

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 por Talho das Manas – *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 – *Cuscos 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

per person 6

Trás-os-Montes organic olive oil, 10 years barrel aged red wine vinegar

let's start

Chilled Green Asparagus soup *gf . sf . vegetarian*

18

Locally produced Burrata from our dairy cows, saffron oil

Northern Chickpea Panisse Fritters *gf . sf . vegetarian*

18

Local olives and black garlic tapenade, Azorean cows' cheese, rosemary

Bolinhos de Bacalhau *df . gf . sf*

12

Typical salt cod fritters, homemade kimchi mayonnaise

Pastéis de Massa Tenra

14

Wild mushroom hand pies, red onion and port wine chutney.

Atlantic Sea Bass Tartar *df . gf . sf . sleep . detox*

26

Pink Shrimp, house kimchi mayo, seaweed crackers

eat your greens

Organic Heirloom Seasonal Tomatoes *df . gf . sf . vegan*

18

Strawberries, tomato water aguachile, aged Bageiras red wine vinegar

Portuguese Blue Cheese *cn . gf . vegetarian*

22

Butterhead lettuce, caramelised-pickled pears, Trás-os-Montes walnuts dressing

Beets and Douro Orange *cn . gf . sf . vegetarian*

21

Local cottage goat cheese, toasted dried fruits

Portuguese Royal Quinoa, Spring Vegetables *df . gf . vegan*

19

Ras-al-hanout dressing, housemade coconut labneh

wood-fired flatbreads

48-months aged Bísaro DOP Pork Smoked Ham *sf*

26

Douro tomatoes, mozzarella, pickled chillies

Roasted Funghi grown locally *sf . vegetarian*

24

Sour Cream, fresh Rocket, organic Trás-os-Montes bio olive-oil

Farmers Harvest *cn . df . sf . vegan*

23

Yellow squash, red onion, kale, pinenuts, freshly made pesto

comfort cooking

Carabineiro Pasta Stew <i>df . sf</i>	52
<i>Brothy fish casserole, juicy scarlet prawns, tomato, saffron, coriander broth</i>	
Douro River Fish Fillets <i>sf</i>	42
<i>Rummy lacto-fermented tomato rice, charred lemon</i>	
Bísaro Pork DOP Rojões <i>df . gf . sf . fitness . sleep . detox</i>	44
<i>Pan-seared local pork, roasted sweet potatoes, pickled vegetables</i>	
Garden Tagliatelle <i>sf . vegetarian . detox</i>	34
<i>Housemade egg tagliatelle, seasonal vegetables, almond zesty pesto</i>	
Jacinto pasture-fed Cheeseburger <i>sf</i>	32
<i>Charcoal-grilled, Azores cows cheese, caramelised onions, sunny side-up egg, house gherkin. Served with handcut fries</i>	

fire kissed

served with your choice of two side dishes

Atlantic Grilled Fish, Salsa Verde <i>df . gf . sf . detox . fitness . sleep</i>	42
Charred Octopus, Smoked Chimichurri <i>df . gf . sf . detox . fitness . sleep</i>	44
Bacalhau - typical Salt Cod, Garlic and Parsley <i>df . gf . sf . detox . fitness . sleep</i>	44
Free-range Chicken Peri-peri <i>df . gf . sf . detox . fitness . sleep</i>	32
Dry-aged Heirloom Beef Ribeye <i>df . gf . sf . detox . fitness . sleep</i>	52
Pure Black Pork from Herdade de S. Luís DOP <i>df . gf . sf . detox . fitness . sleep</i>	42

for two or three to share

Atlantic Whole Line-Caught Fish <i>df . gf . sf . detox . fitness . sleep</i>	160
<i>Grilled in the Jospier, organic Douro olive-oil, garlic chips, served with your choice of two side dishes</i>	

on-the-side

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

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.

