

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 – *Shiitake 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

our water, our commitment

We proudly bottle our own Six Senses water as part of our sustainability program, helping reduce single-use plastics and support a more responsible logistics approach. Profits from each bottle sold are directed through our Earth Lab fund to local foundations only. Curious to see where it all begins? Our Earth Lab team would be pleased to welcome you.

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

Wild garlic ajo blanco cold soup *cn . df . fitness . detox . gf . sf . sleep . v*
pickled melon

16

Funghi escabeche salad *cn . df . detox . fitness . sf . v*
foraged mushrooms, fire roasted eggplant, chicory, chive pesto

20

Organic seasonal salad *gf . sf . vg*
garden-picked herbs, homemade labneh, preserved lemon

19

Grilled carabineiro prawns (2 uni) *df . detox . fitness . gf*
organic fennel, grilled, crunchy

54

Wood fire open clams *df . sf*
dry vermouth, coriander, garlic, sourdough toasts

42

Atlantic seabass crudo *detox . df . fitness . gf . sf*
strawberry aguachile, red onion, preserved strawberries

22

Heirloom beef tartar *fitness . gf . sf*
roasted shallots, mustard pickles, Sao Jorge cheese, black garlic mayo

26

for two or three to share

Bone in heirloom jacinto ribeye - 45 day dry aging *df . gf . sf . fitness*
wood oven rice, roasted potatoes, garden salad

245

main event

Summer roasted carrots <i>cn . df . detox . sf . sleep . v</i> <i>sweet potato, chanterelles, toasted bread condiment, tandoori spices, coconut milk</i>	34
Artichokes wood oven rice <i>df . gf . sf . v</i> <i>roasted mushrooms, black garlic mayo</i>	34
Atlantic daily catch fillet <i>cn . df . sf . vg</i> <i>jospes grilled, caramelized carrot purée, roasted carrots, caper-lemon sauce</i>	48
Grilled octopus <i>df . detox . fitness . gf . sf</i> <i>wood oven black rice, confit peppers, saffron aioli</i>	49
Whole blue lobster casserole <i>df . fitness . sf</i> <i>heartly pasta stew, tarragon, chilli, lemon</i>	78
Peri peri free-range chicken <i>df . gf . sf</i> <i>house peri peri sauce, coriander, young onion, crispy potatoes</i>	38
Wood oven duck rice <i>fitness . df . gf . sf</i> <i>alto mondego carolino rice IGP, chorizo, smoked bisaro pork belly</i>	44
Trás-os-Montes lamb leg confit <i>fitness . gf . sf</i> <i>parsnip, garden greens, bragança land capers</i>	48
Heirloom minhota beef DOP <i>df . gf . sf</i> <i>roasted beetroot purée, pickles, pearled jus. choose one:</i>	
Tenderloin 55 <i>lean, delicate, tender cut</i>	Ribeye reserva premium 68 <i>45 dry-aged, beefy, nutty, intramuscle fat</i>

on-the-side

Organic garden salad, probiotic house dressing <i>df . detox . fitness . gf . sf . v</i>	9
Snow peas salad, São Jorge island cow's cheese <i>gf . sf . vg</i>	9
Charred garden harvest vegetables, miso olive oil <i>df . detox . gf . sf . sleep . v</i>	9
Sweet-potato oven-roasted, chermoulah, labneh <i>cn . gf . sf . v</i>	9
Roasted fingerling potatoes, salsa verde, sea salt <i>df . fitness . gf . sf . sleep . v</i>	9
Wood-oven mushroom rice, garlic chips <i>df . detox . gf . sf . sleep . v</i>	9

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.

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.

