

The background is a light beige color with a subtle, wavy wood-grain pattern. Scattered throughout are various green ink illustrations: a bowl of round items in the top left, a large feather in the top center, a bowl of citrus and leaves in the top right, a sprig of herbs on the left, a single leaf below it, three slices of bread in the bottom left, a sprig of leaves in the bottom center, and a pizza in the bottom right.

FRONTIER  
RESTAURANTE

## ENTRADAS FRIAS

### COLD STARTERS

SALADA CAPRESE COM QUEIJO RICOTA CAPRESE SALAD WITH RICOTTA CHEESE	R\$ 25,00
SALADA MISTA COM MOLHO DE IOGURTE E HORTELÃ HOUSE SALAD WITH YOGURT AND MINT DRESSING	R\$ 28,00
CESTA DE PARMESÃO COM FOLHAS NOBRES E MOLHO DE ABACATE PARMESAN BASKET WITH FINE LEAFY GREENS AND AVOCADO DRESSING	R\$ 29,00
SALADA CAESAR COM LASCAS DE SALMÃO CAESAR SALAD WITH SLICES OF SALMON	R\$ 35,00

## ENTRADAS QUENTES

### HOT STARTERS

CANJA CHICKEN AND RICE SOUP	R\$ 30,00
SOPA DE LEGUMES COM CARNE VEGETABLE BEEF SOUP	R\$ 32,00
CREME DE PALMITO CREAM OF PALM HEARTS	R\$ 35,00
VORÍ VORÍ COM CUBOS DE FRANGO (PRATO TÍPICO DO PARAGUAI) VORÍ VORÍ WITH CUBED CHICKEN (TYPICAL PARAGUAYAN DISH) Caldo de frango, legumes e bolinhos de farinha de milho com queijo <i>Chicken stock, vegetables and cornmeal balls with cheese</i>	R\$ 30,00
BRUSCHETTAS ITALIANAS ITALIAN BRUSCHETTA	R\$ 30,00

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## À LA CARTE

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<b>FRANGO À PARMEGIANA</b> CHICKEN PARMEGIANA Arroz branco e batatas fritas ou purê de batatas <i>White rice and french fries or mashed potatoes</i>	R\$ 35,00
<b>FRANGO GRELHADO FITNESS</b> FITNESS GRILLED CHICKEN BREAST Arroz sete grãos, batata doce e mix de folhas <i>Seven-grain rice, sweet potatoes and mixed salad greens</i>	R\$ 35,00
<b>FILET À PARMEGIANA</b> BEEF PARMEGIANA Arroz branco e batatas fritas ou purê de batatas <i>White rice and french fries or mashed potatoes</i>	R\$ 49,00
<b>BIFE DE CHORIZO AO MOLHO CHIMICHURRI (PRATO TÍPICO DA ARGENTINA)</b> TOP SIRLOIN STEAK WITH CHIMICHURRI SAUCE (TYPICAL ARGENTINEAN DISH) Arroz cremoso com queijo e batatas rústicas <i>Creamy rice with cheese and country potatoes</i>	R\$ 49,00
<b>MOQUECA DE SURUBIM</b> SURUBIM MOQUECA Arroz branco, pirão de peixe <i>White rice, fish and cassava pirão</i>	R\$ 52,00
<b>PICANHA À BRASILEIRA (PRATO TÍPICO DO BRASIL)</b> BRAZILIAN-STYLE SIRLOIN (TYPICAL BRAZILIAN DISH) Arroz com brócolis, farofa, vinagrete, batata frita e banana à milanesa <i>Broccoli rice, farofa, tomato and onion vinaigrette, french fries and breaded banana</i>	R\$ 55,00

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# MONTE O SEU PRATO

## DINNER OPTIONS

Escolha 01 proteína, 01 molho e 02 acompanhamentos  
Choose 1 meat/fish, 1 sauce and 2 sides

### PEIXES

FISH

TILÁPIA GRELHADA  
GRILLED TILAPIA R\$ 39,00

SURUBIM GRELHADO  
GRILLED SURUBIM R\$ 65,00

SALMÃO GRELHADO  
GRILLED SALMON R\$ 55,00

### FRANGO E CARNES

CHICKEN AND MEAT

FILE DE FRANGO  
CHICKEN FILET R\$ 35,00

ESCALOPE DE MIGNON  
FILET MIGNON SCALOPPINI R\$ 52,00

PICANHA  
SIRLOIN R\$ 55,00

BIFE DE CHORIZO  
TOP SIRLOIN R\$ 49,00

### MOLHOS

SAUCES

MOLHO BELLE MEUNIÈRE  
BELLE MEUNIÈRE SAUCE

MOLHO SICILIANO  
SICILIAN SAUCE

MOLHO DE MAÇÃ  
CARMELIZADA  
CARMELIZED APPLE SAUCE

MOLHO DE ALCAPARRAS COM  
MANTEIGA DE ERVAS  
CAPERS WITH HERBED BUTTER  
SAUCE

MOLHO DE PIMENTA VERDE  
GREEN PEPPER SAUCE

MOLHO MADEIRA COM  
CHAMPIGNON  
MADEIRA WITH  
MUSHROOMS SAUCE

MOLHO DE MOSTARDA  
MUSTARD SAUCE

### ACOMPANHAMENTOS

SIDES

MIX DE FOLHAS  
MIXED SALAD GREENS

ARROZ BRANCO  
WHITE RICE

ARROZ COM BRÓCOLIS  
BROCCOLI RICE

ARROZ SETE GRÃOS  
SEVEN-GRAIN RICE

MOUSSELINE DE RAÍZES  
ROOT VEGETABLE MOUSSELINE

BATATA FRITA  
FRENCH FRIES

BATATA DOCE  
SWEET POTATOES

LEGUMES VARIADOS  
ASSORTED VEGETABLES

BATATA RÚSTICA  
COUNTRY POTATOES

BATATA SAUTÉ  
SAUTÉED POTATOES

Acompanhamento adicional: R\$ 14,00 (cada)

Additional side dish R\$ 14.00 (each)

# RISOTOS

## RISOTTO

<b>RISOTO À PRIMAVERA COM CUBOS DE FRANGO</b> SPRING RISOTTO WITH CUBED CHICKEN Seleta de legumes e cubos de frango <i>Select vegetables and cubed chicken</i>	R\$ 40,00
<b>RISOTO DE TOMATE SECO COM RÚCULA</b> ARUGULA AND SUN-DRIED TOMATO RISOTTO Folhas de rúcula, tomate seco e parmesão <i>Arugula leaves, sun-dried tomatoes and parmesan</i>	R\$ 42,00
<b>RISOTO DU CHEF</b> RISOTTO DU CHEF Cubos de mignon, azeitonas pretas, tomate seco e parmesão <i>Cubed beef, black olives, sun-dried tomatoes and parmesan</i>	R\$ 48,00
<b>RISOTO DE SALMÃO COM LIMÃO SICILIANO</b> SALMON AND SICILIAN LEMON RISOTTO Cubos de salmão e limão siciliano <i>Cubed salmon with Sicilian lemon</i>	R\$ 48,00
<b>RISOTO DE CAMARÃO</b> SHRIMP RISOTTO	R\$ 55,00

# MASSAS

## PASTA

Escolha 01 massa e 01 molho  
Choose 1 pasta and 1 sauce

### MASSAS PASTAS

ESPAGUETE SPAGHETTI	R\$ 35,00
FETUCCINI FETTUCINI	R\$ 35,00
PENNE PENNE	R\$ 35,00
PENNE INTEGRAL WHOLEWHEAT PENNE	R\$ 35,00

### MOLHOS SAUCE

CARBONARA CARBONARA
POMODORO POMODORO
QUATRO QUEIJOS FOUR CHEESE
BOLONHESA BOLOGNESE
MOLHO PESTO PESTO

<b>LASANHA À BOLONHESA</b> LASAGNA BOLOGNESE	R\$ 39,00
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# SANDUÍCHES E OMELETES

## SANDWICHES AND OMELETTES

Todos sanduiches acompanham batata frita ou mini salada de folhas  
All sandwiches come with fries or a mini salad

**MISTO-QUENTE OU QUEIJO-QUENTE** R\$ 15,00  
HOT HAM AND CHEESE OR GRILLED CHEESE  
Pão de forma, presunto e queijo ou somente queijo  
*Sliced bread with ham and cheese or sliced bread with cheese*

**SANDUÍCHE NATURAL** R\$ 18,00  
NATURAL SANDWICH  
Pão integral, frango, cebola, maionese, tomate, cenoura e alface roxa  
*Wholewheat bread, chicken, onions, mayonnaise, tomato, carrots and purple lettuce*

**BAGUETE DE FRANGO** R\$ 23,00  
CHICKEN BAGUETTE  
Cubos de frango, tomate, cebola roxa, alface, cream cheese e molho pesto  
*Cubed chicken, tomato, red onion, lettuce, cream cheese and pesto sauce*

**CLUBE SANDUÍCHE** R\$ 25,00  
CLUB SANDWICH  
Pão de forma, peito de peru, ovos, bacon, alface, tomate e maionese  
*Sliced bread, turkey breast, eggs, bacon, lettuce, tomato and mayonnaise*

**BOURBON BURGER** R\$ 29,00  
BOURBON BURGER  
Hambúrguer, mussarela, presunto, cheddar, cebola, tomate e alface  
*Hamburger, mozzarella, ham, cheddar, onions, tomato and lettuce*

**BAGUETE DO CHEFE** R\$ 29,00  
CHEF'S BAGUETTE  
Tiras de mignon, cebola crispy, alface americana e mussarela  
*Steak strips, crispy onions, iceberg lettuce and mozzarella*

**OMELETE MISTO** R\$ 18,00  
HAM AND CHEESE OMELET  
Queijo, presunto e tomate  
*Ham, cheese and tomatoes*

**OMELETE DE FRANGO** R\$ 18,00  
CHICKEN OMELET  
Frango desfiado, mussarela, tomate e ervilhas  
*Shredded chicken, mozzarella, tomato and peas*

## MENU KIDS

### KIDS MENU

**BOB ESPONJA** R\$ 28,00  
SPONGEBOB  
Filézinho de carne com arroz,  
fritas e feijão  
*Mini steak with rice, fries and beans*

**FRANGUITO** R\$ 25,00  
CHICKEN LITTLE  
Frango à milanesa com arroz e  
purê  
*Breaded chicken with rice and  
mashed potatoes*

**PEQUENA SEREIA** R\$ 25,00  
LITTLE MERMAID  
Filézinho de peixe, arroz e  
legumes ou purê  
*Mini fish filet, rice and vegetables  
or mashed potatoes*

**MAGALI** R\$ 20,00  
MAGALI  
Espaguete com molho à  
Bolonhesa  
*Spaghetti with Bolognese sauce*

## SOBREMESAS

### DESSERTS

PRATO DE FRUTAS LAMINADAS DA ESTAÇÃO SLICED SEASONAL FRUIT PLATE	R\$ 14,00
TAÇA DE SALADA DE FRUTAS COM SORVETE FRUIT SALAD WITH ICE CREAM	R\$ 15,00
TAÇA DE SORVETE COM DUAS BOLAS CUP WITH TWO SCOOPS OF ICE CREAM	R\$ 15,00
PUDIM DE LEITE CONDENSADO SWEETENED CONDENSED MILK PUDDING	R\$ 15,00
CREME DE PAPAYA COM CASSIS PAPAYA CREAM WITH CASSIS LIQUEUR	R\$ 20,00
BANANA FLAMBADA COM SORVETE DE CREME BANANA FLAMBÉ WITH VANILLA ICE CREAM	R\$ 20,00
PETIT GÂTEAU COM SORVETE DE CREME PETIT GATEAU WITH VANILLA ICE CREAM	R\$ 30,00

## BEBIDAS

### BEVERAGES

ÁGUA SEM GÁS STILL WATER	R\$ 5,50	STELLA ARTOIS STELLA ARTOIS	R\$ 11,00
ÁGUA COM GÁS SPARKLING WATER	R\$ 5,50	HEINEKEN HEINEKEN	R\$ 11,00
ÁGUA TÔNICA TONIC WATER	R\$ 7,50	BUDWEISER BUDWEISER	R\$ 11,00
SUCOS NATURAIS FRESH JUICE	R\$ 7,00	BOHEMIA BOHEMIA	R\$ 9,00
REFRIGERANTES SOFT DRINKS	R\$ 7,50	BRAHMA BRAHMA	R\$ 9,00
PROVIDÊNCIA PILSEN   CERVEJA ARTESANAL PROVIDÊNCIA PILSEN   CRAFT BEER	R\$ 21,00	BRAHMA SEM ÁLCOOL BRAHMA WITHOUT ALCOHOL	R\$ 9,00
PROVIDÊNCIA WEIZEN   CERVEJA ARTESANAL PROVIDÊNCIA WEIZEN   CRAFT BEER	R\$ 21,00	SKOL SKOL	R\$ 9,00
		MALZBIER MALZBIER	R\$ 9,00