




TO START

Bread, olive oil from Douro and marinated galician olives ² 6

SOUPS


Cream of vegetable soup   ¹ 8

Garden vegetable soup

Ripe tomato gazpacho  ^{1, 2} 8

Toasted bread and Douro olive oil DOC

SALADS

Green salad with lemon vinaigrette  15

Seasonal leaf salad

Beef heart tomato and tuna ventresca 15

Beef heart tomato, tuna ventresca and red onion

Do olival  ^{1, 2} 15

Peppers, local olives, marinated goat cheese, cucumber and tomato

Octopus   17

Peppers and red onion traditional salad

Country chicken salad 19

Romaine lettuce, confit tomato, chicken breast, island cheese and yogurt dressing

TO SNACK

Charcuterie board ² 20

Selection of local cured meats

Mixed of cheese and charcuterie board ² 23

Selection of portuguese cheese and cured meats

Cheese board ² 18

Selection of portuguese cheeses

Petinga fried fish ³ 16

Sweet and sour onion sauce with saffron

Garlic shrimp ^{2, 3} 19


With garlic and chili olive oil

Morcela sausage and apple from Armamar 18

Roasted sausage and pickled apple

Tiago's codfish fritters 18

Roasted red pepper mayo

Our canned fish  ² 19

Your choice of one of our traditional tinned fish with toasted bread and green salad



MAINS

Cod with cornbread ³ 30
Baked cod with a crust of cornbread and olives, smashed potatoes drizzled with smoked rosemary olive oil

Grilled octopus ³ 28
Selection of grilled vegetables

Frango da Guia 26
Chicken piri-piri sauce and potato chips

Minhota style rojões ^{2,3} 27
Confit pork with potatoes

Bísaro pork cheeks and migas 30
Pork cheeks in Port wine reduction and bread cooked with garlic

Portobelo mushroom ^{1,2} 17
Caramelised onion sauce with goat cheese

Roasted leek ^{1,2} 16
Romesco sauce and red wine marinated cheese

ON A BUN

Octant burger 22
Brioche bun, caramelized onions, cheddar, bacon, fried onions and À Terra sauce

Octant veggie burger ¹ 19
Brioche bun, caramelized onions, cheddar, fried onions and À Terra sauce

Goatling francesinha 26
Roasted goatling, cured meats, flamengo cheese, ham, egg and fries

Sirloin sandwich 26
Served in bolo do caco, ham, cheese and fries



PIZZAS

<i>Margherita</i> 🍴 ¹	16
<i>Tomato sauce and mozzarella</i>	
<i>Do Mar</i>	22
<i>Anchovies and red onion</i>	
<i>Do campo</i>	22
<i>Watercress, parmesan and ham</i>	
<i>Raiva</i>	18
<i>Pepperoni and fried onion</i>	
<i>Vanessa special</i>	18
<i>Ham and artichokes</i>	
<i>Pork cheek</i>	25
<i>Calzone with pork cheek and caramelized onion in Port wine reduction sauce</i>	
<i>Campestre</i> 🍴	22
<i>Mushrooms, duxelle and truffle oil</i>	
<i>4 Cheeses</i> 🍴	22
<i>Slection of regional cheese</i>	

SIDES

<i>Basmati rice</i> 🍴 🌱	5
<i>Selection of grilled vegetables</i> 🍴 🌱	5
<i>Smashed potatoes</i> 🍴 🌱	5
<i>Potato chips</i> 🍴	5
<i>French fries</i> 🍴	5
<i>À Terra salad</i> 🍴 🌱	5



DESSERTS

Tiramisu 🍴 9
Traditional melindre and Port wine

Chocolate mousse 🍴 🌱 8
Chocolate and crunchy Douro almonds

Almond tart 🍴 8
Douro orange jam

Crème brûlée 🌱 🌱 7
Lemon, cinnamon with hazelnut milk

Sliced fruit 🌱 🌱 10
Selection of seasonal fruits

¹ - Vegan option available

² - Gluten-free option available

³ - Lactose-free option available

🌱 - Lactose-free

🌱 - Gluten-free

🌱 - Vegan

🍴 - Vegetarian