

TEJÁ

Brown butter with homemade pita bread (v)	€5
topped with chestnut honey and sea salt	
Extra Pita (1 piece)	€1.5
The “Cheese” Board (v)	€14
fresh cheese with chilly jam, black truffle cheese, cured goat cheese	

terra

Arugula Salad (v)	€9
caramelized nectarine, ricotta cream, walnuts, mustard vinaigrette	
Garden Salad (vg)	€9
crisp lettuce, radish, red onion, lemon dressing	
Beetroot Tartare (v)	€10
lemon yogurt, caramelized walnuts, pickled red onions	
Hummus (vg)	€9
black olive salsa	
Grilled oyster mushrooms (v)	€15
wafu sauce, onion furikake	
Piyaz (vg)	€9
slow cooked beans, tahini sauce, pickled red onion, cherry tomato	

atlantico

Mediterranean Shrimp	€17
atlantic shrimps, pink tomatoes, black olives, parsley, olive oil	
Sardine Pita	€14
fried sardines, sumac tartar, wakame, house pita	
Couscous Risotto with Shrimp	€17
parmegianno cream, atlantic shrimps	
Atlantic catch	€28
vermouth potato cream, fig leaf oil, nori furikake	

pasto

Azores Entrecote	€26
charred chimichurri, roasted garlic potato	
Grilled Kofte	€23
meatballs with charred eggplant purée, wild thyme	

sweet endings

Chocolate terrine (v)	€8
roasted hazelnut, Alentejo olive oil	
Almond souffle (v)	€9
with vanilla ice cream	

v - vegetarian

vg - vegan

Please ask our team for information regarding allergens.

DINNER

Long before there was a Portugal, the Tejo carved its valley through mountains and plains, and the first communities settled along its fertile banks. The river opened Lisbon to the world, drawing people from every direction into one city and shaping its character. Teja takes its name and its story from this river. Gypsy, our restaurant collaborator, sets a wandering table that travels through cultures and flavors the same way.

Our dinner menu follows the river in three chapters.

Terra

The Tejo begins inland, feeding fields and valleys. This chapter celebrates what grows from the soil: vegetables, grains, olive oil, and herbs.

Atlântico

At Lisbon, fresh water meets salt, and the Atlantic brings its abundance. Seafood and coastal ingredients, born where river and ocean meet.

Pasto

A tribute to the grazing lands where time slows down: sustainably raised meats rooted in Portuguese terroir.

