



Mrou Mrou

JNÇQUOI



Bem-vindo ao Frou Frou,

Inspirado nos loucos anos 20 e nos locais mais elitistas da China underground dessa época, embarque numa viagem gastronómica imersiva, repleta de personagens extravagantes como a nossa Miss Frou Frou, com os mais autênticos pratos da gastronomia chinesa, num ambiente íntimo, exclusivo e surpreendente.

Welcome to Frou Frou,

Inspired by the oriental '20s and China's underground elite venues, this is the world's first immersive sound dining experience, with extravagant characters like our Miss Frou Frou, bringing the most authentic dishes from across China, in an intimate, exclusive, and surprising setting.

欢迎来到 Frou Frou,

灵感来源于中国20年代的高级会所
这是第一个世界上带有沉静式音乐的餐厅
就像FrouFrou 小姐那么绝艳的角色
带来中国地道的风味
在一个亲密，独特和惊奇的环境中

ALERGIA ALIMENTAR

FOOD ALLERGY

食物过敏



Aipo
Celery
芹菜



Gluten
Gluten
面筋



Crustáceos
Crustaceans
贝壳类



Moluscos
Molluscs
海鲜类



Ovos
Eggs
鸡蛋



Peixe
Fish
鱼类



Lactose
Lactose
乳糖



Frutos Secos
Nuts
坚果类



Amendoim
Peanut
花生



Sésamo
Sesame
芝麻



Soja
Soy
大豆



Mostarda
Mustard
黄芥末

Todos os preços incluem IVA à taxa legal.
All our prices include VAT and service.
我们所有的价格都包括增值税和服务

Todas as imagens utilizadas são meramente ilustrativas, podendo não corresponder à imagem real.
All pictures are for reference only, the actual presentation of the dishes might be different.
所有图片仅供参考，菜品以实际呈现为准





Cocktails
鸡尾酒



FORBIDDEN CITY
紫荊城
HAVANA 7 | BAIJIU
5 SPICE | COCONUT
LYCHEE | LIME | MILK
OOLONG TEA | SESAME OIL
FRUITY | SPICED | HERBAL



15 HIBISCUS BLOSSOM
芙蓉花
ALTOS PLATA | MANCINO
SAKURA | HIBISCUS
CINNAMON | LYCHEE
AGAVE | LEMON
HERBAL | VEGETAL | SWEET



15 MING WHITE FROU
明白 “FROU”
JAMESON BLACK BARREL
BAIJIU | LEMON | PINEAPPLE
CINNAMON | SICHUAN
PEPPER | KAFFIR LIME
EGG WHITE | BITTER
SPICED | SOUR | FRESH



THE LION
狮子
ABSOLUT ELYX | SAKE | GREEN
CHARTREUSE LEMONGRASS
SICHUAN PEPPER | LEMON
APPLE | GREEN TEA SODA
FRESH | SWEET | HERBAL



20 THE MONKEY
山公
BEEFEATER 24 | DRY CURAÇAO
THAI BASIL | ORGEAT | CUCUMBER
LIME | VANILLA | PEACH & JASMINE SODA
REFRESHING | FLAVOURFUL | AROMATIC

Mocktails

无酒精鸡尾酒



ROOIBOS FLOREALE

如意宝花

MARTINI FLOREALE | RED BERRIES
LEMON | VANILLA BOURBON
ROOIBOS FOAM
FOAMY | FRUITY | AROMATIC



13 BANANA LEAF

香蕉叶

BANANA | PINEAPPLE | OOLONG
SAKURA | ROSEMARY | GINGER BEER
SWEET | SPICED | REFRESHING

13



Entradas
Starters
前餐



00

NOZES PECAN CROCANTES DOCES E COM FLOR DE SAL
SALTED AND CARAMELIZED CRISPY PECAN NUTS
双味酥脆长寿果



01

MOLHO XO
XO SAUCE
XO 酱



4,9

6



02

CARANGUEJO RECHEADO CROCANTE
CRISPY STUFFED CRAB
 脆酿鲜蟹盖

47



03

**SALADA DE PATO CROCANTE COM
 REBENTOS, TORANJA E ROMÃ**
**CRISPY DUCK SALAD WITH
 SPROUTS, GRAPEFRUIT
 AND POMEGRANATE**
 脆鸭西柚石榴沙拉

21





04

**SALADA DE FRANGO BANG BANG
COM CAJU E ARROZ CROCANTE**
BANG BANG CHICKEN SALAD WITH
CASHEW NUTS AND CRISPY RICE
脆米腰果棒棒鸡沙拉

20



05

**SALADA DE PEPINO, COGUMELOS
ORELHAS DE JUDAS, COENTROS,
MALAGUETA E AMENDOIM**
CUCUMBER, BLACK FUNGUS,
CORIANDER, CHILLI AND PEANUT SALAD
凉拌黄瓜

11

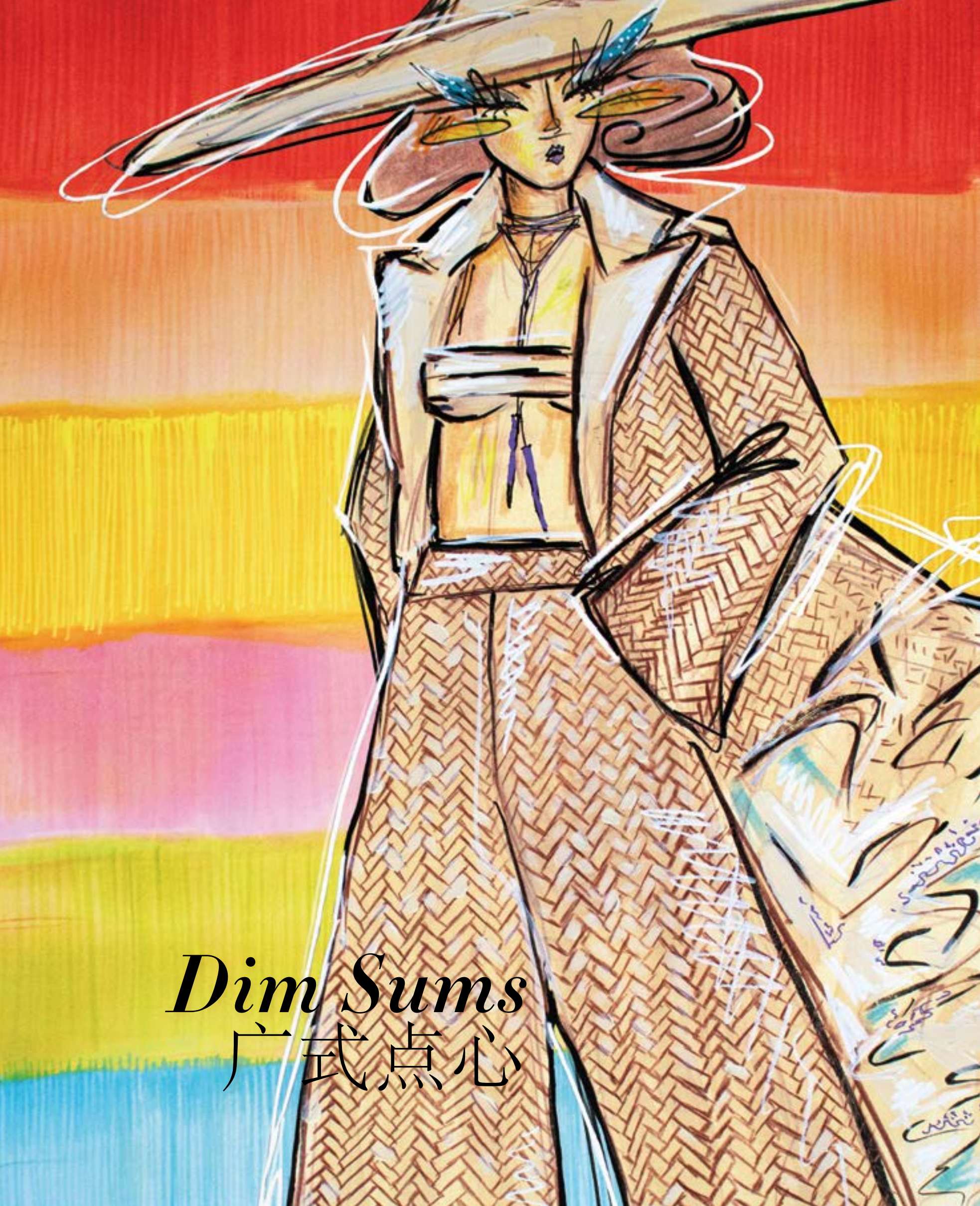


06

TOSTA DE CAMARÃO TIGRE E SÉSAMO
TIGER PRAWN AND SESAME TOAST
麻香虾吐司

29





Dim Sums
广式点心



07

HAR GOW, DUMPLING DE CAMARÃO E CASTANHA DE ÁGUA
HAR GOW, PRAWN AND WATER CHESTNUT DUMPLING
晶莹蒸虾饺



22



08

**WONTON SIEW MAI,
DUMPLING DE CAMARÃO,
PORCO, COGUMELOS
E VIEIRAS**

WONTON SIEW MAI,
PRAWN, PORK,
MUSHROOMS AND
SCALLOPS DUMPLING
扇贝鲜虾猪肉蒸烧卖



09

**BAO DE PORCO
CHAR SIU**

CHAR SIU PORK BAO
港式叉烧包



10

**CHEUNGFAN
DE CAMARÃO**
PRAWN CHEUNGFAN
鲜虾布拉肠粉



11

**DUMPLING DE COGU-
MELOS, OVO E GOJI**
MUSHROOM DUMPLING,
EGG AND GOJI
双菇上素饺



12

**DUMPLING CROCANTE
DE CARANGUEJO COM
MAIONESE DE CHILLI
E TOBIKO PRETO**
CRISPY CRAB DUMPLING
WITH CHILLI MAYONNAISE
AND BLACK TOBIKO
长脚蟹脆盒



13

**SPRING ROLLS DE
LEGUMES COM MOLHO
DE AMEIXA**
VEGETABLES SPRING
ROLLS WITH PLUM SAUCE
梅酱上素春卷



22

9

22

15

19

15



14

XIAO LONG BAO
XIAO LONG BAO
小笼包



22



15

WONTONS DE FRANGO
COM MOLHO PICANTE SICHUAN
CHICKEN WONTONS WITH
SICHUAN CHILLI SAUCE
红油鸡肉小馄饨

17



16

DUMPLING FRITO DE VACA COM BATATA DOCE
BEEF AND SWEET POTATO FRIED DUMPLING
香菇牛肉地瓜酥

15





17

DUMPLING DE LAVAGANTE COM OVAS DE SALMÃO
LOBSTER DUMPLING WITH SALMON ROES
龙虾蒸饺佐三文鱼籽





18

DUMPLING FRITO DE CAMARÃO, FRANGO E WASABI
WASABI, PRAWN AND CHICKEN FRIED DUMPLING
芥末鸡虾脆饺子



17

Sopas
Soups
汤羹类



19

**SOPA DE MILHO COM CARANGUEJO
REAL DO ALASKA**
CORN SOUP WITH ALASKAN KING CRAB
阿拉斯加长脚蟹玉米羹



20



20

SOPA DE WONTONS DE CAMARÃO
PRAWN WONTONS SOUP
鲜虾馄饨汤



20



Peixe & Marisco
Fish & Shellfish
鱼类海鲜类

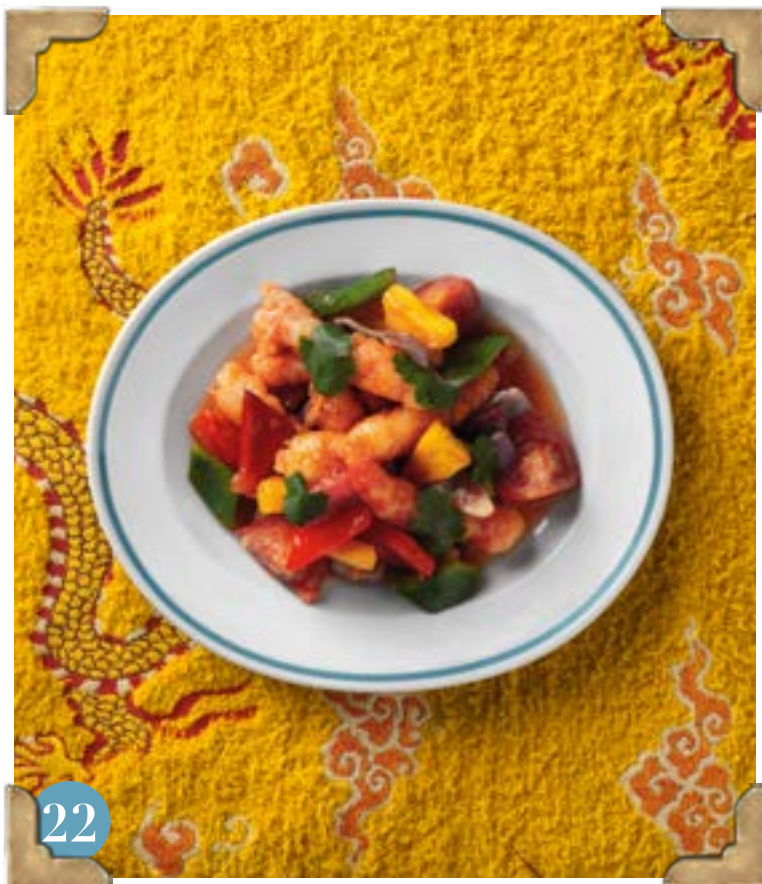




21

RASCASSO A VAPOR AO ESTILO SICHUAN
SICHUAN STEAMED SCORPION FISH
川香蒸红鲃鱼





22

CAMARÃO AGRIDOCE
SWEET AND SOUR PRAWNS
 凤梨酸甜虾仁



23

28 DOURADA A VAPOR COM
MOLHO DE MALAGUETA
E SOJA AMARELA FERMENTADA
STEAMED SEABREAM
WITH YELLOW BEAN SAUCE
 酱香蒸海鲈鱼

37



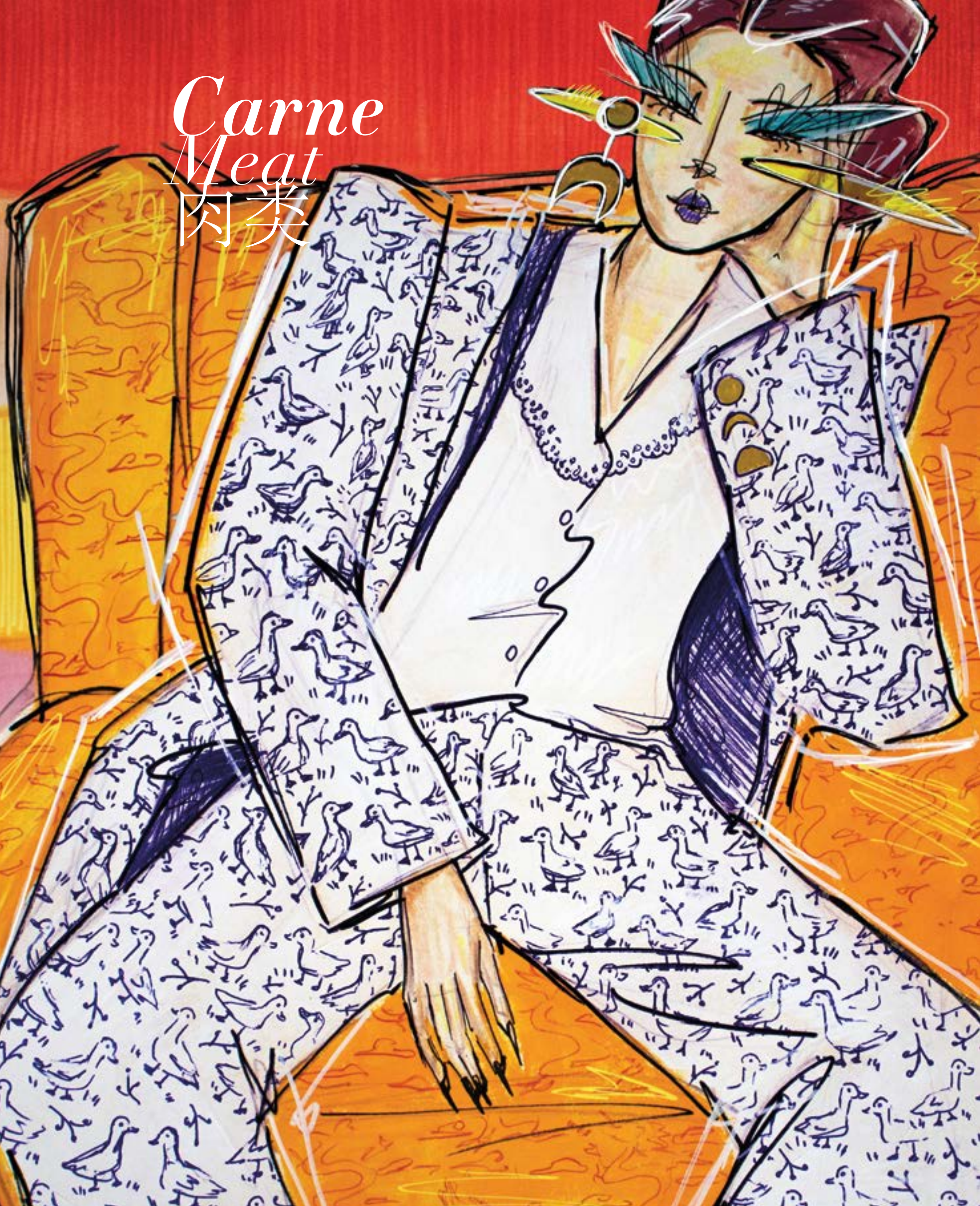
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ESTUFADO DE BERINGELA CHINESA COM CARANGUEJO
REAL DO ALASKA E MOLHO PICANTE DE AMEIXA
STEWED CRABMEAT AND EGGPLANT WITH HOT PLUM SAUCE
 梅酱蟹肉茄子煲

48



Carne
Meat
肉类





25

PORCO AGRIDOCE
SWEET AND SOUR PORK
咕咾肉



29



26

PATO ASSADO CANTONÊS
COM MOLHO DE AMEIXA
 ROASTED CANTONESE DUCK
 WITH PLUM SAUCE
 港式烧鸭佐梅子酱



27

55 VACA SALTEADA COM PIMENTA PRETA
 STIR FRIED BEEF WITH BLACK PEPPER
 黑胡椒牛仔肉



28

FRANGO KUNG PAO
 KUNG PAO CHICKEN
 宫保鸡丁



29

25 PINTADA ASSADA COM LIMÃO
E SAL DE ESPECIARIAS
 ROASTED LEMON GUINEAFOWL
 WITH SPICES SALT
 脆皮烧鸡配五香淮盐，鲜柠檬汁

51

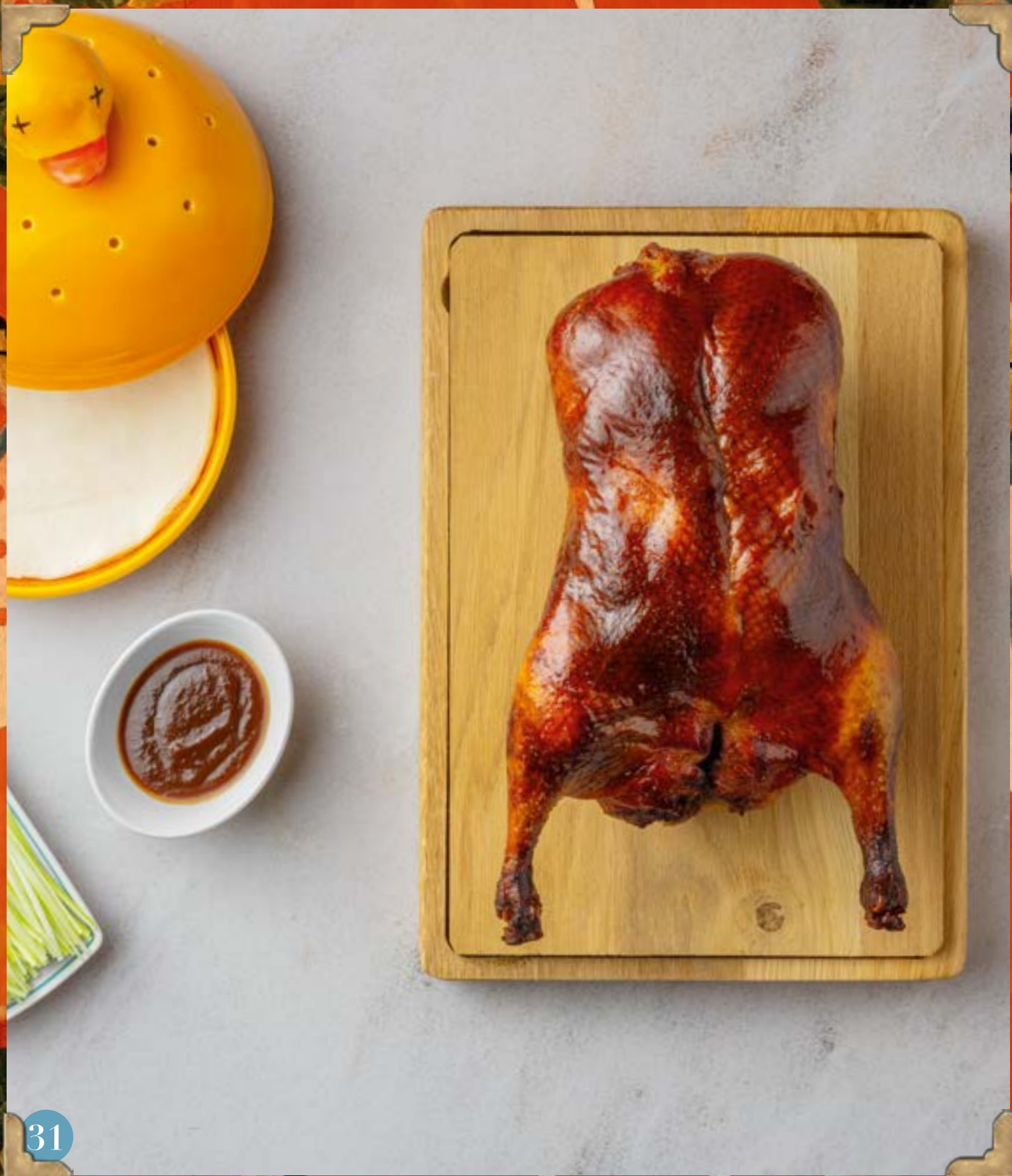




30

PATO À PEQUIM JNCQUOI COM CAVIAR OSSETRA
JNCQUOI PEKING DUCK WITH OSSETRA CAVIAR
JNCQUOI 北京烤鸭配奥西特拉鱼子酱





31

PATO À PEQUIM JNCQUOI
JNCQUOI PEKING DUCK
JNCQUOI 北京烤鸭



140



Arroz & Noodles
Noodles & Rices
主食类





32

NOODLES AO ESTILO
DE HONG KONG COM LAVAGANTE
HONG KONG STYLE NOODLES
WITH LOBSTER
港式龙虾面

92





33

ARROZ CANTONÊS COM PORCO CHAR SIU, PATO ASSADO E OVO
CANTONESE CLAYPOT RICE WITH CHAR SIU PORK, ROASTED DUCK AND EGG
港式腊味滑蛋瓦煲饭

48





34

**ARROZ SALTEADO
COM WAGYU**
WAGYU STIR FRIED RICE
和牛香炒饭



35

**ARROZ NEGRO
SALTEADO COM
PORCO E CAMARÃO**
STIR FIRED BLACK RICE
WITH PORK AND PRAWN
鲜虾猪肉炒黑米饭



36

**ARROZ SALTEADO
COM OVO**
STIR FRIED RICE
WITH EGG
经典蛋炒饭



37

**NOODLES DE ARROZ SALTEADOS
COM VACA E REBENTOS**
STIR FRIED RICE NOODLES
WITH BEEF AND SPROUTS
干炒牛河



32





Legumes
Vegetables
蔬菜类



**BOCK CHOY SALTEADA
COM MOLHO DE OSTRAS**
STIR FRIED BOCK CHOY
WITH OYSTER SAUCE
蚝油炒小白菜



**LEGUMES SALTEADOS,
COGUMELOS E OVO**
STIR FRIED VEGETABLES,
BLACK FUNGUS AND EGG
杂锦炒蔬菜



**BIMIS SALTEADOS
COM ALHO**
STIR FRIED BIMIS
WITH GARLIC
蒜蓉炒西兰苔

18



Sobremesas
Desserts
甜点



41

TARTE DE LIMÃO E YUZU MERENGADA
LEMON AND YUZU TART WITH MERINGUE
柠檬柚子酥挞





42

**SAGU COM MANGA
E TORANJA**
MANGO SAGU WITH
GRAPEFRUIT
杨枝甘露



43

11 **BOLO BAO COM DOCE
DE OVOS DE AVEIRO**
BOLO BAO WITH “AVEIRO”
SWEET EGG CREAM
港式菠萝包配阿威罗蛋黄酱



44

11 **DOME DE CHOCOLATE
70% COM PRALINE**
70% CHOCOLATE
DOMES WITH PRALINE
70%巧克力果仁糖慕斯



45

BABA DE TUBARÃO
SHARK'S DROOL
“鲨鱼也垂涎”木糠蛋糕



46

12 **TARTE DE CONFIT
FRAMBOESA**
CONFIT RASPBERRY TART
覆盆子果酱酥挞



47

11 **TARTE DE NATA**
PORTUGUESE EGG TART
葡式酥皮蛋挞



48

FRUTA TROPICAL
TROPICAL FRUIT
热带时令水果

49

10 **GELADOS E SORBETS**
ICE CREAMS AND SORBETS
冰淇淋与雪葩

4



50

GELADO FRITO FLAMBÉ
FRIED ICE CREAM FLAMBÉ
火焰炸冰淇淋





