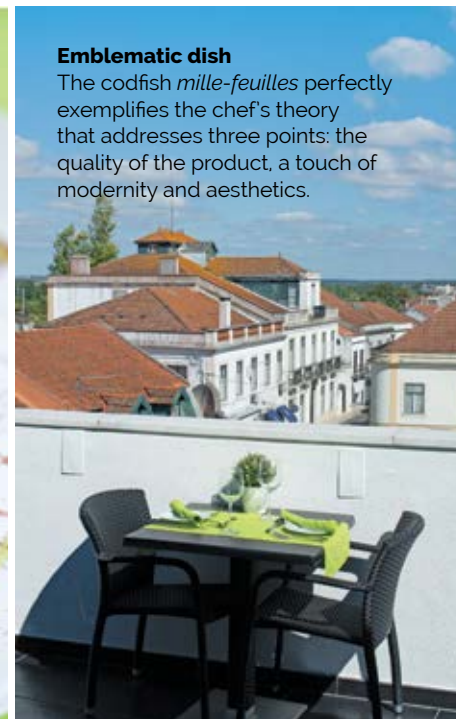
Piglet's belly in its juice is a challenge for all suckling pig lovers as it is very different and very tasty.

Vila Hotel

Modern with a simple and attractive, almost minimalistic design, linking sobriety to elegance; a modern cuisine but rooted in traditional inspiration, with great quality products worked and promoted by the high culinary technique of chef José Maria Lino and his aesthetic senses. For instance, the way he prepares the Lezíria carolino rice fully proves what has just been said.

The restaurant is on the top floor of the Vila Hotel in the town centre of Benavente. It has a dining room and a terrace with an extraordinary view of the town and the *lezíria*. The dining room is small, bright, elegant, decorated with neutral colours, white and black, combining with green, in a *décor* that has no room for frills, being absolutely clean-cut. It is a nice place, calm, and deliberately stripped of any decoration

so that one's attention focuses first on the landscape then on the food. The Vila Hotel cuisine is also modern albeit inspired on Ribatejo and on Portuguese gastronomic tradition. This was the chef's choice, which does not prevent him from giving his personal touch to each dish by adding something innovative with a profound aesthetic concern. This can be seen with the menu that is always changing, two



Emblematic dish

The codfish *mille-feuilles* perfectly exemplifies the chef's theory that addresses three points: the quality of the product, a touch of modernity and aesthetics.

dishes every week, a fish dish and a meat dish. The other dishes stay on the menu, as starters, such as the *alheira* and smoked ham croquettes in a Greek yogurt sauce, the crunchy prawns in an Asian mayonnaise and the mackerel fillets in a Ribatejo *torricado* with caramelized onions in liqueur from Companhia das Lezírias; the main dishes include codfish *mille-feuilles*, game pie and shellfish in puff pastry (three great pastries!),

steak with cheese and smoked ham and a special sauce sided by *carolino* rice (from the Ribatejo *lezíria*), creamed prawns and lime or creamed mushrooms and sausages. A selection of desserts, such as the mousses (meringue and lime or Belgian chocolate with toasted almond). Wines especially from the Tejo region, but also others from the main wine regions are represented here. Efficient and friendly service.

Contemporary Restaurant

Address Praça da República 39-40, 2130-037 Benavente **Telephone** +351 263 518 210

Website www.benaventevilahotel.pt **E-mail** reservas@benaventevilahotel.pt **GPS** 38°58'58.6"N 8°48'34.8"W

Forms of Payment Cards are accepted **Opening Hours** 7.30-10pm **Closing Day(s)** Sunday **Capacity** 40 seats

Parking On the street **Access** Access for persons with reduced mobility **Average Price** €16

No Smoking except on the terrace • Wi-Fi connection available

Taberna do Gaio

At the entrance, in the main dining room of the Taberna do Gaio, the fish showcase displays large pieces of codfish that attract our attention, as if they were telling us that they are one of the restaurant's highlights, along with fresh fish, veal, pork and the specials, and obviously never forgetting the homemade desserts.



This restaurant is a gastronomic attraction and is located on the road between Azambuja and Cartaxo and is equidistant from both the typical town and city of Ribatejo: five kilometres, to be precise. The park in front is an invitation to park the car and the fame of the restaurant's cuisine summons us into one of the three dining rooms that are warm, colourful and profusely decorated, with an emphasis on bottled wines and boxes of wine spread a little everywhere: on the shelves, showcases and wine cabinets that guarantee they will be served at the right temperature. This is a family project belonging to the brothers Mário and Jorge Silva, who are respectively in charge of the kitchen and dining room. Both the products and flavours from the kitchen are genuinely Portuguese and, mostly, local. The starters include sliced cottage cheese with pumpkin jam, salt,



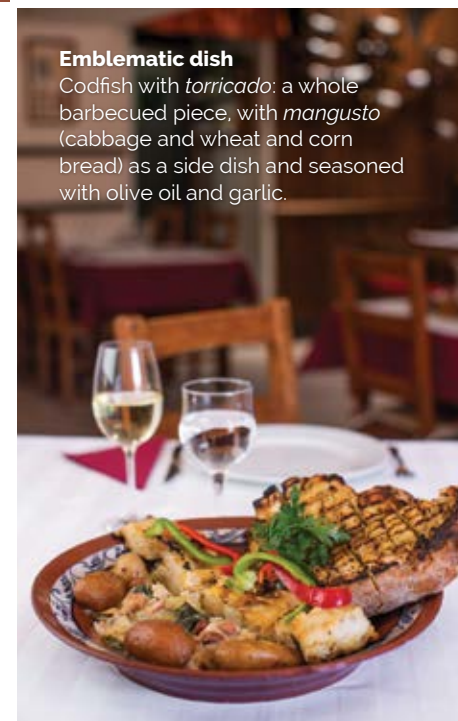
pepper, oregano and olive oil, fatter than usual and tastier, the reason why it is popular here; octopus à *Bulhão Pato*, an interesting version of a traditional goodie; dried cheeses, sausages and smoked ham. The main dishes include the marvellous codfish. It appears on the menu every day, with a different recipe: from the codfish with *torricado* to the shredded codfish with mashed chickpeas, or à Brás, à *Gomes de Sá*, in the oven, in a stew (steaks dipped in a delicious broth), fritters with bean rice, among other recipes that are just as appetising. There are more suggestions for other dishes: grilled fish from the market, brochette and veal ribs, free range cockerel *cabidela* rice, small pork steaks with a coriander sauce, oxtail with chickpeas and a lot more. Homemade desserts such as their wonderful *faróias*. Very good wine list. Efficient and friendly service.

Informal Restaurant

Address Estrada n.º 3, Cruz do Campo, 2070-214 Cartaxo **Telephone** +351 243 759 883
Website www.facebook.com/taberna.do.gαιο.cartaxo
E-mail tabernadogaio@hotmail.com **GPS** 39°07'46,38"N 8°48'50,96"W **Forms of Payment** Cards are accepted
Opening Hours 12.00-3pm; Fridays and Saturdays: 12.00-3pm; 7pm-11pm **Closing Day(s)** Closed on Sundays and Public Holidays and for dinner from Monday to Thursday **Capacity** 60 seats
Parking Private **Access** Access for persons with reduced mobility **Average Price** €17
No Smoking • **Wi-Fi connection available**

Emblematic dish

Codfish with *torricado*: a whole barbecued piece, with *mangusto* (cabbage and wheat and corn bread) as a side dish and seasoned with olive oil and garlic.



Taxo

At Quinta do Letrado, when leaving Cartaxo for the A1 motorway by the football stadium, there is a fantastic place to taste a well-made meal with high quality products and to relax while the children play in the garden.

The name of the restaurant is Taxo, and it comes with a good few surprises: first, the open-air area where the children can play while their parents relax; second, the main dining room – there is another called “gourmet” for groups and events such as wine tasting, – large, colourful, full of natural light with a sober and bright *décor* with elements from Ribatejo (olive oil amphora, bottling machine), *art déco* items (glass, a telephone), display of fruit and vegetables, which give a touch of freshness and another of *gourmet* products, that is connected to the shop and wine cellar, suggesting food; finally, traditional and local gastronomy with a modern presentation. The menu, albeit not too long, is tempting, with several starters, seven or eight fish dishes, as many meat dishes and six desserts, in addition to one fish and one

meat dish of the day and two salads, plus a *vegan* dish and a *vegan* salad. Everything is made from high quality products and very well prepared. The starters are varied and appetising, such as the *peixinhos da horta*, the mussels *au gratin* with Azores *ilha* cheese, deep fried cuttlefish and the Miranda do Douro *alheira escondidinho*. The main dishes both look and taste delicious: thick codfish fillet with cornbread, octopus from the coast à *lagareiro*, shrimp and fresh mushroom *risotto*, Alentejo lamb chops with small potatoes in an onion stew, peppers and saffron, piece of veal à *mirandesa* and duck *magret* from Quinta da Marinha are examples of the great quality of the treats. Excellent desserts, such as *farólias* and *crème brûlée*. Wines mainly from the Tejo region and some from other regions. Young, attentive, competent and very professional service.

Contemporary Restaurant

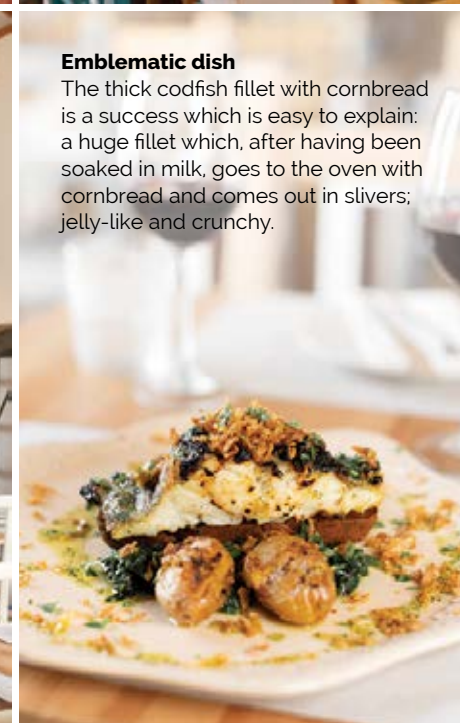
Address Quinta do Letrado, Sítio da Pata-Choca, 2070-118 Cartaxo **Telephone** +351 243 052 187

Website www.taxo.pt **E-mail** taxorestaurante@gmail.com **GPS** 39°10'26.4"N 8°47'35.7"W

Forms of Payment Cards are accepted **Opening Hours** 12.00-11pm **Closing Day(s)** No closing day

Capacity 50 seats **Parking** Private **Access** Access for people with reduced mobility **Average Price** €15

No Smoking • **Wi-Fi connection available**



Emblematic dish

The thick codfish fillet with cornbread is a success which is easy to explain: a huge fillet which, after having been soaked in milk, goes to the oven with cornbread and comes out in slivers; jelly-like and crunchy.

O Moinante

Fresh saltwater and freshwater fish are the great attractions of this restaurant, which is located in a picturesque village in the interior of Ribatejo, north of the municipality of Chamusca, on a slope that rolls down to the big river. The saltwater fish arrives directly from the Peniche fish auctions on Tuesdays and Thursdays to the contentment of its customers.

Arripiado is a riverside village, integrated in a place of great natural beauty, on the south bank of the Tejo, with a panoramic view over Almourol castle and the *leziria*. There we find a restaurant that specializes in fresh fish and which enjoys well-deserved fame: O Moinante. It has a small dining-room, with wooden tables and chairs and tablecloths covered with paper towels, and a counter separating it from the kitchen

and windows with a limited but pleasant view of the Tejo. Outside there is a small terrace. It is a quaint, pleasant cosy place, 6 km away from the A23, if you exit the motorway at Constância Oeste and cross the bridge halfway between Chamusca and Tramagal, on the road on the south side. Dina and Luis Amaral both share the responsibilities of the kitchen and dining-room with great success. Typically

Portuguese cuisine where the dishes are simple and tasty with a clear preference for fish, albeit there are good meat dishes. The table displays bread and butter requiring the company of fried shrimps, a little octopus salad or a similar appetiser to start with. To follow, a great majority choose the *frigideira do mar*, which is a must, but the restaurant's famed octopus (in the pan with garlic, coriander and red

Informal Restaurant

Address Rua 25 de Abril, 2140-609 Arripiado

Telephone +351 249 740 716 and +351 967 645 790

E-mail moinante.luis@gmail.com

GPS 39°27'15.3"N 8°23'55.2"W **Forms of Payment** No

cards accepted. Only cash or cheques **Opening Hours**

12.00-2.30pm; 7pm-10pm **Closing Day(s)** Wednesday

Capacity 35 seats in the dining-room and 16 on the

terrace **Parking** Parking spaces on the street are easy to

find **Access** Access for persons with reduced mobility;

no special WC **Average Price** €15 **No Smoking**

Wi-Fi connection available

wine), fried squid with prawns, octopus rice, the types) and the fried shad with savoury roe *açorda*, when in season, are also worthy of praise, as is the meat, the pork sirloin with the house sauce (mustard sauce) and fried pork with coriander, *açorda* which is a typical dish of the region. Traditional home-made desserts are made with care. A good selection of wines. Friendly and competent service.



Emblematic dish

The *frigideira do mar* is very appealing: good clams, mussels, peeled prawns, cuttlefish and squid in white wine, garlic, coriander, a touch of chilli and a guaranteed... delight.

Taberna da Rita

A good omen is promised by the large rustic house, with a certain grandeur, that can be spotted from the roadside – driving from the Chamusca bridge to Tramagal after 3.4 km –, and that is exactly what you will find after climbing to the first floor for a quiet meal with Portuguese homemade flavours.

If you have reduced mobility or are in a group, there is no need to climb, for on the ground floor there is a dining room for such cases, the "Adega do Matias"; next there is a very pleasant inside patio with a staircase leading to the floor above; ahead, the "sewing room", seating 12, ideal place for meetings, parties and private meals; to the right, the "dining room", which is bigger and more sought after; next, the "bridge room"

(with pictures showing the construction of the Chamusca bridge), a more private room. There was once a tavern and a grocer's shop, fruit and meat – it had a slaughterhouse and a cutting room – owned by Dona Rita. It all fell in ruins and the place was rebuilt as a restaurant and has been managed by Maria de Lurdes Nunes since 2006. It is as simple as it is attractive and welcoming, though it is not Rita's Tavern,



Emblematic dish

Baked codfish with smashed cabbage which owes its name to the special way the cabbage is seasoned and cooked, the codfish is barbecued in thick pieces.

but Lurdes's Restaurant. Its cuisine is authentically traditional and regional. The menu is appealing. For starters, there is always goat's cottage cheese and dried sheep's cheese, barbecued *alheira* and a selection of *linguiça*, flank and barbecued peppers in a small pot. As for the main dishes, the following is worth mentioning: baked codfish with smashed cabbage, the house speciality (a good codfish steak and sliced cabbage cooked in a special way), fritters with turnip greens rice, fish rice

(usually grouper) with turnip greens, octopus à *lagareiro*, goat *chanfana*, *cabidela* rice chicken, grilled rabbit, *cozido à portuguesa* (especially in winter) and, if in season, grilled black bass, fried mullet and shad with fish roe *açorda*. Homemade desserts masterfully prepared by her mother, Dona Felismina, who is in her eighties, such as the rice pudding, *crème brûlée* and the *crème caramel*. Wines from the Tejo region and a house wine also from Ribatejo served in a small jug. Very friendly service.

Informal Restaurant

Address Largo Bernardino José Monteiro, 15, 2140-307 Pinheiro Grande **Telephone** +351 249 740 000 and +351 249 740 001 **Website** www.facebook.com/taberna.darita **E-mail** taberna.rita@mail.telepac.pt
GPS 39°23'42.19"N 8°26'16.84"W **Forms of Payment** Cards are accepted **Opening Hours** 12.00-3pm; 7pm-10pm
Closing Day(s) Closes Sunday dinner time and Monday all day **Capacity** 125 seats **Parking** Easy to find parking spaces on the street **Access** Facilities for people with reduced mobility but no special WC **Average Price** €12.50
No Smoking • **Wi-Fi connection available**

Coruja Chef

On the site of an old barn at the Quinta de S. Martinho, by the road where the exit of Coruche to Almeirim is, a restaurant was born in 2015, with modern-day premises and an up-to-date cuisine albeit strongly inspired by regional tradition, which revives recipes and, above all, makes the most of local produce.



Its name reflects the attachment of the brothers Ricardo and Filipe Aleixo to their homeland. They are responsible for this project which is a tribute to the traditional and highly regarded restaurant in town: o Coruja. They started from scratch and have successfully transformed the old barn into a very pleasant establishment, furnished with comfortable, properly laid tables, sober, rustic, light *décor* and a relaxing, homely and inviting ambiance. Filipe is the *chef* and his cuisine has a Mediterranean touch, with a profound respect for the high quality and integrity of the products, as shown by these examples: exclusive use of virgin olive oil, no other oils; meats carved on the spot and no oxidation; aromatic herbs picked directly from the small organic vegetable garden next to the restaurant. The attachment



to regional and local produce is first evident in the starters, with the sautéed mushrooms (from the cork oak forest), fricasseed testicles, as well as the *pata negra* prosciutto and the cured sheep's cheese, both from this area. On the menu, which is comparatively extensive if one takes into account the size of the room, the daily specialities include the grilled calf and grilled black pork, codfish *à la Coruche*, grilled on the barbecue with an aromatic herb sauce and black pork cheeks made from a local Coruche recipe, topped with a homemade paste prepared with paprika. The traditional desserts are excellent! High quality products that are expertly prepared is the restaurant's motto. The wines are mainly from the Tejo region but other regions also appear on the wine list. The service is friendly and attentive.

Informal Restaurant

Address EN 114/IC10, Quinta de S. Martinho, 2100-042 Coruche **Telephone** +351 936 826 311
Website www.facebook.com/CorujaChef
E-mail corujachef@gmail.com **GPS** 38°57'48.2"N 8°31'57.1"W **Forms of Payment** Cards are accepted
Opening Hours 12.00-3.30pm; 7.00pm-10.30pm
Closing Day(s) Wednesday **Capacity** 56 seats in the main room and 36 on the terrace **Parking** Private
Access Access ramp; no special lavatory for persons with reduced mobility **Average Price** €14 **No smoking**
Wi-Fi connection available

Emblematic dish

Black pork cheeks topped with a thick homemade paste prepared with paprika; these black pork cheeks go to the oven on the bone. They are only deboned when being served, accompanied by sautéed vegetables – an irresistible delicacy!



O Farnel

With all the authority bestowed upon it, thanks to its half a century of activity, O Farnel incites us to visit the town of Coruche, to open its huge iron gate, to sit at the table and discover "the secrets of Ribatejo cuisine". A challenge that promises to have a happy ending.

The restaurant has two dining-rooms, one looking on to the main street, parallel to the Sorraia river, although its precise location is somewhat removed from the riverbank, and the other is accessed by way of an iron gateway leading on to a side street. This is where everyone comes in, along a small ramp with decorations alluding to farm work, and, on the left at the bottom one can see an impressive kitchen. On the other side there is a large, white dining-room with a very high ceiling, a blue trim, pillars and an archway in the centre, two tiled panels depicting scenes from the Ribatejo (a cattle herder on horse and a stork in its nest) and consecutive rows of tables with tablecloths covered with paper. Large but welcoming. The cuisine is regional with wild game as a

winner. The veal mixed grill on a tile (sirloin, haunch and rump steak), tender and succulent, and beautifully stewed ox steak with *carqueja* attest to the quality of the product and its excellent preparation. Still among the meats, stewed veal flank, pork medallions with *migas* and cabbage, roast lamb with potatoes, *kid à lavrador*, which is also roasted in the oven but with a with different seasoning, lamb *ensopado* (in the summer) and *cozido à portuguesa* (in the winter) are some additional choices which are part of the restaurant's history. The same goes for the fish, codfish *à Farnel*, codfish with *migas* and, when in season, fried shad with roe *açorda*. Excellent traditional desserts. Wines from the Tejo and Alentejo regions, with one or two from other regions. Friendly service.

Typical Restaurant

Address Rua Vasconcelos Porto, 9, 2100-201 Coruche **Telephone** +351 243 675 436 and +351 933 534 945
Website www.ofarnel.pt **E-mail** geral@ofarnel.pt and carlospeheiro@ofarnel.pt **GPS** 38°57'23.5"N 8°31'49.5"W
Forms of Payment Cards are accepted **Opening Hours** 12.00-3pm; 7pm-10pm **Closing Day(s)** Monday
Capacity 142 seats **Parking** On the street **Access** Facilities for people with reduced mobility but no special WC
Average Price €15 **No Smoking** • **Wi-Fi connection available**



Emblematic dish

The success of the codfish *à Farnel* is quite easy to explain: a thick, well fried codfish steak perfectly combined with a rich onion sauce, full of flavour with a wonderful texture.

Sabores de Coruche

In the big, white house with a blue trim facing a large park, by road 119, where it meets the IC10 (at a roundabout), almost at the entrance to Coruche, stands a quiet-looking restaurant with regional cuisine, serving high quality products, homemade flavours and very carefully presented.

The park shelters the cars and protects the restaurant from noise. As we enter, we are surprised by the beauty and harmony of the two dining rooms, both displaying paintings on the white walls, under a wooden ceiling. The large tables and chairs, also made of wood, guarantee comfort. The tablecloths are colourful and wine bottles are displayed in such a manner that they blend in with the *décor*, which includes the

meat display counter in the first dining room on top of which there is a grill, all providing a really charming atmosphere. The food served is traditional Portuguese food with a strong touch from the Ribatejo and with a predilection for grilled meat. The menu is appealing, with the starters, such as *peixinhos da horta* and wild mushrooms serving as an example of how simple and natural things can be truly

excellent, as is the case with *túberas* and wild asparagus, when in season. The fish includes dogfish soup, roast octopus in the oven, fried mackerel with bean rice, tuna fish, sword fish, codfish and other fresh, grilled fish. The wild meats, such as black pork or lamb, grilled, are excellent thanks to their high quality and the skill with which they are cooked, but they also make other delicious dishes, such as ox neck with

Informal Restaurant

Address Monte da Barca, 2100-051 Coruche

Telephone +351 243 618 319

E-mail antoniosousamacedo1@sapo.pt

GPS 38°56'48.8"N 8°30'00.9"W **Forms of Payment** Cards are accepted

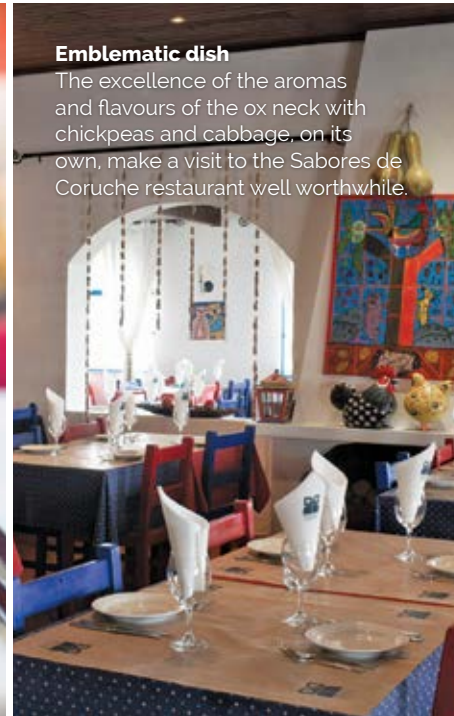
Opening Hours 12:00-4pm; 7pm-11pm

Closing Day(s) Monday **Capacity** 90 seats

Parking Private **Access** Access for persons with reduced mobility **Average Price** €15

No Smoking • **Wi-Fi connection available**

chickpeas and cabbage or stewed flank with cabbage, roast veal with sautéed turnip greens, oxtail with peas, roast lamb and lamb *ensopado*. Good traditional and regional desserts are available, such as the Coruche rice pudding and the *creme do montado* (with acorns). Very well-balanced selection of wines from the main regions, especially from the Tejo region. Efficient and friendly service.



Emblematic dish

The excellence of the aromas and flavours of the ox neck with chickpeas and cabbage, on its own, make a visit to the Sabores de Coruche restaurant well worthwhile.

Café Central

Café Central's steak is the restaurant's main attraction and it's easy to understand why when one hears some people praise the tender and savoury meat, and others the smooth, luxurious gravy and proper chips, apparently made just like they used to be in the past, but that is not all, this famous Golegã café has much more to offer.

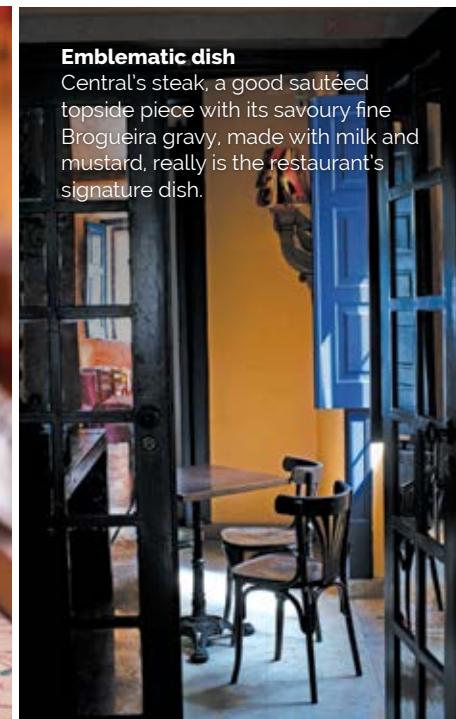
Anyone who has visited Golegã knows where Café Central is and has, no doubt, already savoured the steak. It is a must. This restaurant is a town institution and Central's steak is its trademark, as everyone knows. What many may not know, however, is that, originally, this was a local place for bullfighters, such as Manuel dos Santos and Ricardo Chibanga. As for the food, they would begin with the barbecued chicken

followed by Central's steak, enriched with Brogueira-style gravy. This was how the restaurant started, today it has a cosy room with warm colours and a family environment; another room on the upper floor, reserved for events; a very pleasant outside terrace and a comforting, sober, traditional kitchen. The menu starts with an interesting *couvert*: bread and toast, marinated olives, homemade *pâté* and a trilogy of olive oils,



Emblematic dish

Central's steak, a good sautéed topside piece with its savoury fine Brogueira gravy, made with milk and mustard, really is the restaurant's signature dish.



one with balsamic vinegar and another with flake salt. For starters, there are traditional appetisers, such as gizzards, *peixinhos da horta* and others. The dishes of the day include fish dishes, small fried sardines and fried hake fillets in batter with tomato rice, grilled squid, grilled cuttlefish and grilled swordfish, shellfish rice, monkfish rice and sea bream rice and, when in season, fried shad with shad roe *açorda*; the meat dishes include Central's

steaks, Durão-style steaks, which are the Portuguese-style steaks, lamb chops, grilled black pork *plumas* and *secretos*, stewed veal and the inevitable Central-style barbecued chicken. Tasty desserts include Central's homemade pudding, which is an excellent *crème* caramel, condensed milk mousse and almond pie among other homemade desserts. The wines are mainly from the Alentejo and Tejo regions. Professional service.

Informal Restaurant

Address Largo da Imaculada Conceição, 8, 2150-125 Golegã **Telephone** +351 249 976 345
Website www.facebook.com/CafeCentralGolega **E-mail** samuelmbarradas@gmail.com **GPS** 39°24'07.7"N 8°29'12.6"W
Forms of Payment Cards are accepted **Opening Hours** 12-3pm; 7pm-10.30pm **Closing Day(s)** Open everyday
Capacity 64 seats in the main room and 36 on the terrace **Parking** On the street **Access** Access for persons with reduced mobility **Average Price** €14 **No smoking except on the terrace** • **Wifi connection available**

Lusitanus

The main room of the restaurant is a terrace overlooking the Largo Marquês de Pombal, which is commonly known in Golegã as the fairground; the welcome is friendly; the food has the simplicity and richness of flavours emanating from Portuguese traditional, regional cuisine prepared with high quality products.



This room is quiet and full of light and is located on the first floor of a building rebuilt at the turn of the century, which means we have to climb several steps, but the view makes up for it, not only of the square and the picturesque Ribatejo town, but also of parts of Serras de Aire and Candeeiros, in the background. In this discrete place, where the floor is clay tiled and the ceiling is made of wood, the walls are white with subtle decorations, windows are wide, the chairs and tables are also in wood with table runners, overall the ambiance has charm and is appealing. The gastronomy is also appealing with exactly one dozen fish dishes and another dozen meat dishes. The starters vary, being lighter in summer, with a small roe fish salad, Loligo squid and pepper salad, for example, and stronger in winter, such as the mushrooms with *chouriço* and bacon.



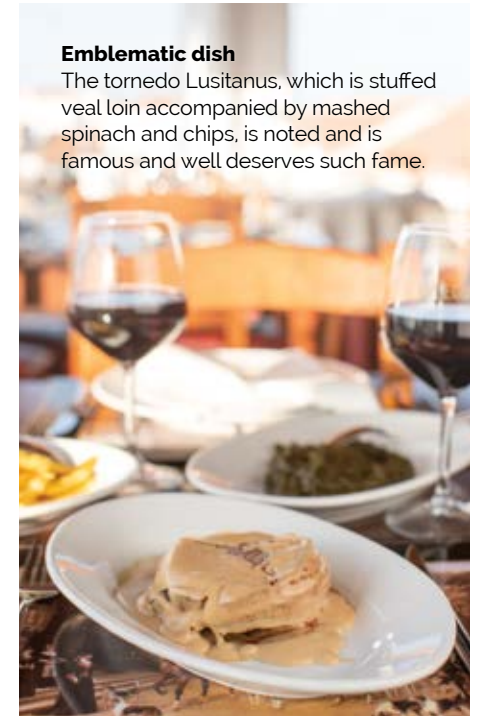
Informal Restaurant

Address Largo Marquês de Pombal, 25, 2150-153 Golegã **Telephone** +351 249 977 572 and +351 969 095 226 **E-mail** rest.lusitanus@hotmail.com **GPS** 39°24'06.1"N 8°28'56.4"W **Forms of Payment** Cards are accepted **Opening Hours** 12.00-3pm; 7pm-10pm **Closing Day(s)** Sundays for dinners and Tuesdays **Capacity** 75 seats **Parking** Easy, on the street **Average Price** €15 **No Smoking** **Wi-Fi connection available**

The specialty fish dish is probably monkfish and prawns with noodles, but the following dishes are also excellent: codfish with cream, codfish Lusitanus, with spinach and cream (on Sundays), codfish *à Brás* (on Mondays), octopus fried in breadcrumbs or cuttlefish *à setubalense* (on Thursdays), codfish fritters with small bean rice (on Fridays), grilled fresh fish of the day, and when in season fried shad with shad rice. The best of the meat dishes include the tornedo Lusitanus, along with other dishes of the same standard: beef casserole marinated and slowly stewed in red wine, *cabidela* chicken, duck rice (on Saturdays) and roast goat in the oven with small potatoes and turnip greens (on Sundays). Good desserts, such as the crunchy chocolate, carob and fig tart or the homemade puddings, *Abade de Priscos* and *Beiras*. Wines from the Tejo, Alentejo and Douro regions. Friendly service.

Emblematic dish

The tornedo Lusitanus, which is stuffed veal loin accompanied by mashed spinach and chips, is noted and is famous and well deserves such fame.



O Barrigas

A reference of the regional gastronomy, first in Entroncamento, where it opened in 1994, now in Golegã, where it moved to 14 years later, Barrigas is a unique restaurant with daily à la carte service, which is reinforced by a plentiful buffet at the weekends.

Well located in the square that leads to the main entrance of the city after the portico, this restaurant has a reception and a bar at the entrance, with comfortable sofas, a room with old wireless sets, and another with a fireplace, a patio which houses the famous buffets at the weekends, all with a rural *décor*, albeit with a personal touch in a mixture of traditional and innovative in a pleasant, family ambiance, just like the food.

In the kitchen there is precision and know-how in the choice and combination of the ingredients to the preparation and presentation of the dishes. On the daily menu there are delicious starters: local cheeses and sausages, stuffed peppers and several small salads, among other appetisers; tasty dishes, such as the shrimp fry which dates from the time of the Entroncamento restaurant, fried shad

and its *açorda* with shad roe, another hit, albeit seasonal, the codfish *en croute*, the fresh grilled fish, or cooked in a crust of salt, the small pork steaks, made from certified local meat, beef and pork pieces on the charcoal, both specials, and meat prepared in salt, a recipe that preserves its purest flavour; homemade desserts presented on a trolley, all appealing, especially the *crème brûlée*, rice pudding, *fatias de Tomar* and the *Abade de Priscos* pudding. The *buffet* is the big weekend attraction and runs from dinner on Friday to lunch on Sunday with the "menu Barrigas", consisting of 20 to 30 starters, main dish and desserts with two options: "Barriguinha for 2", with starters, a dish to share and desserts; "Barriguinha", with starters, half a portion and desserts. The most representative wines come from the Tejo region, other wines from the main wine regions. Excellent service.

Informal Restaurant

Address Avenida 5 de Outubro, 55, 2150-124 Golegã **Telephone** +351 249 717 631 **Website** www.obarrigas.com
E-mail restaurante@barrigas.com **GPS** 39°24'22"N 8°29'10.7"W **Forms of Payment** Cards are accepted
Opening Hours 12:30-3pm; 7:30pm-10pm **Closing Day(s)** Closes on Sunday dinner time and Monday all day
Capacity 90 seats **Parking** Easy, on the public road **Access** Access for persons with reduced mobility
Average Price €20 **No Smoking** • **Wi-Fi connection available**



Emblematic dish

The shrimp fry with the *açorda* became an emblem of this restaurant, despite its apparent simplicity; accompanied by salt, garlic, coriander and garlic *açorda*. A must both in the *à la carte* menu and buffet.

O Peso

A rural building, a family atmosphere, home cooking plus the blessings of simple and natural things characterise this restaurant, where Américo Fernandes is the friendly host, and his wife, Lucília, along with his sister-in-law, Aurelina, prepare the meals with ingredients and according to recipes that they have known since childhood.

This home cooking takes us back to memories of products and flavours from the kitchens of our grandmothers and mothers with the same simplicity and good taste. This is no surprise, as when they opened the restaurant and café, in the early 90s, the only experience that Américo and Lucília had had in this field was in their parents' kitchens. The entrance is through the café, on the right there is a wine

cabinet and, immediately after, a rustic cupboard at the entrance of the room. It is large, with tile wainscoting, a wooden ceiling, chairs and tables, tablecloths covered with paper and plenty of light. The cuisine is Portuguese, from Ribatejo, genuine and traditional. Generous *couvert*, consisting of bread, olives, tuna paste, cheese spread and hard cheese. For starters, there are treats such as fried

eels, garlic prawns and scrambled eggs with *farinheira* sausage. The main dishes include the favourite codfish *à Peso*, which is charcoaled. Other favourites on the menu are fried or grilled eels with small bean rice, *migas* and salad and eel *ensopado* for fish; veal chops, veal rump tail and veal steak, medallions *à Peso* (a large steak with a slice of pineapple), lamb chops, thin pork steaks, spare ribs

Informal Restaurant

Address Rua 5 de Outubro, 11, 2150-083 Pombalinho

Telephone +351 243 459 238

E-mail restauranteopeso@hotmail.com

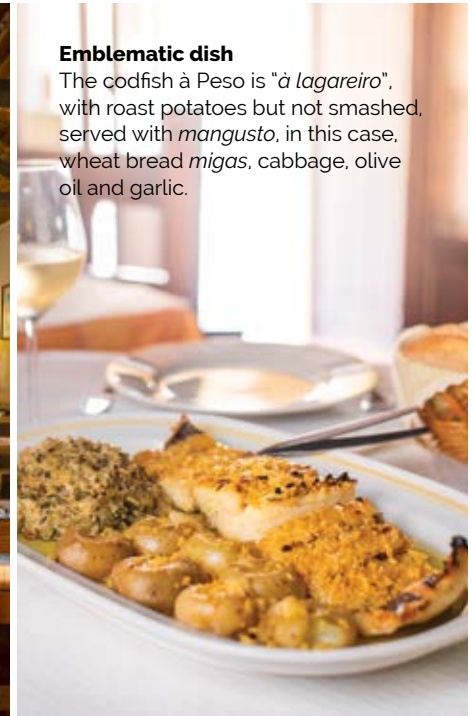
GPS 39°20'37,5"N 8°33'04,1"W **Forms of Payment** MB and Visa Cards accepted **Opening Hours** 12.00-3pm; 7pm-10pm **Closing Day(s)** Wednesdays

Capacity 90 seats **Parking** Private **Access** Access for persons with reduced mobility; no special WC

Average Price €14 **No Smoking**

Wi-Fi connection available

and pork loin, and also black pork mixed grill, for grilled meat. As for the two dishes of the day, the turnover includes codfish with chickpeas, *cachola*, bean stew, chicken fricassee and other similar dishes. Traditional, simple and homemade desserts. Entry-level range and mid-range wines at good prices and a Cartaxo house wine that flows beautifully. Informal and friendly service.



Emblematic dish

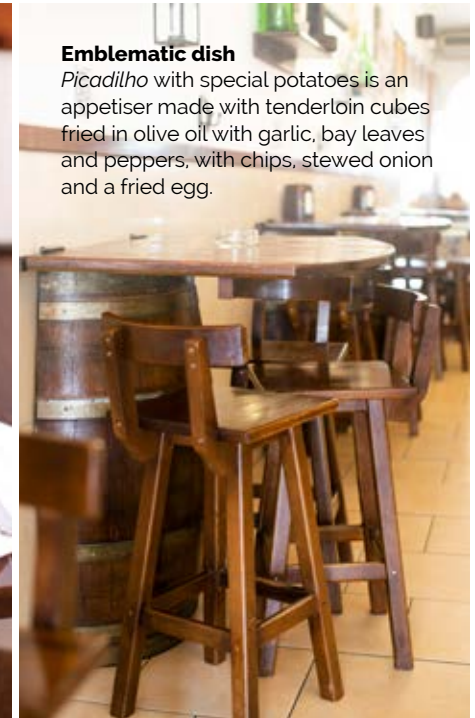
The codfish *à Peso* is "*à lagareiro*", with roast potatoes but not smashed, served with *mangusto*, in this case, wheat bread *migas*, cabbage, olive oil and garlic.

Rédea Curta

It was first designed to be a restaurant specialised in appetisers but soon evolved into a restaurant with a number of different dishes, some of which use ancient regional recipes. It now has the capacity to offer two kinds of meals and both are excellent choices: one focused on appetisers and the other a more conventional meal with a starter, main dish and a dessert.

Rédea Curta's kitchen is ready to satisfy its customers' wishes, be it for a series of appetisers, which can make up a full meal, or the traditional sequence of starter, main dish and dessert. Its narrow dining room leading to a counter, its high tables with stools near regular ones and the exuberant *décor* based on bullfights enhance the idea of this being a great place for getting together, nibbling and dining, if you so wish.

There are two long menus, one with tasty appetisers, and the other with dishes. On the first, there are varied options such as fried eels or fried mullet, deep-fried cuttlefish, clams *à Bulhão Pato*, gizzards, boiled *morcela de arroz*, grilled pork kidneys, liver salad and other popular appetisers. The dish menu includes original soups such as *cagarrinhas aporcalhadas* (a sort of *sopa da pedra*



Emblematic dish

Picadilho with special potatoes is an appetiser made with tenderloin cubes fried in olive oil with garlic, bay leaves and peppers, with chips, stewed onion and a fried egg.

with thistle stems), *saramagos* soup and cabbage and bean soup served with shredded codfish (as it used to be prepared in the countryside); some of the appetisers come with side dishes, such as fried eels and fried mullet with tomato rice or the *morcela de arroz* that comes with turnip greens; fish dishes include the fried shad with the shad roe *açorda*;

good meats, especially the stewed lamb and *iscas à portuguesa*, stewed cheeks and veal tongue with mashed potatoes, beef trotters with chickpeas, among others. Traditional desserts, such as the house pudding, rice pudding, *crème brûlée* and curd cottage cheese ice cream with strawberries, among others. Wines from the Tejo and Douro regions. Friendly service.

Typical Restaurant

Address Rua João de Deus, 17, 2150-167 Golegã **Telephone** +351 249 404 488

Website www.facebook.com/redeacurta.golega **E-mail** redea_curta@hotmail.com **GPS** 39°24'12.1"N 8°29'00.9"W

Forms of Payment Cards: only MB **Opening Hours** 10.00am-midnight **Closing Day(s)** Monday **Capacity** 80 seats

Parking On the public road **Average Price** €13,50 **Smoking and Non-smoking areas** • **Wi-Fi connection available**

O Pancinhas

The restaurant is based on the concept of a menu that changes every day and presents several choices, from salads and omelettes to fish, meat and vegan dishes, all prepared with the utmost care, pleasant presentation and at fair prices, in a simple, modern, informal but nevertheless cosy atmosphere.



Stone, glass, geometric lines, even in the furniture, bright colours and good lighting. Seen from the street through the glass door, O Pancinhas looks graceful and very inviting; to the right and at the bottom the stone walls are visible; to the left is the service counter where some delicacies are laid out along with a flower arrangement; in the centre there are cushioned chairs and dark tables with colourful table runners. One is left with a good impression of modernity, functionality and familiarity, in the modern sense of these terms. The restaurant is easy to find, near the Town Hall and the centre of the city. Its cuisine is traditionally Portuguese. The menu changes on a daily basis and includes bread and olives, a main dish, dessert and a drink – water, soft drink, glass of wine – priced between €7,50 and €9,00. The price differences are due to the



Informal Restaurant

Address Rua da Nazaré, 28, 2040-272 Rio Maior
Telephone +351 243 993 312 **Website** www.facebook.com/O-Pancinhas-Lda-301341779987757

E-mail opancinhas.Lda@gmail.com **GPS** 39°20'09.4"N

8°56'11.4"W **Forms of Payment** Cards are accepted

Opening Hours 12.00-30pm; Fridays: 12.00-2.30pm; 8pm-10.30pm **Closing Day(s)** Closes on Sundays all day and at dinner, except on Fridays **Capacity** 46 seats

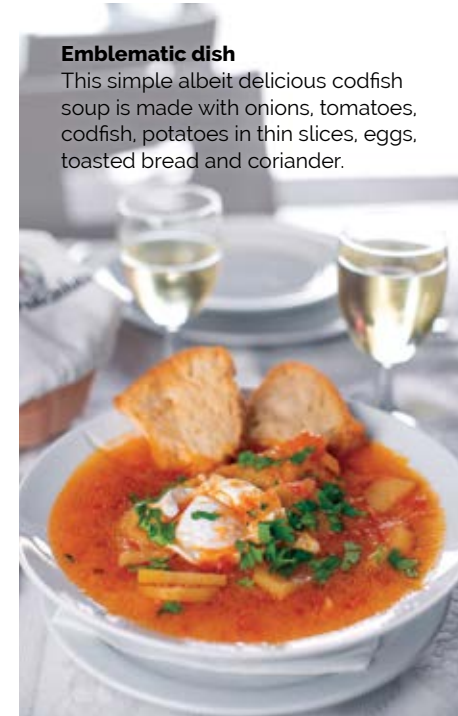
Average Price €12 **No smoking**

Wi-Fi connection available

choice of dishes. As a rule, there are two meat dishes and one fish dish, two of which stove cooked, in addition to omelettes and salads. Among the dishes that appear weekly only two have a set day: the *cozido à portuguesa*, on Thursdays, not served during the very hot days of summer, and octopus *à lagareiro*, on Fridays. All the other dishes appear *adlib*, even some of the most highly appreciated ones, such as codfish soup, as simple as it is original and tasty, codfish in the oven, *coelho à caçador*, tripe, beef trotters with chickpeas and *sopa da pedra*, for instance. Desserts are also *impromptu* and vary a lot and surprise one with, for example, desserts with fruit, mousses or *branquinho*, made from egg white on a covered tray with egg yolk paste and caramel. Residual wines because of the restaurant's menu scheme. Friendly and dedicated service.

Emblematic dish

This simple albeit delicious codfish soup is made with onions, tomatoes, codfish, potatoes in thin slices, eggs, toasted bread and coriander.



Palhinhas Gold

Well located on a narrow street in the centre of Rio Maior, it has a cosy dining room, a kitchen with good products and reliable cuisine. It is good value for money and has good service, fully justifying its prestige both in the city and in the region.

When he took ownership of this restaurant in 2008, the present owner wanted it to be "pretty and welcoming". Besides a change in the furniture, he added to the traditional dishes other more elaborate ones, and thus the restaurant carried on with its prestige in the city and beyond. It is located on the first floor of an old building with access by a wooden staircase: a single long dining room with a wooden ceiling, dark tables with white table runners (tablecloths at weekends), very comfortably upholstered chairs, low lighting from two chandeliers, a service counter at the end separating it from the kitchen, and an informal atmosphere with a definite charm.

The food is traditional Portuguese cooking with very careful presentation and, at times, a touch of innovation. The menu is long and

varied with suggestions as appealing as the starters including, scrambled eggs with *farinheira* in a puff pastry cup, a selection of five varieties of fresh mushrooms and instantly smoked mackerel fillets on corn bread; the fish includes roast codfish on a cornbread crust and olives, octopus à *lagareiro* and sole rolls stuffed with shrimps with *risotto* and a crustacean sauce; as for the meat, there is chicken and prawn curry, pork loin in puff pastry and a sausage paste and sirloin steak with a choice of gravies. Good desserts exemplified in the crunchy chocolate cake, the *manjar do abade* (a kind of *toucinho do céu*, but lighter) and white chocolate and passion fruit *panacotta*. Wines from the Tejo and Alentejo regions and some from other regions at affordable prices. Friendly and efficient service.

Contemporary Restaurant

Address Travessa do Palhinhas, 5, 2040-250 Rio Maior **Telephone** +351 243 241 247 and +351 967 925 837

Website www.palhinhasgold.pt **E-mail** reservas@palhinhasgold.pt **GPS** 39°20'8.53"N 8°56'13.36"W

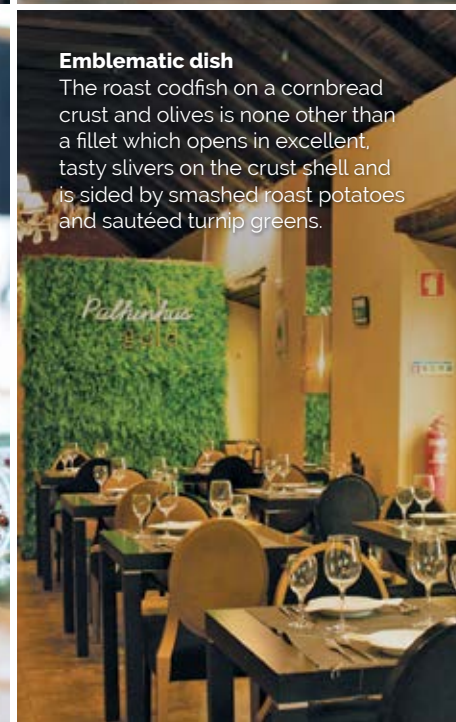
Forms of Payment Cards are accepted **Opening Hours** 12.00-2.30pm; 7pm-10.30pm **Closing Day(s)** Closes Sunday dinner and Monday all day **Capacity** 55 seats **Parking** On the street **Average Price** €15

Smoking and Non-Smoking areas • **Wi-Fi connection available**



Emblematic dish

The roast codfish on a cornbread crust and olives is none other than a fillet which opens in excellent, tasty slivers on the crust shell and is sided by smashed roast potatoes and sautéed turnip greens.



Salarium

The restaurant is housed in a wooden building literally standing on salt fields. All its inspiration is based on salt, which is the raison d'être of that small village located on the foothills of the Serra dos Candeeiros, three kilometres away from Rio Maior; its gastronomy derives from its tradition, based on local produce.

Everything is made of wood – floors, walls, ceiling, doors, windows, locks – and this is, according to the tradition of saline constructions, because of salt corrosion. It has two dining rooms and two panoramic terraces practically overlooking the tanks where the salt is produced (this is the best view of the salt marshes!), a bar and a shop with local produce (local salt, flake salt, sweets, wine, and olive oil). Two predominant

colours reign: white from the salt and blue from the water. The tables are white with informative mats on four themes: salt fields, flake salt, the Templars and Salarium. Local regional crockery made of colourful clay. The flavours are typically regional. A board with wheat bread and corn bread, olive oil flavoured with salt and spices, seasoned olives and cheeses. Several other appetisers, hot or cold, can be added to the former. The

"specialities" are a must: codfish *tiborna*, sautéed squid, pork cheeks stewed in red wine with mashed potatoes with saffron, veal medallion with flake salt (300 g of grilled tender succulent meat with flake salt livening up the flavour), steak *à Salarium* (done in the frying pan with a very Portuguese touch of garlic) and, only by ordering twenty four hours in advance, the majestic Templar fillet, on a salt stone (1 kg, for two to four people),

Typical Restaurant

Address Rua Principal, Salinas, Marinhas do Sal, 2040-133 Rio Maior **Telephone** +351 243 995 180 and +351 964 250 610 **Website** www.salarium.pt
E-mail salarium.salinas@gmail.com **GPS** 39°21'50,0"N 8°56'44,9"W **Forms of Payment** Cards are accepted
Opening Hours 12.00-2.30pm;7pm-9.30pm
Closing Day(s) Tuesday **Capacity** 50 seats in the dining room **Parking** On the street **Access** Access for persons with reduced mobility **Average Price** €17,50
Non-Smoking, except on one of the terraces
Wi-Fi connection available

seared on the stone and sliced at the table by the customer, to their own liking. Original desserts due to their connection with the topic of salt, such as the creamy tart with salty caramel or the chocolate mousse flake salt, besides the inevitable sponge cake from Rio Maior. Wines from the Tejo region and an interesting wine on offer from Quinta da Badula, bottled with the Salarium label. Friendly service.



Emblematic dish

Irresistible, codfish *tiborna*: grilled shredded codfish is served on toasted crumbled corn bread previously rubbed with garlic, roast potatoes, with hot olive oil and garlic poured over it, and *migas* and salad from the vegetable garden.

Terra Chã

The suggestion is as original as it is appealing: to climb to Serra dos Candeeiros and taste the traditional dishes of the local villages in a restaurant belonging to a cooperative which, among other local development projects, is devoted to gastronomy to keep the old flavours and know-how and revive products.

The restaurant bears the same name as the cooperative: Terra Chã. It stands on a strategic place, sharing the heights with the wind turbines and offering a vast and very beautiful panorama of the mountain slopes (it should be noted that nearby is the famous Alcobertas cave, which can only be visited by groups and by booking at the Terra Chã cooperative, where interesting guided tours can be booked). Besides this

visit, the restaurant offers unassuming but friendly premises and food such as *chicharos* (grass peas) and *migas*, mountain kid and *chiba* (goat), unique because the products and recipes are from here. One does not have to read the menu to discover the first suggestions because they appear on the table: bread, flavoured olives, goat's cheese, barbecued *marcela* and little gizzards. More sausages and local cheese



Emblematic dish

The mountain kid is not only noble by nature but also because it is totally seasoned and roasted with small potatoes as tradition demands. It is always present at weekends but during the week it has to be ordered.



to order. The noblest dish is undoubtedly the roast mountain kid à Terra Chã, at the weekend or to order, but there are other dishes just as inviting: *chiba da serra*, which is similar to *chanfana* but with less of a bite; cockerel with walnuts, something in between a stew and braised meat, really tasty; well spiced, very flavoursome pork

laurel spit skewer and codfish with *migas* or with *chicharos*, which are barbecued or à *Ti Margarida*, fried with an onion stew. As for dessert, an original *chicharo* pudding, a traditional homemade pudding and an always nice cottage cheese with honey. Small selection of wines, mainly from the Tejo region. Very friendly service.

Contemporary Restaurant

Address Lg. Centro Cultural de Chão, 1, Chãos, 2040-018 Alcobertas **Telephone** +351 243 405 292, +351 967 224 406 and +351 968 889 287 **Website** www.cooperativaterracha.pt **E-mail** geral@cooperativaterracha.pt

GPS 39°25'3.44"N 8°55'11.194"W **Forms of Payment** Only MB cards accepted **Opening Hours** 12.00-3pm; Saturday: 12.00-3pm; 8pm-10.30pm **Closing Day(s)** Monday **Capacity** 70 seats **Parking** Private **Access** Access for persons with reduced mobility **Average Price** €13 **No Smoking** · **Wi-Fi connection available**

O Escaroupim

O Escaroupim is situated by the Tejo river, almost on the water's edge, in a curious village of fishermen. It shows its respect for local traditional values and hoists freshwater fish as the flag of its gastronomy to which it naturally adds saltwater fish and meat on its appealing menu.



This wooden house with wall-to-wall windows serves as a belvedere with a splendid view of the Tejo river and *leziria*. Inside, there are wooden chairs upholstered in blue, also the colour chosen for the table runners which lie on two tablecloths, the bottom one is yellow and the one on top is white, as are the napkins. The ambiance is colourful and lively. There is a long menu: over twelve fish dishes and almost a dozen meat dishes. From the river come the eels, which can be fried and served with bean rice or just grilled or served in a pot as *caldeirada* or *ensopado*; small fried soles, locally known as "olive leaves", with tomato or bean rice or the lamprey prepared in a delicious rice, or even the shad



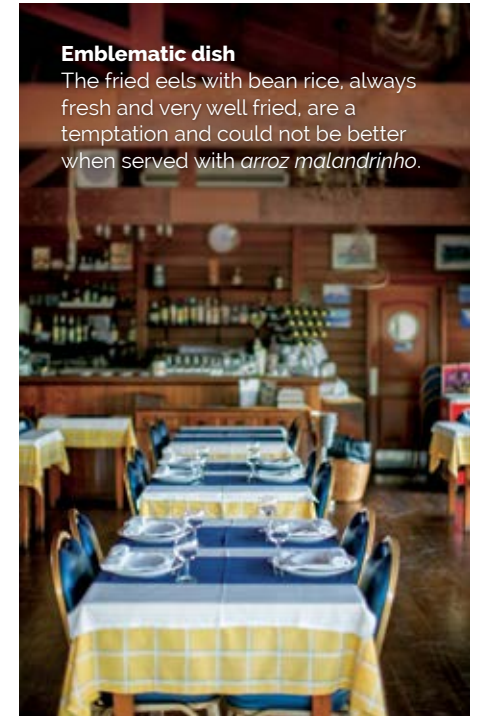
fried in thin crispy slices served with the insinuating roe *açorda*, both seasonal dishes. In terms of fish, there is also grilled sea bass and grilled sole, moist, tasty codfish rice with *farinheira* sausage, and codfish in the oven à *lagareiro*. Great among the meat dishes is game, starting with a partridge pie which is well worthy of praise and the *carne de alquidar* with smashed baked potatoes that definitely deserves a mention, Alentejo *migas* with black pork and the restaurant's several steaks. Among the desserts, two stand out: *panacotta* and *toucinho do céu*. The wines are mostly from the Tejo region, followed by those from the Douro and the Alentejo. Four wines are served by the glass. Friendly and efficient service.

Typical Restaurant

Address Largo dos Avieiros, Escaroupim, 2120-013 Salvaterra de Magos
Telephone + 351 263 107 332 and +351 912 539 228
E-mail restauranteoescaroupim@gmail.com
GPS 39°03'58.7"N 8°45'27.7"W **Forms of Payment** Cards are accepted **Opening Hours** 12.00-3pm; Fridays and Saturdays: 12.00-3pm; 7.30pm-9.30pm
Closing Day(s) Thursday **Capacity** 80 seats
Parking Parking spaces on the street are easy to find.
Access Access for persons with reduced mobility
Average Price €20 **No Smoking**

Emblematic dish

The fried eels with bean rice, always fresh and very well fried, are a temptation and could not be better when served with *arroz malandrinho*.



Quinta do Parque Real

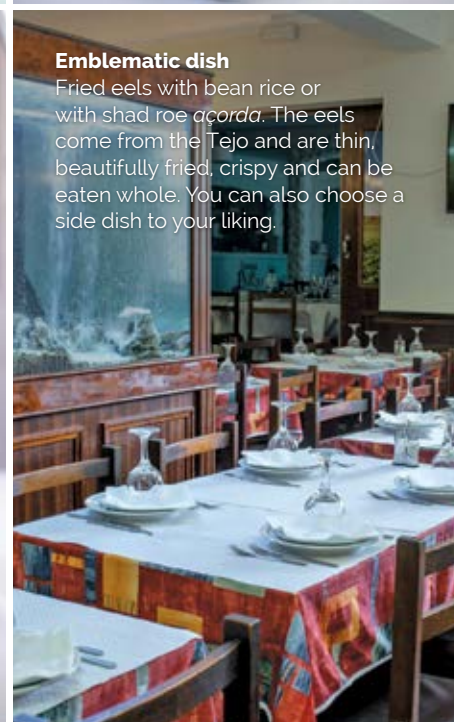
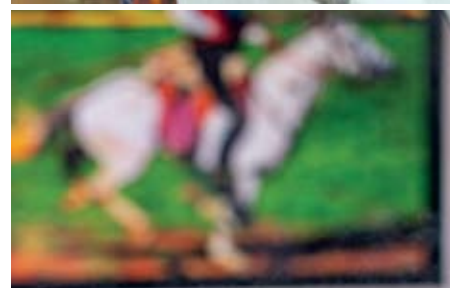
Comfort and good traditional Portuguese cooking, with a natural preponderance for the food and produce from Ribatejo, are found in the three dining rooms and on the inner terrace with à la carte service or, on the outside terrace, with rodízio de peixe (fish at discretion) but only on weekends.

The restaurant is situated in Vale Queimado, halfway between Salvaterra de Magos and Marinhas – a little bit over two kilometres each way – on the roadside, with a parking lot and a garden in front of the entrances. There are two entrances, which show the size of the restaurant but all is evenly distributed and well organized: the customers are welcomed at the entrance by the head of public relations, who directs them according to their preference, either to the more reserved area (the VIP dining room) or the more open-plan dining room. It is furnished with comfortable chairs and tables, linen tablecloths, all in a sober *décor* and with a pleasant atmosphere. Those choosing the fish *rodízio* out on the open terrace at weekends (Saturdays and Sundays) need not check the extensive and varied menu: the waiter comes and serves six different types of grilled fish, on a

regular basis. As for the menu, there is the *couvert* with bread, olives, butter, cottage cheese and hard cheese, *pâté*, fish roe salad and octopus salad, which are more than an *amuse bouche*, but you can still ask for starters, such as prosciutto *pata negra*, scrambled eggs with *farinheira* and *morçela* or grilled *chouriço*. As for fish, in addition to eels, there is always fried shad (imported when out of season) with fish roe *açorda*; shellfish *cataplana* with several bivalves, crab and lobster; shellfish rice and shellfish *açorda*, the shellfish of the latter are shelled; *Lameiros do Barroso* veal steak, thick and tender; steak fillet on the stone, a succulent tenderloin steak which is grilled on a hot stone at the table. Good homemade desserts such as cheesecake or profiteroles. Wines from the Tejo region and from other regions, of medium and high range. Professional service.

Informal Restaurant

Address EN 118, km 51, Vale Queimado, 2120-114 Salvaterra de Magos **Telephone** +351 263 501 235 and +351 961 631 865 **Website** www.quintadoparquereal.pt **E-mail** geral@quintadoparquereal.pt and reservas@quintadoparquereal.pt **GPS** 39°01'47.1"N 8°45'06.3"W **Forms of Payment** All cards accepted **Opening Hours** 12:00-4pm; 7pm-11pm **Closing Day(s)** Open every day **Capacity** 150 seats in the three dining rooms **Parking** Private **Access** Access for persons with reduced mobility **Average Price** €15 **Smoking and Non-smoking areas** • **Wi-Fi connection available**



Emblematic dish

Fried eels with bean rice or with shad roe *açorda*. The eels come from the Tejo and are thin, beautifully fried, crispy and can be eaten whole. You can also choose a side dish to your liking.

Dois Petiscos

You have to take the word petisco (snack) as a delicacy in the most noble form of tasty food – and not in the more common way of a simple starter, an appetiser to eat with a drink or a light meal – in order to really understand this restaurant that was opened in 2015, in Santarém, by the couple Margarida Rosa and João Correia.

Margarida comes from the hotel business and João from *haute* cuisine, where he starred but tired of it, as he believes that what matters is "the outcome and the flavour"; both wishing to present simple, well cooked, high quality food. And they succeeded. The main room and terrace are both small, the *décor* is plain, the comfort limited but the welcome, the service and above all the gastronomy have

that special touch of something prepared with love and talent. For this reason, they astonish us. The menu, which is obviously not limited to the *petiscos*, starts with a good *couvert*: bread, garlic butter, olives and olive paste. Then come the appetisers that are real delicacies: fresh fried tuna sandwich, steak tartare, veal croquettes, oxtail sandwiches, *nuestros hermanos* bombs (delicious

potato balls stuffed with meat, typical from a coastal neighbourhood of Barcelona, which João Correia could not resist), deep fried Maçussa cheese (fried goat's cheese in breadcrumbs with onion compote), *peixinhos da horta*, braised scallops, *alheira* with mustard and *prego do Dois*, amid others. Other choices include squared codfish, a dish that goes to the oven, with corn bread, spinach and *farinheira*; the

duck *magret*, prepared in its own fat, as it should be – and rarely is; and the *bife no Redondo*, made of smooth succulent beef with excellent gravy. During the week, two more traditional dishes of the day are served (fish and meat), comfort food. Five or six good signature desserts, with a reinterpretation of *pavlova* and lemon tart. Wines personally selected from market wines. Impeccable service.

Informal Restaurant

Address Cerca da Mecheira, 20, 2005-142 Santarém

Telephone +351 916 307 389 and +351 918 903 582

Website www.doispetiscos.pt

E-mail doispetiscos@gmail.com **GPS** 39°14'16.9"N

8°41'18.0"W **Forms of Payment** Cards are accepted,

except AE **Opening Hours** 12.00-3pm; 7pm-11pm

Closing Day(s) Open every day **Capacity** 40 seats in the

main room and 16 on the terrace **Parking** On the street

Average Price €22 **No Smoking**

Wi-Fi connection available



Emblematic dish

The oxtail sandwiches perfectly exemplify the concept of simple and unpretentious food that is prevalent in this restaurant, where what are most important are the quality of the products and the flavour of the food, with no frills.

Taberna do Quinzena

Perhaps the best-known restaurant in Santarém that has been around for a century and a half, its prestige reconfirmed over time, being a prime example of regional cuisine with a remarkable aptitude for reinventing itself in the current three establishments that go by the same name in the Ribatejo capital and one more in Cartaxo.

It is a long and interesting story which develops round the cuisine of the Ribatejo region in a typical matching place. The Taberna do Quinzena I, where it all started, has five communicating dining rooms, the smallest with only six seats, and the largest with 40. Some tables have long benches, others have stools or chairs, chequered tablecloths, all contributing to a

colourful, joyful, typical and totally informal atmosphere. Simple, hearty and tasty cuisine as is usual in this region. The menu is varied but there is a preference for meat. Starters include local sausages, scrambled eggs with *farinheira*, gizzards, *pica-pau* and *escabeche* mackerel; the fish includes barbecued codfish with *torricado*, codfish à *Quinzena*



Emblematic dish

The wild veal piece in wine is strongly seasoned, as suggested by its name, and is marinated for two days in wine, vinegar, bay leaves and garlic, and has a well rounded flavour after it has been beautifully stewed.

(fried codfish in batter with stewed onions and homemade crisps on the side), squid *molhata* (stew), octopus à *lagareiro* and the grilled fresh fish from the market; the meat includes a wild veal piece in wine, black pork spare ribs with small bean rice and roast pork cheeks. Also worthy of note are the set dishes: Mondays, *mangusto*

and barbecued codfish; Tuesdays, roast duck with giblets rice; Wednesday, *cozido à portuguesa*; Thursday, roast kid; Friday, roast leg of pork; Saturday, wild veal stew. Homemade traditional desserts. Wines from the Tejo region and local wine in jars and by the glass from the barrel. Attentive and friendly service.

Typical Restaurant

Address Rua Pedro Santarém 93-95, 2000-223 Santarém **Telephone** +351 243 322 804 **Website** www.quinzena.com
E-mail tabernadoquinzena@hotmail.com **GPS** 39°13'52.2"N 8°41'10.4"W **Forms of Payment** Cards are accepted
Opening Hours 10am-10pm **Closing Day(s)** Sunday **Capacity** 120 seats **Parking** On the street **Average Price** €13
No Smoking · **Wi-Fi connection available**

Taberna Ó Balcão

What distinguishes this restaurant from the others is its welcome, its service and above all its cuisine, where the chef, Rodrigo Castelo, does wonders with his passion for cooking the unique local produce, such as shellfish and fresh water fish or wild meat or capado (castrated) goat allowing his imagination to wander and demonstrating perfect mastering of current cooking techniques.



Chef Rodrigo Castelo's original idea was to own an old tavern with modern facilities and he managed this and much more, in such a way that, in a short space of time, the Taberna Ó Balcão has become, for many, the place to go to eat well in Santarém. The vintage chairs are upholstered, the marble tables have place mats, there are traditional *azulejos* (tiles), the plates and old-world decorative objects provide a comfortable atmosphere with family and childhood memories. But it is in the kitchen, above all, that memories come to life, in traditional Portuguese dishes with a strong influence from this region, recognisable in the products that are used, such as freshwater fish, ox meat and in the flavours enriched with advanced cooking techniques and beautiful presentation. As an example:



tempura from the river to the sea, river and sea fish cone with pleasantly flavoured *picadinho* (minced ingredients) with an excellent texture; oxtail croquette served with mayonnaise to enhance the intense meaty flavour; *capado* sausage, a very nice appetiser made of goat; freshwater fish soup with barb roe served with a thick sauce giving perfect balance and taste; matured ox flank, and cheeks and loin fillets also from ox are among other fantastic dishes, such as grilled *malhado de Alcobaca* (pork). Among the five desserts, there are two that highlight and enhance the chef's commitment to local produce: Rio Maior sponge cake with sheep's cheese ice cream and Almoester *arrepido* with fig ice cream. Wines from the Tejo region either by the bottle or by the glass, all of the best quality.

Typical Restaurant

Address Rua Pedro de Santarém, 73, 2000-223 Santarém **Telephone** +351 243 055 883
Website www.facebook.com/tabernaobalcao
E-mail tabernaobalcao@gmail.com **GPS** 39°13'55.0"N 8°41'09.3"W **Forms of Payment** Cards are accepted
Opening Hours 12.00-10pm **Closing Day(s)** Sunday
Capacity 40 seats **Parking** On the street
Average Price €25 **No Smoking**
Wi-Fi connection available

Emblematic dish

Freshwater fish soup with barb roe is a demonstration, with the simplicity of its ingredients and the fullness of its flavours, of the immense know-how of the chef who created it.



Glossary

À Algarvia Culinary technique from the Algarve region based on a main ingredient, usually squid or cuttlefish, with garlic, olive oil, bay leaves and white wine in a frying pan. When the main ingredient is fried, it is seasoned with parsley or coriander and is usually served with sliced boiled potatoes on the side.

À Brás Culinary technique based on a main ingredient, usually codfish, with onions, garlic and olive oil in a frying pan, to which parboiled matchstick potatoes are added. With the heat off, fresh scrambled eggs are added at the end.

À Bulhão Pato Culinary technique based on olive oil, garlic, lemon and white wine. Seasoned with fresh coriander leaves.

À Caçador (coelho) Culinary technique based on a main ingredient, usually rabbit, cooked in a casserole with tomatoes and red wine. It sometimes also includes bacon, depending on the cook. Some places serve it on fried slices of bread.

À Gomes de Sá (bacalhau) Baked codfish dish with olive oil, boiled potatoes and a generous amount of onions. It is decorated with sliced hard-boiled eggs, parsley and black olives.

À Lagareiro Culinary technique that is normally used for codfish or octopus, which is roasted in the oven with olive oil, garlic and onions.

À Marinheira Culinary technique based on a main ingredient, either fish or seafood, cooked in a pan with olive oil, onions, garlic, tomatoes and sometimes peppers. It is often seasoned with fresh coriander leaves.

À Setubalense (choco) Cuttlefish breaded in wheat or corn flour, Setúbal-style.

Açorda Savoury bread pudding with garlic, olive oil, white wine (optional), coriander and a main ingredient, either roe, shellfish or shrimps.

Açorda Alentejana Dish based on bread, broth, garlic and an aromatic herb, either pennyroyal or coriander. It is usually served with a boiled egg.

Açorda de Alho/Coentros Savoury bread pudding with garlic, olive oil and coriander. Sometimes chilli powder and an egg yolk are added.

Alheira Smoked sausage made with bread, garlic, poultry, pork and fat. It is also sometimes made with game.

Arrepiado Small irregular cake made with almonds, sugar and egg whites.

Arroz Malandrinho Loose, soupy rice.

Baba de Camelo Caramel mousse.

Broa de Milho Corn bread.

Cabidela Chicken or rooster stew (with or without rice), with a finishing touch of fresh chicken/rooster blood and vinegar.

Cachola A delicacy prepared when a pig is being slaughtered to use the animal's blood and offal, namely, pluck and liver. It is similar to *rechina* but the latter is cooked with spices and the preparation is more refined.

Cagarrinha Thistle stems. Thistles grow spontaneously in the countryside, in the winter. It is also the name of a small, freshwater fish.

Caldeirada Stew made with layers of various types of fish. Sometimes it includes sliced potatoes.

Caralhota Wheat bread from Almeirim, a city and a municipality in Santarém district, which is considered the capital of *sopa da pedra*.

Carne de Alguidar Pork marinated in red capsicum paste and fried.

Carne de Porco à Alentejana Small chunks of pork (marinated in red capsicum paste in some recipes) and clams, pan-fried in olive oil and garlic and seasoned with fresh coriander leaves. Served with sautéed potato cubes.

Carqueja Strong flavoured aromatic herb.

Casa de Pasto *Casa de pasto* was a very common name, in Portugal and Brazil at the end of the 19th century and throughout the 20th, for establishments that served lunch and dinner. The term "*pasto*" is an archaism of the Portuguese language, derived from the Latin *pastas*, which refers to any type of food. *Casa de pasto* is a mix between a tavern and a snack restaurant.

Cataplana Clam-like copper pan. The name given to a stew dish that is cooked in this pan.

Chanfana Old goat slowly stewed with wine in a closed clay pot.

Chouriço Cured pork and pork fat sausage.

Cozido (à Portuguesa) Stew with various types of cured sausages, beef, pork, chicken, turnips, potatoes, carrots, beans, collard greens and Savoy cabbage. Rice made in the broth where the meat and/or sausages were previously boiled is served as a side dish.

Ensopado Traditional stew with pieces of meat, normally lamb. The meat is braised in olive oil or lard beforehand, to which lightly fried onions and garlic are added. Water is added, and the stew is left to simmer. Served with pieces of hard bread.

Escabeche Marinated sauce made with onions, garlic, oil and vinegar used to preserve certain foods especially fish or partridge. Sometimes it also includes tomatoes.

Glossary

Escondidinho (de alheira) Alheira wrapped in bacon and filo pastry and baked in the oven.

Farinheira Sausage made with pork fat, red peppers and raw flour.

Farófiás Poached meringue served with custard.

Fatias de Tomar Conventual dessert recipe from the Convento de Cristo in Tomar, which is made with beaten eggs cooked in a double boiler and coated in sugar syrup.

Fidalgo Dessert, which consists of slices of layers of egg and sugar, covered with sweet egg cream and put in the oven just to stiffen.

Frigideira do Mar Frying pan with assorted fish and shellfish, cooked with white wine, olive oil, garlic, coriander and chilli powder.

Isclas à Portuguesa Thinly sliced pork liver marinated in wine and vinegar and then fried.

Joaquinzinhos/Jaquinzinhos Fried tiny horse mackerel.

Lagartos Pork loin strips. *Secretos*, *presas* and *plumas* are different pork cuts with more fat.

Lezíria Marshy terrain on the banks of a river, in this case, the Tejo.

Linguíça Pork *chorizo* sausage.

Mangusto/Magusto Made to use up leftover bread, be it wheat or corn bread, with cabbage and sometimes boiled potatoes.

Migas Leftover bread or potatoes mixed with garlic and olive oil (or pork lard) served as a side or main dish. As they are fried, they are given an oval shape, which is how they are served.

Migas Ribatejanas Ribatejo-style dense corn bread moistened with water and mixed with olive oil and garlic, sometimes with sliced cabbage. It is made into a roll and cooked.

Molotov Soft caramel meringue.

Montado Multifunctional agrosilvopastoral ecosystem located in areas south of the Tejo Valley that were originally occupied by Mediterranean woodlands. It is populated by cork oaks and holm oaks (legally protected species since the 7th century) which grow in extreme edaphic-climatic conditions and very poor soils.

Morcela Black sausage made with pig's blood.

Morcela de Arroz Black sausage made with pig's blood and boiled rice.

Pataniscas Cod fritters.

Peixinhos da Horta Green beans tempura.

Pica-pau Fried meat cut into small strips and seasoned with vinegar and pickles.

Prego Beef steak sandwich.

Rinzada de Borrego Lamb cutlets, from the loin.

Saramagos Edible wild plant.

Sericaia/Sericá A very simple conventual dessert made with eggs, sugar and flour. It is placed in the oven in a slightly concave clay dish at a very high temperature to ensure that the *sericaia* cracks. It is normally served with plums in syrup (Elvas Plums DOP) but it can also be served with honey, jam and other options.

Sopa da Pedra An unctuous filling soup with meat, pasta, beans and cured sausages.

Tasca/Tasquinha Modest establishment that sells drinks and light meals, similar to a tavern.

Tiborna Grilled shredded cod, served over grilled corn bread with garlic spread and accompanied by baked potatoes. The whole mixture is sprinkled with hot olive oil and garlic, sometimes with coriander leaves. Some restaurants serve it with stewed onions and peppers as well. In some places in Lezíria do Tejo this dish is also called *tibornada*.

Tigelada Egg cake baked in small clay pots.

Torricado Grilled slices of bread, usually sprinkled with olive oil and sometimes with garlic.

Toucinho do Céu Dessert made mainly from egg yolks, with almond and sugar syrup.

Túbera *Túbera* is one of the 86 species of truffles of the genus *Tuber*, in the *Tuberaceae* family of fungi. It can be found in the Alentejo and Ribatejo.

List of Contents

5 Preface

7 In the beginning was the Tejo

Almeirim

10 David Parque

12 O Forno

14 O Pinheiro

16 O Toucinho

18 O Zézano

20 Tertúlia da Quinta

Alpiarça

22 O Cavalo do Sorraia

Azambuja

24 Mercearia do Peixe e Cia

26 Oficina dos Sabores

Benavente

28 A Coudelaria

30 Chico do Porto

32 O Telheiro

34 Santo Gula

36 Vila Hotel

Cartaxo

38 Taberna do Gaio

40 Taxo

Chamusca

42 O Moinante

44 Taberna da Rita

Coruche

46 Coruja Chef

48 O Farnel

50 Sabores de Coruche

Golegã

52 Café Central

54 Lusitanus

56 O Barrigas

58 O Peso

60 Rédea Curta

Rio Maior

62 O Pancinhas

64 Palhinhas Gold

66 Salarium

68 Terra Chã

Salvaterra de Magos

70 O Escaroupim

72 Quinta do Parque Real

Santarém

74 Dois Petiscos

76 Taberna do Quinzena

78 Taberna Ó Balcão

80 Glossary
