

roots . vision . path

We work with local hands. We follow the seasons. What grows, grows. What's ready, we harvest. Nothing before its time. Nothing after. The land knows best. We use it all—leaf, root, bone, skin. Waste nothing. Respect everything.

That's the work. *Simple. Honest. True.*

A road only possible to take, together with the people who know it best:

Sr. Rogério, São Martinho de Mouros – *Fruits and Vegetables*

H2Douro, Marco de Canavezes – *Heritage Lusitano Chicken IGP*

Nutrifresco, Albufeira – *Fish, Seafood*

Herdade de S. Luís Porcus Natura – *Pure Portuguese Black Pork DOP*

Monte da Silveira Bio Castelo Branco – *Organic Lamb*

Talho das Manas, A-Dos-Cunhados – *Heritage Organic Meats*

Laticínios Marinhas, Esposende – *Butter, Dairy*

Acushla, Bragança – *Organic Olive Oil*

Farinhas Paulinho Horta, Alenquer – *Heirloom Flours*

AEPGA, Miranda do Douro – *Pulses and Grains*

Caprisserra, Mirandela – *Milk Fed Heirloom Goat*

Espargos Verdes, Guimarães – *Asparagus*

Fungifresh, Braga – *Mushrooms and Truffles*

Naturfungus, Lamego – *Shitake Mushroom*

Carnes Jacinto, Apúlia – *Heirloom Dry Aged Beef DOP*

Queijaria Ortodoxo, Azeitão – *Blue Cheese, Burrata Cheese & Dairy*

Jorge Manuel Abreu, Seia – *Cheesemakers*

Sete Irmãs by Keep Fresh, Alqueidão – *Carolino Mondego Rice IGP*

Grão a Grão, Cinfães – *Cuscus and Local Products IGP/DOP*

From our Six Senses Garden – *The Six Senses Gardening Team by the hands of José, Heitor, Lurdes, Sónia, Alexandre, Marco*

To those who, with skilled hands, offer us the best of the land, our sincere thanks. It is an honor and a privilege to work with and serve what is born from your labor.



WITH SIX SENSES

bread at the table

Heritage Grains hand crafted house Sourdough
Trás-os-Montes organic olive oil, 10 years barrel aged red wine vinegar

per person 6

let's start

Northern Chickpea Panisse Fritters *gf . sf . vegetarian* 18
Local olives and black garlic tapenade, Azorean cows' cheese, rosemary

Heirloom Beets *gf . df . vegan . sleep . detox* 17
Housemade coconut labneh, mustard pickles, green strawberries

Grilled Hispi Cabbage *cn . gf . sf . vegetarian* 16
Smoked goat butter, lime pickles, hollandaise, espelette pepper

Seasonal Organic Green Asparagus *cn . gf . vegetarian . fitness* 19
Saffron sabayon, Douro almonds, garden herbs, lemon, matcha

Line-caught Seabass & Algarve Pink Prawns Crudo *df . sf* 28
Ginger-carrot aguachile, cucumber

Atlantic Octopus slow braised *df . detox . fitness* 21
Szechuan pepper, turmeric preserved onions, sprouts

Grilled Carabineiro Prawns *gf . sf* 46
Black butter sauce, fermented lemon, capers, parsley

Hand-chopped pasture-fed Beef tartar *fitness* 26
Lagavulin 16, S. Jorge cow cheese, Valdigem crackers

for two or three to share

Portuguese Whole Line-caught Fish *gf . df . sf . sleep . detox . fitness* 160
Grilled on the Josper, organic Douro olive-oil, garlic chips, served with your choice of two side dishes

Bone-in Rib-Eye Beef from Jacinto Reserve selection *df . gf . sf . fitness . sleep* 220
Specially dry-aged 45 days, hand-selected from the finest animals, served with your choice of two side dishes

main event

Creamed Mondego Rice IGP <i>df. gf. sf. vegan</i>	29
<i>Fava bean, green asparagus, caramelised shallots, vegetable sauce</i>	
Spring Nourish Bowl <i>cn. df. sf. vegan</i>	34
<i>Sweet potato, carrots, chanterelles, charred bread, spices and coconut milk</i>	
Line caught Atlantic Seabass <i>cn. sf</i>	46
<i>Roasted carrots, toasted bread, sparkling wine sauce, buckwheat</i>	
Bacalhau - Pot Roast Salt Cod <i>sf</i>	42
<i>Miso caramelized chickpeas, river mint, poached organic egg, onion broth</i>	
Grey Mullet Caldeirada <i>gf. sf.</i>	32
<i>Sweet peppers, potatoes, ripe tomato casserole, Bisaro pork sausage, fresh garden herbs</i>	
Lobster Tail Spicy Rice <i>gf. sf.</i>	74
<i>Creamed Mondego rice, saffron, samphire greens sea pesto</i>	
Free-range Chicken Peri-peri <i>gf. df. sf. detox. fitness. sleep</i>	32
<i>Served with your choice of two side dishes</i>	
Fire-grilled Organic Monte da Silveira Lamb <i>sf. df. fitness. sleep</i>	48
<i>Trás-os-Montes Cuscos IGP, snap peas, green asparagus</i>	
Pure Black Pork from Herdade de S. Luís <i>sf. df. gf. fitness. sleep</i>	46
<i>Fava beans, spring onions, organic herb salad, 10-year-old Quinta das Bagéiras vinegar</i>	
Heirloom Beef Minhota DOP fillet <i>sf. gf</i>	52
<i>Smoked butter potato purée, charred shallot salad</i>	

on-the-side

Roasted Green Asparagus, House Miso, Cured Egg Yolk	15
<i>gf. sf. df. vegetarian</i>	
Charred Garden-harvest Vegetables, Miso Extra Virgin Olive-oil	9
<i>gf. sf. df. vegan</i>	
Smoky Green Bean Salad, Garlic Dressing, Shallots, Hazelnuts	12
<i>gf. df. cn. sf. vegan</i>	
Wood-oven Mushroom Carolino Rice, Garlic Crisp	9
<i>gf. sf. df. vegan</i>	
Seared Fingerling Potatoes, Onion Cream, Sweet Onions, Chives	9
<i>gf. sf. vegetarian</i>	
Organic Garden Salad Greens, Probiotic House Dressing	9
<i>gf. sf. df. vegan</i>	

respecting you and the planet.

All prices are in Euros and have VAT included.

No dish, food or drink, including the couvert can be charged if it is not requested or consumed by the client.

Due to our commitment to sustainability, we produce and bottle our own Six Senses water, donating 50% of the profits to local charities.

All fish and seafood served in our menus are either locally sourced or sustainably certified.

For further information on food allergens, allergies or intolerances, please ask one of our team members.

