



# Soul Food

ALGARVE CATERING

## TAKE AWAY & DELIVERY

Minimum: 4 PAX (Per each Dish)

### Soups

Wild Mushroom Soup	4 € (P/P)
Red Lentil Dahl	4 € (P/P)
Fish Soup	4.5 (P/P)
Tomato Soup	4 € (P/P)
Celery and Garlic Soup with Crispy Bacon	4 € (P/P)
Pea Soup with Crispy Onion	4 € (P/P)

### Salads

Potato Salad with Yogurt and Chives	3 €(P/P)
Octopus salad	6 € (P/P)
Moroccan Tabulé	3.5€(P/P)

### Mains

Salmon en Croute	12 € (P/P)
Shrimp Curry with Coconut Milk	14 € (P/P)
Seafood Cataplana	19 € (P/P)
Monkfish Rice	12 € (P/P)
Lasagna Bolognese	10 € (P/P)
Quiche Lorraine	8.5 € (P/P)
Eggplant Stuffed with Chili con Carne	8.5 € (P/P)
Chicken Tikka Masala	13 € (P/P)
Beef Goulash	13 € (P/P)
Coq Au Vin	13 € (P/P)
Lamb Tagine	13 € (P/P)
Chicken Tagine	13 € (P/P)
Mushroom Lasagna with Pesto Sauce and Pine Nuts (V)	15 € (P/P)
Quinoa and Beetroot Hamburgers (V)	11 € (P/P)
Vegetable Pakora with Raita Sauce (V)	10 € (P/P)
Wild Asparagus Quiche (V)	12 € (P/P)
Eggplant Parmigiana (V)	10 € (P/P)
Mushrooms Stuffed with Chestnuts (V)	10 € (P/P)

[www.soulfood.pt](http://www.soulfood.pt)  
+351 938 138 763



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### Sides

Baked Baby Potato with Rosemary	3 € (P/P)
Ratatouille	3 € (P/P)
Potato Gratin	4 € (P/P)
Honey Caramelized Carrots with Tahini	
Sauce	3 € (P/P)
African Rice	4 € (P/P)
Grilled Vegetables	3 € (P/P)

### Deserts

Crème Brûlée	5 € (P/P)
Chocolate Brownie	5 € (P/P)
SoulFood Signature Pastel de Nata	5 € (P/P)
Strawberry Crumble with Toasted Almonds	5 € (P/P)
Peach Strudel	5 € (P/P)
Tiramisu	5 € (P/P)
Ethon Mess	5 € (P/P)
Seasonal Fruit Salad	4 € (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 until 7 pm (2 € per Klm)

Place your order through the following channels:

WhatsApp: +351 938 138 763  
Email: [comercial@soulfood.pt](mailto:comercial@soulfood.pt)

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