



TAKE AWAY & DELIVERY

Minimum: 4 PAX (Per each Dish)

Soups

Wild Mushroom Soup	7€ (P/P)
Red Lentil Dahl	6€ (P/P)
Fish Soup	8€(P/P)
Smoked Tomato Soup	7€ (P/P)
Celery and Garlic Soup with Crispy Bacon	7€ (P/P)
Pea Soup with Crispy Onion	6€ (P/P)

Salads

Potato Salad with Yogurt and Chives	4.5€(P/P)
Octopus salad	7.5€ (P/P)
Moroccan Tabulé	4.5€(P/P)

Mains

Salmon en Croute	15€ (P/P)
Shrimp Curry with Coconut Milk	14€ (P/P)
Seafood Cataplana	22€ (P/P)
Monkfish Rice	18€ (P/P)
Lasagna Bolognese	12€ (P/P)
Quiche Lorraine	12€ (P/P)
Eggplant Stuffed with Chili con Carne	11€ (P/P)
Chicken Tikka Masala	14€ (P/P)
Beef Goulash	16€ (P/P)
Coq Au Vin	17€ (P/P)
Lamb Tagine	18€ (P/P)
Chicken Tagine	16€ (P/P)
Mushroom Lasagna with Pesto Sauce and Pine Nuts (V)	16€ (P/P)
Quinoa and Beetroot Hamburgers (V)	14€ (P/P)
Vegetable Pakora with Raita Sauce (V)	11€ (P/P)
Wild Asparagus Quiche (V)	16€ (P/P)
Eggplant Parmigiana (V)	15€ (P/P)
Mushrooms Stuffed with Chestnuts (V)	14€ (P/P)

www.soulfood.pt
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Sides

Baked Baby Potato with Rosemary	5€ (P/P)
Ratatouille	5€ (P/P)
Potato Gratin	6€ (P/P)
Honey Caramelized Carrots with Tahini	
Sauce	5€ (P/P)
African Rice	6€ (P/P)
Grilled Vegetables	5€ (P/P)

Desserts

Crème Brûlée	7€ (P/P)
Chocolate Brownie	7€ (P/P)
SoulFood Signature Pastel de Nata	9€ (P/P)
Strawberry Crumble with Toasted Almonds	7€ (P/P)
Peach Strudel	7€ (P/P)
Tiramisu	8€ (P/P)
Ethon Mess	6€ (P/P)
Seasonal Fruit Salad	5€ (P/P)

WE BRING THE RESTAURANT TO YOU

Orders need to be placed 24 hours before delivery as all items are freshly prepared by our Chef Team

Minimum Order: 4 People (Per each dish)

Take Away Collections at our address until 6pm

Delivery untill 7 pm (2 € per Klm)

Place your order through the following channels:

WhatsApp: +351 938 138 763

Email: comercial@soulfood.pt

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KIDS MENU

TAKE AWAY & DELIVERY

Starters

Mozzarella Sticks with Marinara Sauce	5€ (P/P)
Crudités with Ranch Dip	4€ (P/P)
Cheesy Tomato Soup	5€ (P/P)
Arancini with Creami Aioli Dip Sauce	6€ (P/P)

Mains

Chicken Quesadilla	9€ (P/P)
Fish Fingers with Sautteed Vegetables	10€ (P/P)
Pork Loin With Apple Sauce and Steak Fries	12€ (P/P)
Bacon and Broccoli Mac and Cheese	9€ (P/P)
Cornflake Chicken Fingers with Steamed Vegetables	12€ (P/P)
Soulfood Cheese Burger and Sweet Potato Chips	
Soulfood Quinoa and Beets Burger & Vegetables	12€ (P/P)
Tempura	12€ (P/P)

Dessert

Chocolate Mousse	5€ (P/P)
Chunky Fruit Jellow	4€ (P/P)
Fruit Salad	6€ (P/P)
Strawberry Cheesecake	3€ (P/P)

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