



Paralelo 45 Menu

<https://menuweb.menu/restaurants/lisbon/paralelo-45>
R. Castilho 27B, Lisbon, Portugal
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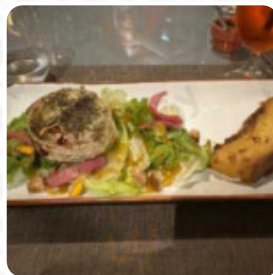
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Paralelo 45 Menu



Salads

SALAD

Pasta

RAVIOLI

Mains

MADAGASCAR VANILLA

Salad

MIXED SALAD

3 €

Lamb

LAMB SHANK

Rice

RISOTTO

Side Orders

VEGETABLES OF THE DAY

4 €

Sauces

GRAVY

Fish

SEA BASS

Main

THE CHARCUTERIE BOARD

Hot Drinks

COFFEE

Flavors

PISTACHIO

French

FOIE GRAS

Cena al chiaro di luna

WELCOME DRINKS

Caxton Classics

VEGETARIAN DISH OF THE DAY 14 €

Iced Black Tea

KUMQUAT

SELECTION OF BIOLOGICAL ICE CREAM

SICILY LEMON

Cheese Selection & « Charcuterie »

BLACK PORK HAM 9 €

Seafood

GRILLED OCTOPUS

OCTOPUS AND ORZO

The Boards

THE CHEESELOVER BOARD

THE PORTUGUESE BOARD

THE "CHALET" CORNER

CHEESE FONDUE FROM SERRA DE ESTRELA (MIN 2 PERS)

THE ORIGINAL CHEESE RACLETTE (MIN 2 PERS)

The « Chalet » Corner

Paralelo 45 Menu



THE ORIGINAL CHEESE RACLETTE (MIN 2 PESS)

CHARCUTERIE BOARD, POTATOES, ONIONS PICKLES INCLUDED 13 €
ADDITIONAL CHEESE (200G)

Side Dishes



ROASTED POTATOES 3 €

GRILLED VEGETABLES

VEGGIES OF THE DAY 4 €

Restaurant Category

MEDITERRANEAN

VEGETARIAN

DESSERT

FRENCH

These Types Of Dishes Are Being Served



PASTA

SALAD

DESSERTS

LAMB

Dessert

CHOCOLATE LAVA CAKE

CHEESE SELECTION

VALRHONA CHOCOLATE

CREME BRULEE

PROFITEROLES

Prato principal

POLVO À LAGAREIRO, MAIONESE DE AÏOLI, PESTO DE COENTROS
CROCANTE DE PRESUNTO

MIL FOLHAS DE NATA, FRAMBOESA
COULIS DE FRUTOS VERMELHOS

ARROZ DE PATO À CHEF

GASPACHO À ALENTEJANA REVISITADO

MACARON DE FOIE-GRAS

CHEESE SELECTION & CHARCUTERIE

NICE PLATE OF BLACK PORK HAM 8 €

ARTISANAL ASH GOAT CHEESE (FOR 2 PEOPLE) 14 €

3 CHEESE SELECTION 7 €

2 CHEESE SELECTION 5 €

1 CHEESE SELECTION 4 €

A La Carte - Desserts

PINK PEPPER PANACOTTA, PRALINÉ CHOCOLATE 7 €

MATCHA BROWNIE, VALRHONA ICE CREAM CHOCOLATE 7 €

ROSEMARY PANACOTTA STRAWBERRY JELLY 6 €

CRÈME BRULÉE OF MADEIRA WINE 6 €

MATCHA BROWNIE, PRALINÉ PISTACHIO ICE CREAM 7 €

MADEIRA WINE CRÈME BRULÉE 6 €

FRUIT TARTAR TONKA BEAN EMULSION 5 €

Ingredients Used



TUNA

TOMATOES

SALMON

FRUIT

DUCK

CHEESE

Paralelo 45 Menu



CHOCOLATE
VEGETABLES

A LA CARTE - MAIN COURSES

RED TUNA TATAKI AND SESAME, PINEAPPLE CARPACCIO AND MIXED SALAD	16 €
POACHED SEABASS IN A VEGETARIAN BOUILLON VEGETABLES HERBAL MIXED OIL	17 €
BLACK PORK PLUMA COCOTTE FIGS APRICOT	17 €
CODFISH MEZZE OF CHICK PEA AND KUMQUAT	17 €
GRILLED OCTOPUS REVISITED LAGAREIRO STYLE GARLIC MAYONNAISE FRESH PARSLEY OIL	17 €
SHELL PASTA, FRAYED DUCK LEG CONFIT BEANS AGED PARMESAN CHEESE	15 €
LAMB SHANK ROSACE OF POTATOES	17 €
RED TUNA TATAKI, AVOCADO MOUSSE, SWEET POTATOE PURÉE WASABI	17 €
BLACK PORK PLUMA « COCOTTE », FIGS APRICOTS	18 €
LAMB SHANK « ROSACE » OF POTATOES MINI CARROTS	19 €

SHELL PASTA, FRAYED DUCK LEG
« CONFIT », BEANS AGED
PARMESAN 16 €

A La Carte - Starters

CROAKER CARPACCIO, PASSION FRUIT DRESSING RUCOLA SALAD	10 €
DUCK FOIE GRAS BRIOCHE PORT WINE REDUCTION, PASSION FRUIT COULIS	10 €
EGGS 45 MIMOSA STYLE, TRUFFLE ESSENCE MAYONNAISE PRESUNTO	8 €
DUCK MAGRET BABY PEARS POACHED IN RED WINE	9 €
PINK SHRIMP PROFITEROLES CREAMY BISQUE	9 €
ARTESANAL ASH GOAT CHEESE SALAD	8 €
SMOKED SALMON CRAB MEAT MAKI GRANNY SMITH « RÉMOULADE » WASABI	9 €
CROAKER FISH TARTARE MANGO	9 €
EGGS 45 MIMOSA STYLE, TRUFFLE ESSENCE MAYONNAISE PRESUNTO HAM	7 €
TRILOGY OF CHERRY TOMATOES, 2B « VINAIGRETTE » REQUEIJÃO	10 €
SMOKED SALMON CRAB MEAT MAKI, GREEN APPLE RÉMOULADE	9 €
TRILOGY OF ORGANIC TOMATOES 2B VINAIGRETTE REQUEIJÃO	9 €

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R. Castilho 27B, Lisbon,
Portugal

Opening Hours:

Monday 12:30-14:30 19:00-21:00

Tuesday 12:30-14:30 19:00-21:00

Wednesday 12:30-14:30 19:00-
21:00

Thursday 12:30-14:30 19:00-21:00

Friday 12:30-14:30 19:00-21:00

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