



How to Order at a Portuguese Café, aka *Pastelaria*

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PASTRIES & SWEETS



Pastel de Nata

The most quintessential of all Portuguese pastries! Pastel de Nata (also known as Pastel de Belém) features smooth custard baked inside a thin layer of flaky pastry dough. Often served with caster sugar and powdered cinnamon to sprinkle to taste before eating.



Bolo de Arroz

Basically, this could be considered a rice muffin. Often enjoyed for breakfast, dunked inside a coffee with milk. It will always be wrapped in a typical cooking paper that reads "Bolo de Arroz". Even though rice flour is the main ingredient, it is not gluten free, also containing wheat.



Pão de Deus

It literally translates into "God's Bread". This is a smooth and not too sweet brioche, with a topping of sugared coconut flakes. Can be eaten on its own, or with a filling of butter, cheese, ham or "misto" (ham & cheese).



Jesuíta

This is a triangular shaped pastry, filled with sweet cinnamon egg cream. It can either be topped with a sugary mix that contains crushed almonds or almond flakes, or with a crispy layer of frosted glaze (like pictured here).



Queque

Deriving from the English word "cake", this is essentially a funny shaped Portuguese muffin. The standard queque flavour is plain - as pictured here. The most popular variation on the regular queque would be "Queque de Noz", which includes crushed walnuts.



Bola de Berlim

Doughnut-like pastries, consisting of fried dough sprinkled with sugar. By default, they'll be filled with yellow egg cream. Sometimes, they are also available plain, and in that case they are called "Bola de Berlim sem creme". Same as a *Berliner*.



Croissant

Croissants are not originally Portuguese, but they are common in Portugal, and also very different than the French ones. Instead of buttery and flaky, Portuguese croissants resemble a brioche, even though shaped as a croissant. For flavors ask "com chocolate" (chocolate), "com creme" (with egg cream filling) or "misto" (ham & cheese).



Queijada

Small pastry prepared with a Portuguese cheese similar to cottage cheese, plus milk, eggs and sugar. It often features a very thin layer of shortcrust pastry, that contains the smooth filling. Aside from plain Queijada, another popular flavor is "cenoura" (carrot).



Travesseiro

A tourist favorite, originating from Lisbon's neighboring town: Sintra. This extremely sweet "pillow" (the literal translation of its name) consists of flaky puff pastry, completed with an intense creamy filling made of almonds and eggs.



Palmier Recheado

Picture a typically French palmier, without the heart shape. In Portugal, Palmier Recheado involves 2 layers square shaped flaky palmier pastry, with a filling of egg rich custard. Sometimes, it may also include a topping of glazed sugar.



Pastel de Feijão

This is a typical Portuguese bean tart, most commonly baked using white beans. The bean puree is surrounded by a thin and crusty layer of dough and sprinkled with caster sugar. Delicate small pastry, quite sweet, and ideally paired with a cup of coffee.



Mil Folhas

This is the Portuguese take on the French *mille-feuille* pastry. Made of layers of crispy puff pastry, featuring different fillings between: chocolate, egg custard or cream. It's usually topped with glazed sugar, and decorated with a sprinkle of chocolate.



Guardanapo

The name of this sweet literally translates into "napkin", because of the way it is folded. This cake consists of a simple square of sponge cake, folded as a triangle and filled with egg custard. The outside is often sprinkled with a little sugar.



Eclair

This is just like the French eclair, but in Portugal, you'll normally come across less flavor variations as compared to France. It is made with choux dough, and most commonly filled with egg custard and a generous topping of sweet chocolate.



Caracol

This pastry is made with smooth brioche-like dough, rolled up as a "snail". Shape wise, it may resemble a cinnamon roll, but it generally involves no cinnamon. Instead, assorted candied fruits are added as a topping.



Pirâmide

Quite probably, the most unique Portuguese pastry item! An assortment of pastries is crumbled and shaped as a pyramid, covered with chocolate and a finishing touch of whipped cream and a Maraschino cherry. It's like having several cakes into one!



Pastel de Côco

These small tarts are made with shredded coconut and a generous amount of sugar. Sometimes, they also include a thin layer of pastry on the outside, containing the coconuty thick filling. They are normally topped with a candied cherry.



Tigelada

Simply put, this is a little bomb of baked milk, eggs and sugar. In restaurants or at home, tigeladas are cooked inside a clay pot. In pastelarias, the custard-like filling is baked inside a thin layer of pastry, easier to grab and eat.



Palmier

Adapted from the French palmier, in Portugal this type of pastry ranges from crunchy sugared puff pastry to a little chewy. It is normally not as flaky as in France. Often, it'll also come with a thick cover of glazed sugar or egg cream.



Salame de Chocolate

This roll made using Marie biscuits, chocolate and sugar. It's more like a chocolate bar, rather than a pastry. Either way, it is usually enjoyed as a side sweet with a cup of coffee, or as a treat on its own. It's a favorite of children and adults alike!

SANDWICHES & SAVORIES



Torrada

Buttered toast. Normally involves 2 layers of white bread, smothered with a truly generous amount of melted butter. If you'd like a fresh bread roll with butter instead (that local people often order along with coffee for breakfast), simply ask for a "pão com manteiga".



Tosta Mista

Grilled ham and cheese sandwiched are very popular in Portuguese pastelarias. They may be done with square shaped white bread (the default option) or with a more rustic variation of bread. For the latter, ask for "pão saloio".



Sandes de...

Sandwich of: queijo (cheese), fiambre (ham), mista (ham & cheese), chouriço (Portuguese chorizo), queijo fresco (fresh cheese, similar to cottage cheese), de ovo (omelette). Made with fresh bread and a little butter. If you want it without butter, ask "sem manteiga".



Pão de Leite

Even though in Portugal the standard bread rolls are a little crusty on the outside, locals sometimes also enjoy milky bread, particularly for breakfast. These oval shaped smooth brioches are only a little sweet, and enjoyed in the same variations as the sandwiches listed above.



Prego

Steak sandwiches in Portugal are as popular as hamburgers in the USA. A thin flank steak is usually marinated with garlic and bay leaf, and lightly fried in olive oil. The meat is tucked inside a Portuguese roll and served with mustard that you can add to taste.



Sandes de Panado

This is the type of sandwich you'll rarely encounter warm, as it is ready-made and kept inside the display counters. It features a breaded deep fried cutlet inside bread, with lettuce leaves. It is usually made with *frango* (chicken), *porco* (pork) or *perú* (turkey).



Bifana

Bifanas are similar to Pregos, but made using pork meat instead of beef. Thin pork steaks are marinated with salt, pepper, bay leaf, garlic and white wine, shallow fried in olive oil and tucked inside a Portuguese roll. You may add mustard or spicy sauce to taste.



Merenda / Lanche

This is a ready-made savory pastry, most commonly enjoyed as an afternoon snack. The dough may be puff pastry or, also commonly, a slightly sweet brioche like bread. The filling can either contain ham & cheese, or ham, cheese and chorizo. It is served cold.



Rissol

This Portuguese savory turnover is a common in-between meals snack, as well as a popular appetizer while you wait for your food. The most common rissol variations include a filling of *carne* (minced meat) or *camarão* (shrimp).



Croquete

Like like rissois, croquetes are also served cold as they are ready-made and kept on display in pastelaria counters. They consist of minced meat oval shaped cutlets, breaded and deep fried. Commonly enjoyed with beer or any other cold drink.



Pastel de Bacalhau

This is the most common recipe of codfish fritters. They are made using the much appreciated salted cod (bacalhau), pureed potatoes, onions and parsley. After they are deep-fried, the outside is a little crusty, but the inside remains smooth yet textured.



Empada de Galinha

This is the Portuguese take on chicken pie or puff. Wrapped inside puff pastry or, very frequently, a harder type of crust, hides a world of flavorful moist shredded chicken. Variations may include diced mushrooms in the mix too.



Coxinha de Frango

Originally from Brazil, coxinha de frango literally translates into chicken leg. But it is not an actual cut of chicken. Instead, it is a deep-fried ball of dough, with seasoned minced chicken on the inside. It is normally ready-made and on display and, thus, served cold.



Chamuça

This is the Portuguese adaptation of Indian samosas. In this version, the dough is much thinner than in India, and closer to filo pastry. As such, it's extremely flaky and tends to crumble. The inside is also not vegetarian, most commonly featuring spiced shredded chicken.



Pão com Chouriço

If you don't have time for a sandwich made on the spot, ask for a Pão com Chouriço. These stuffed buns consist of dough baked with slices of chouriço already on the inside. The bread absorbs the grease and flavor of the chouriço, giving it a distinct savory taste.



Folhado de Salsicha

Among all the variations of puff pastries you'll come across in Portuguese pastelarias, folhado de salsicha is one of the most common. Simply put, it consists of a layer of flaky puff pastry, rolled around a full pork sausage.



Folhado Misto / Folhado de Carne

Folhados are simple savory puff pastries. The most popular ones are *misto* with ham and cheese; and "de carne" with minced meat. Nowadays, vegetarian options are sometimes served too. The most common one would be *de espinafres*, that is, spinach.

COFFEE & HOT BEVERAGES



Café

Espresso. Also called "uma bica" in the Lisbon region or "um cimbalino" around Porto. This is the default coffee drink in Portugal.

Meia de Leite

Half espresso, half foamed milk. Served in a cup. Similar to a cappuccino, regarding the strength of coffee.

Galão

The closest thing in Portugal to the international idea of latte. Most commonly served in a tall glass, it contains around $\frac{1}{4}$ coffee (espresso) and $\frac{3}{4}$ milk.

Carioca

Espresso sized weaker coffee.

Garoto

Espresso topped up with foam, served in the regular espresso cup.

Pingado (also known as "Pingo" in the North)

Espresso diluted with a few drops of milk.

Abatanado

Black coffee, less concentrated than an espresso, served in a bigger cup. The closest thing you'll get to an "Americano" in Portuguese cafes.

Café com Cheirinho

Coffee with "scent", stands for an espresso with the addition of a little alcoholic drink, most commonly brandy or *aguardente*.

Café com Gelo

Cold coffee in Portugal is not a common concept. But asking for "um café e um copo com gelo" (that is: an espresso and a glass with ice) is sometimes usual during the Summer. In that case, you are served a regular espresso, which you can pour on the glass with ice yourself.

Mazagran

Cold blend of espresso and lemon, served over ice. Most common during Summer.

Descafeinado

Decaf. Can apply to any of the coffee drinks above.

Chá

Tea and infusions are called "chá" in Portugal. If you just ask for "chá", you'll be served black tea (without milk). If you'd like to be more specific, keep these words in mind (these are the most common variations of tea around the country):

- *chá verde*: green tea
- *chá de cidreira*: melissa
- *chá de tilia*: linden
- *chá de camomila*: camomile
- *com leite*: with milk

Carioca de Limão

Infusion made with water and lemon peel, served in a small cup (just like espresso).

COLD DRINKS

Água

Water. "Fria" when it is cold and "natural" if room temperature.

- "uma garrafa de água" stands for a bottle of mineral water
- "um copo de água", if you'd simply like to ask for a glass of tap water

Água com Gas

Sparkling water. If you'd like for it to be served with ice and lemon (which a lot of people in Portugal do), ask for "água com gas, com gelo e limão".

Copo de Leite

Glass of milk. If you don't say anything, it'll by default be served "frio", that is, cold. But if you'd like it warm, just ask for it "quente".

Leite Achocolatado

Chocolate milk, served from a package or bottle of already mixed drink. Served cold by default.

Nectar

Bottled juice.

Sumo Natural

Freshly squeezed juice. The most common freshly squeezed juice in Portuguese pastelarias is orange (*sumo natural de laranja*).

Refrigerantes

Standard soft drinks - anyone can recognize the names.

Cerveja

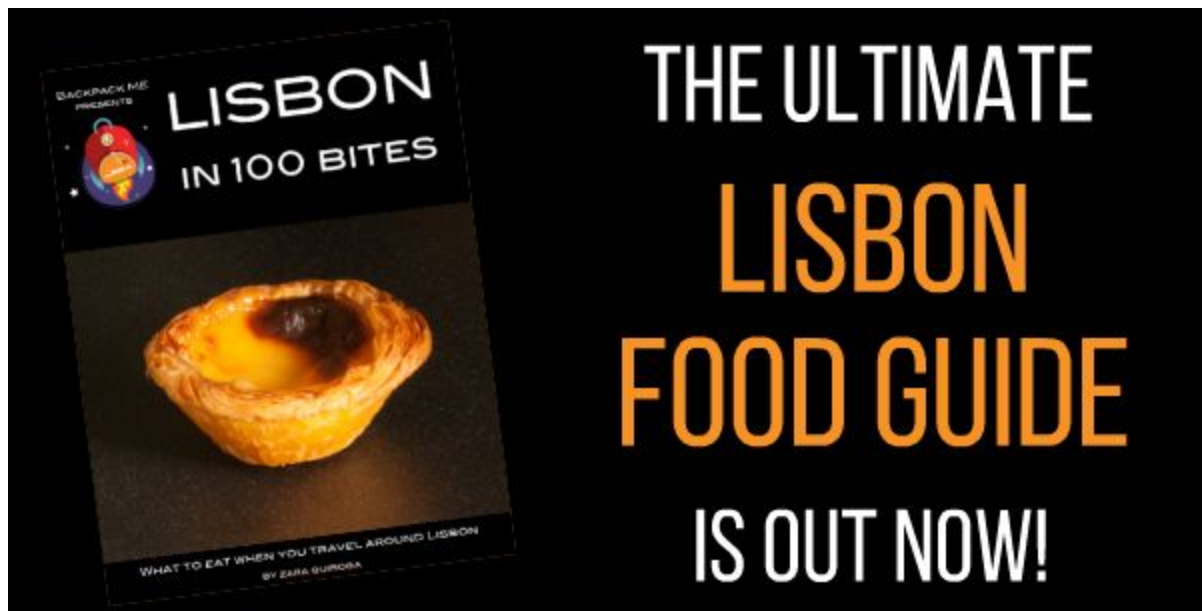
Beer.

Imperial / Fino

Draft beer. Normally served in 200ml glasses. Normally called "imperial" around Lisbon and "fino" around Porto.

Apart from the basic menu, consisting of items available all day long, a lot of Portuguese coffee shops and pastelarias have a lunch menu. Look out for the daily specials, normally advertised in the window shop as “prato do dia”. The specials include a soup of the day and several options of meat and fish dishes.

To learn more about Portuguese food and the typical food you can expect to find in Portuguese pastelarias, get [Lisbon in 100 Bites - The Ultimate Lisbon Food Guide!](#)



Our eBook is a great introduction to the foodie experiences you can expect when traveling around Portugal’s capital, showcasing some of the typical foods you can eat in Lisbon and around the rest of the country too.

Thanks for reading. Enjoy Portugal!

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