

A nossa história

O Conceito foi criado por uma Mulher (Isaura) e um Homem (Moisés), que em 2019 por serem dois jovens que procuravam uma vida melhor, sair da sua zona de conforto e sentirem-se desafiados. Decidiram deixar a Lousã (Vila do Distrito de Coimbra) e vir para o Algarve criar o seu posto de trabalho.

Isaura é filha de um criador de Animais e Magarefe e a sua infância foi passada numa Aldeia onde brincou e cuidou de animais. O facto de o Pai ter um talho permitiu-lhe aprender sobre a criação, o cuidado, a qualidade e o conhecimento sobre os melhores e como os fazer.

Moisés é filho de um Cozinheiro que sempre teve Restaurantes (Coimbra, Algarve e Lousã), os primeiros 3 anos de vida de Moisés a sua Casa foi dentro do Restaurante e toda a sua Infância foi a ver o Pai a cozinhar e a gerir um negócio (na sua Beleza e nas dificuldades).

Como todo o ser humano é feito de vivências e experiências, eles decidiram respeitar as suas raízes e pôr em prática neste projeto. Tiveram a sorte de juntarem se a eles Pessoas (Diana Silva, Cláudio Rosa, Filomena Furtado, Rafael Costa, Ruben Nunes, Tiago Prates, Pedro Carvalho e Diogo Seabra e muitos outros) igualmente jovens com ambição e vontade de fazer a diferença. Hoje a Família é grande e continua a crescer com um único objetivo: Com Amor criar boas Memórias a cada Amigo que nos visita.

Our History

The concept Metrópole was founded by a woman (Isaura), and a man (Moisés). In 2019, as they were young and were searching for a better life, they left their comfort zone to face a new challenge.

They decided to left Lousã (Village in district of Coimbra) and came to Algarve looking for more than a job, a career. Isaura is daughter of an experienced cattle breeder and butcher, and her childhood was spent on a village surrounded by animals. Through the experience of her father she was able to learn all the art of butchery, all the types of cuts, she turned into an meat expertise, like her father was.

Moisés is son of an experienced cooker and manager of a big variety of restaurants all over the country (Coimbra, Algarve and Lousã). In his first three years of life the restaurante environment was a second home to him, and on all his childhood he could absorb all the knowledge associated to managing a restaurant through his father behavior (in all his beauty and in all the difficulties).

As the human being it's made of life experiences, and our past always remind us who we are, they decided to respect them roots and tried to keep their legacy going through this restaurant. They had the fortune to add some young and ambitious people to their project through the years (Diana Silva, Cláudio Rosa, Filomena Furtado, Rafael Costa, Ruben Nunes, Tiago Prates, Pedro Carvalho, Diogo Seabra and many others) who helped to build and grow the project.

Today Metrópole, our family, it's a big and solid structure, who will keep growing, with only one thought in mind: Create Good and solid memories for each friend that visit us, always with love, because love always remains in our minds, and you always will be in Metrópole's mind. It's not only about the food, not only about the drinks, it's about you and your happiness, that we will always appreciate to fullfil.

Our Meat Wonders

Our Wonders are selected in order to ensure the best texture and flavour. With at least a 14 days' rest, and perfectly fed to ensure its quality.

(Our meat is from Portugal, Spain, Ireland, Scotland, Uruguay, Argentina, Brazil, U.S.A. and Australia. And the breeds are Black Angus, Maronesa, Rubia Galega, Barrosa and Minhota).

In order to have the best gourmet experience, we suggest the rare/medium roast for veal meat.

Surf and Turf 100 Gr. + **12,5€**
(Choose your cut and add Tiger Prawn)

Sirloin Cap (Grain Fed) **19,9€**

Picanha is a brazilian cut of beef, each animal has more or less than 1,5kg of it. Placed next to the tenderloin (the most tender part), surrounded by a thick layer of fat, called fat cap responsible for the amazing flavour.

Ribeye Steak (Grain Fed) **23,9€**

The most noble cut of the rib. The ribeye is carved from the primal section called the beef rib located between the sixth and tenth ribs. It has more intramuscular fat, creating the fantastic marbling unique to the ribeye which turn it into a juicy and tender steak with a unique flavor. Also known as "Bife do Ancho" or Entrecote.

Flat Iron Steak (Grain Fed) **24,9€**

It's a length cut from the ox's shoulder and two pieces are taken. It has a significant amount of marbling. Its texture reminds filet mignon which makes it one of the most tender meats. And its flavor is unique.

New York Strip Steak (Grain Fed) **26,9€**

It's a cut from the short loin of the animal. It mainly consists of strip steak, very tasty and tender, with balanced fat on the outer part of the steak.

T-Bone (Grain Fed) **29,9€**

It's a T-shape lumbar vertebra with meat on both sides. The larger side is called the strip steak and the smaller side is called filet Mignon. All together brings the desired qualities of a good meat: tender, flavor and juiciness. One cut, two flavors with different textures.

All The Steak are presented with Fries
If you want do add a sauce to your experience it will have a cost - 3,5€
(Pepper, Mushroom, Chimichurri or Barbecue)

To Share

Surf and Turf 100 Gr. + **12,5€**
(Choose your cut and add Tiger Prawn)

Around the world 2 Pax **64€**
3 Pax **88€**

Rib Eye (Grain Fed), Sirloin cap (Grain Fed), Slices of Wild Hog, Crispy Chicken and Garlic Bread with melted Cheese

Dry Aged Chuletón (Grain Fed) 2 Pax **68€**

It's a Basque, classic and noble cut and its fat gives it an intense flavor. It has bone attached and a soft and juicy texture

Dry Aged Cowboy (Grain Fed) 2 Pax **73€**
Black Angus, Tomahawk brother

Marbling, Softness and Juiciness. All in one Place.

Finding A New World 2 Pax **73€**

Flat Iron (Grain Fed), New York Strip Steak (Grain Fed), Flamed Tiger shrimp, "Bolo do Caco" with garlic butter

Russian Roulette 2/3 Pax **78€**

3 Random Special Cuts (Rib Eye (Grain Fed), Picanha (Grain Fed), Flat Iron (Grain Fed), New York Strip (Grain Fed) e T-Bone (Grain Fed))

The Flinstones 3/4 Pax **133€**

Dry Aged Tomahawk Black Angus (Grain Fed), Dry Aged Chuletón (Grain Fed) and "Bolo do Caco" with garlic butter

Royal Flush 5/6 Pax **169€**

Rib Eye (Grain Fed), Picanha (Grain Fed), Flat Iron (Grain Fed), New York Strip (Grain Fed), Dry Aged Tomahawk Black Angus (Grain Fed) or Dry Aged Chuletón (Grain Fed) and Poker of sauce (chimichurri, pepper, mushroom and barbecue).

TRAVEL ITINERARY

MENU

WELCOME (Couvert)

Couvert (By Person)	3€
Seasoned Butter, Olives Tapenade and Daily Harmonization	
Bread	2,5€

CHECK-IN STARTERS

Creamy	3,9€
Vegetable Soup	
Madeira Island	4,9€
Bolo do Caco* seasoned with garlic butter	
Mirandela	7€
Fried soft cakes of Alheira* served with mustard and apple purée * (a Portuguese smoked sausage filled with meat and mashed bread)	
Rural	8,9€
Cottage cheese seasoned with honey and walnuts	
Enchanted Woods	9,9€
Wild mushrooms served with bacon and croutons	
Bella Itália	12,9€
Gratin Provolone Cheese with Cherry Tomatoes and Pesto	
I Promise to not Forget	13,5€
Variety of Cheese	
Premium Black Pork Smoked Ham	15,0€
Snow White and the Seven Dwarfs ...	15,9€
Lady Burrata and her seven: seasoned toasts, wild salad, drizzled with balsamic glaze of berry fruits, pesto, caramelized cashews, Himalayan crystal salt and cherry tomatoes	
Wagyu	15,9€
Carpaccio of wagyu, wild salad, pistachio nuts, cheese parmesan and pesto	
À la Guilho	17,9€
Flamed shrimps with whiskey, served with Bolo do Caco, and garlic butter	

History began 2,7 million years ago when we started eating...

MEAT

Metrópole Steak	14,9€
Our own steak selection with French Fries If you want do add a sauce to your experience are will have a cost: + 3,5€ Pepper, Mushroom, Chimichurri or Barbecue	
One World Trade Center	15,9€
Black Angus hamburger, bread, tomato, lettuce, cheese, fried onions and bacon	
Francesinha Saloia	17,5€
A Portuguese bread from Alentejo, slices of Wild Hog, smoked sausage, bacon, cheese, garnished with a special mild hot sauce served with fried egg and French fries	
Iberian Peninsula	18,5€
Slices of Wild Hog	
Sex Symbol	18,9€
Our own steak selection, enhanced with a delicious smoked ham, fried egg on top, with a creamy Portuguese sauce, served with potato chips	

UNDERWATER

Hand in Hand with Our History	17,9€
Shrimps Açorda (fry bread mash with olive oil and garlic)	
Indian Ocean Trade Route	18,9€
Pineapple Curry Shrimp served with basmati rice	
Charroco	19,9€
By Pedro Carvalho Salmon fillet with Honey and Thyme marinade, Risotto Nero and Foam of his own Marinade	
Memories of My Grandparents	22,5€
By Isaura Simões Fresh Codfish Fillet boiled on low Temperature, a creamy Humus Blended with Potato, Cabbage Bok-Choi Sauted, Poached Egg and Coriander Aioli	
Cantares do Alentejo	24,9€
By Rafael Costa Octopus with Thousand Layers of a Duo of Potatos, Asparagus and Coriander Aioli	

NOT MEAT... NOR FISH

Padana Plain 18,9€
Wild mushrooms risotto with Grana Padano cheese

Formula 1 18,9€
Risotto with soya cream, wild mushrooms and Veggie "Protein"

DISNEYLAND
for children under 12 years old

Chicken Little 8,9€
Chicken nuggets with French fries

Finding Nemo 8,9€
Fish fingers with French fries

SAUCES

Chimichurri Sauce 3,5€

Pepper Sauce 3,5€

Mushroom Sauce 3,5€

Barbecue Sauce 3,5€

PARTNERS IN CRIME

French Fries 3€

Basmati Rice 3,9€

Change 1,5€

**Masked Potato Blended
with Chickpeas** 4,5€

Change 1,5€

Sautéed Vegetables 4,5€

Change 2,3€

Salad 4,5€

Change 2,3€

Variety of Lettuces, Cherry Tomato, Radish, Red Onion
and Passion Fruit Vinaigrete

Sweet Potato Fries 4,9€

Change 2,5€

EXTRAS

Seasoned Butter 1,5€

Fried Egg 1,5€

Tapenade 3,5€

Daily Harmonization 4€



METRÓPOLE

RESTAURANTE & BAR LOUNGE

COUVERT «No dish, food product or drink, including the cover charge, can be charged if it is not requested by the customer or if it is unusable» Decree-Law No. 10/2015, of 16 January.

ALLERGIES AND INTOLERANCE If you are allergic to any food, please inquire with our team. Regulation No. 1169/2011