



Meou Meou

JNÊQUOI



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



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



16 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



I hate
I forgot
five years
that you
shower;

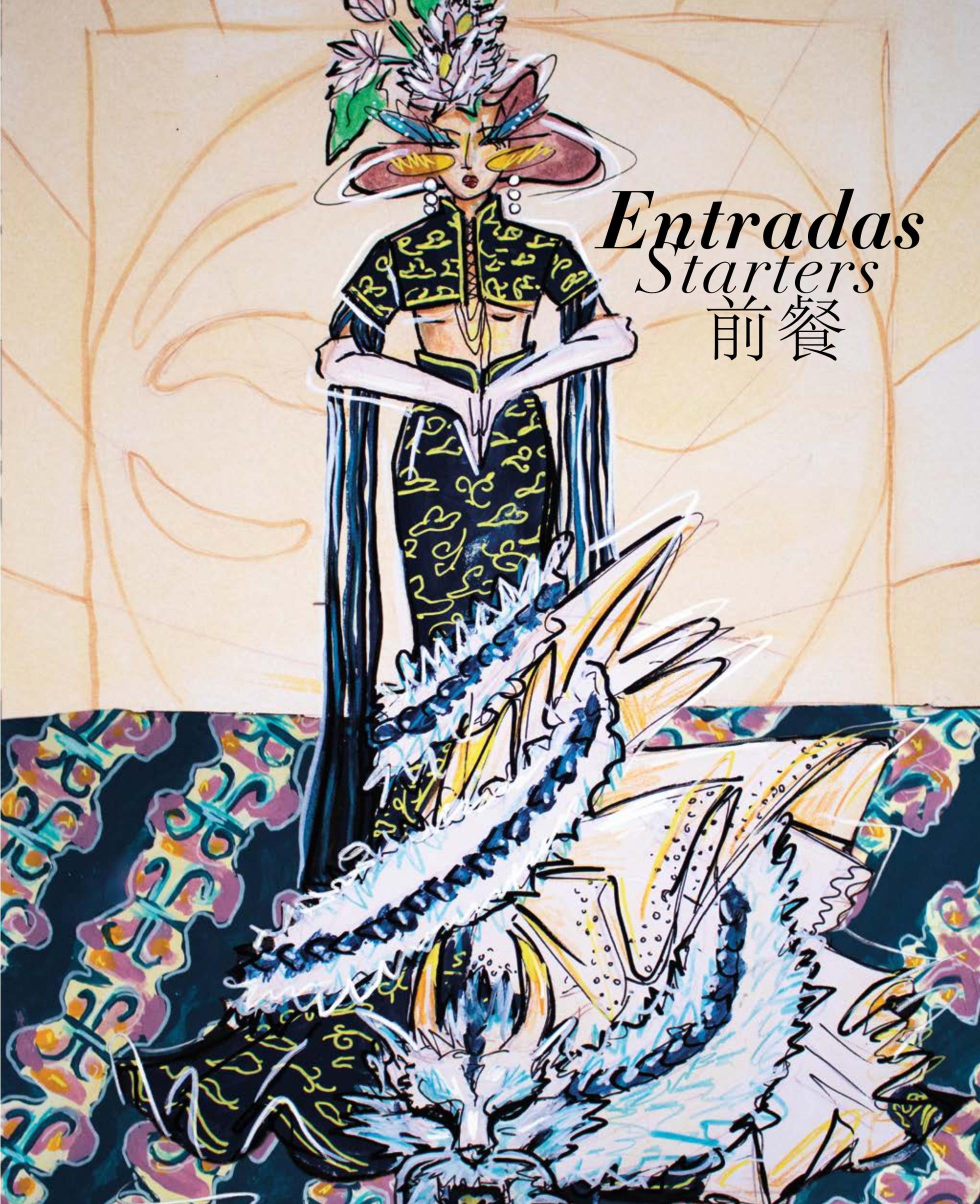
... the four th
to do would
do for go ten
then one just
the more. you

Have
you
I don't
know
is
the more. you

To do
- Pick up
- work
- work
- work

Please
down
was too
for you or
no letter
could you
you one
please

I take
love for
H.S.F. ♡



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



9

6



02

CARANGUEJO RECHEADO CROCANTE 49
CRISPY STUFFED CRAB
脆酿鲜蟹盖



03

SALADA DE PATO CROCANTE COM 25
REBENTOS, TORANJA E ROMÃ
CRISPY DUCK SALAD WITH
SPROUTS, GRAPEFRUIT
AND POMEGRANATE
脆鸭西柚石榴沙拉





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

25



05

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

13

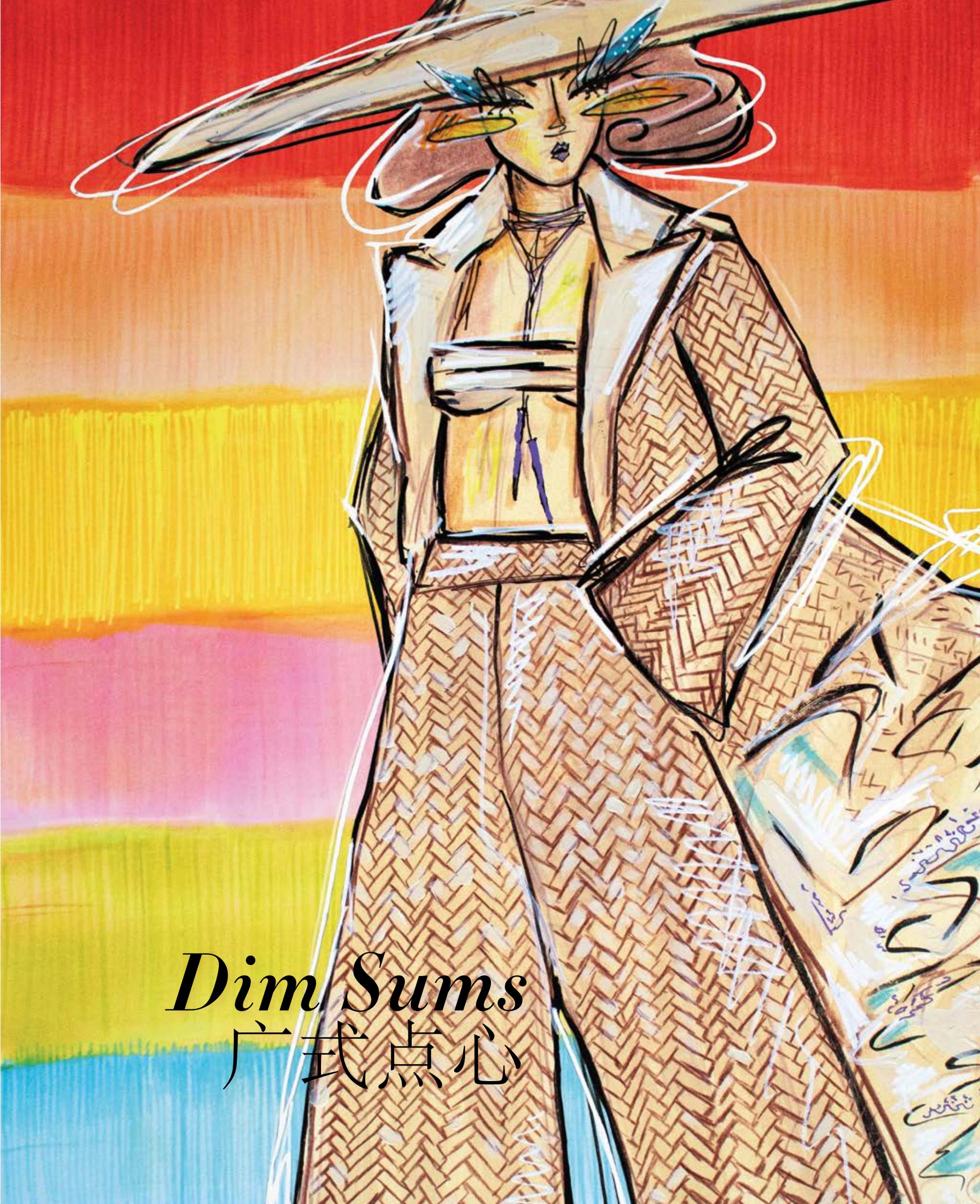


06

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

35





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



23



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
COGUMELOS, 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



24

11

25

17

22

18



14

XIAO LONG BAO
XIAO LONG BAO
小笼包



15

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

19



24



16

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

18





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



21



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



22



20

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



22



Peixe & Marisco
Fish & Shellfish
鱼类海鲜类





21

RASCASSO A VAPOR AO ESTILO SICHUAN
SICHUAN STEAMED SCORPION FISH
川香蒸红鮠鱼

55





22

CAMARÃO AGRIDOCE
SWEET AND SOUR PRAWNS
 凤梨酸甜虾仁



23

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

42



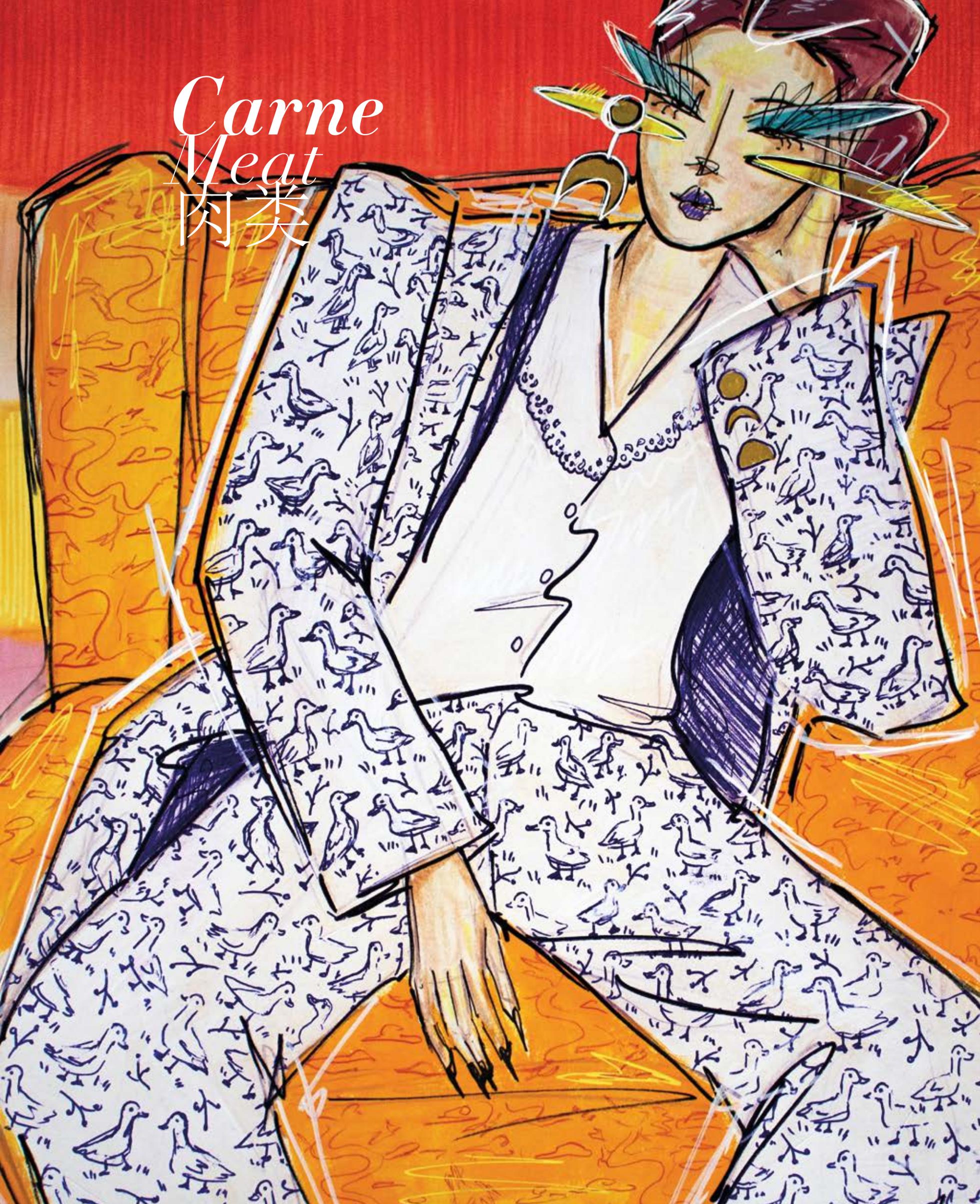
24

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

53



Carne
Meat
肉类





25

PORCO AGRIDOCE
SWEET AND SOUR PORK
咕咾肉



32



26

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



27

58 VACA SALTEADA COM PIMENTA PRETA 35
STIR FRIED BEEF WITH BLACK PEPPER
黑胡椒牛仔肉



28

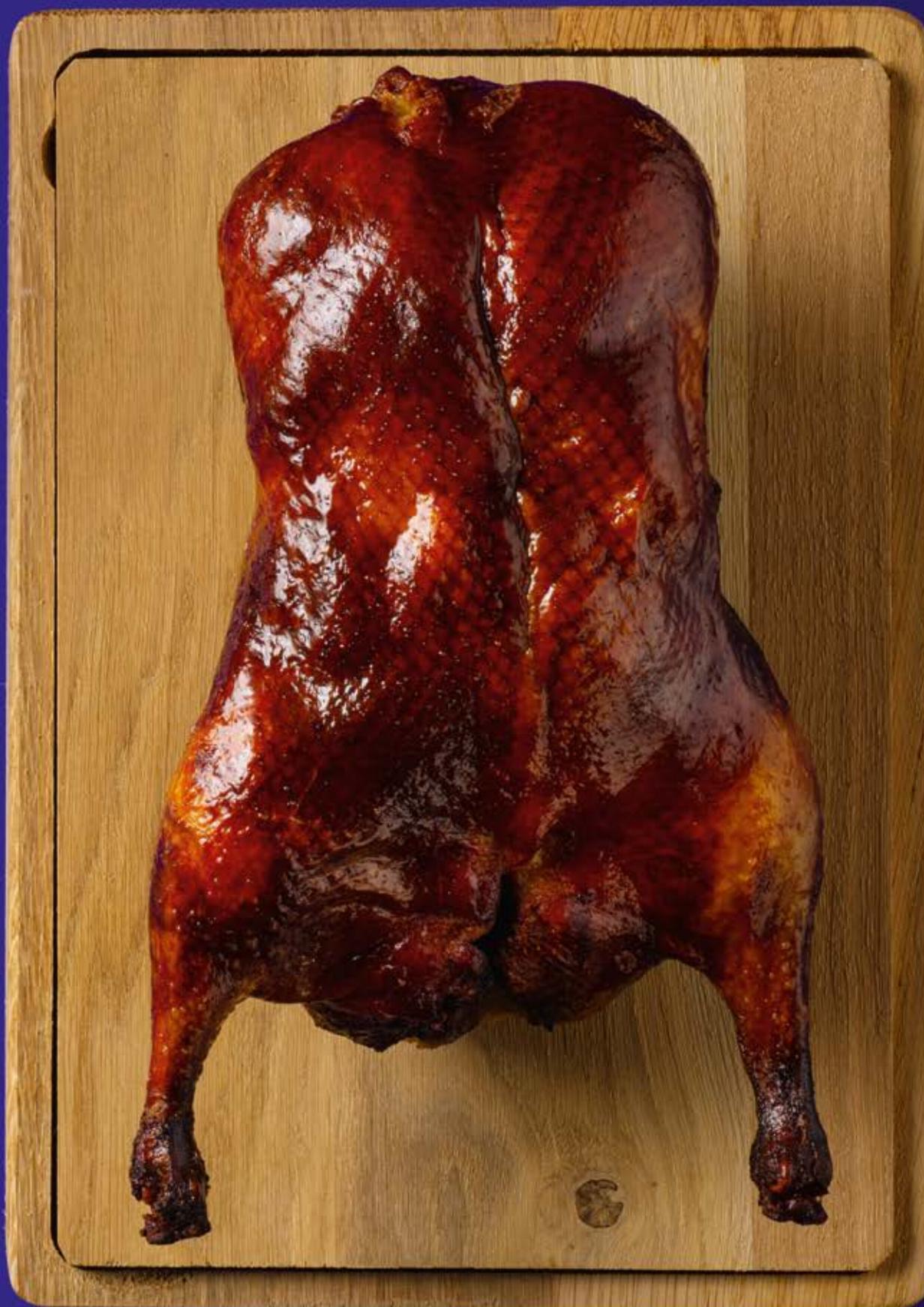
FRANGO KUNG PAO
KUNG PAO CHICKEN
宫保鸡丁



29

28 PINTADA ASSADA COM LIMÃO 51
E SAL DE ESPECIARIAS
ROASTED LEMON GUINEAFOWL
WITH SPICES SALT
脆皮烧鸡配五香淮盐，鲜柠檬汁

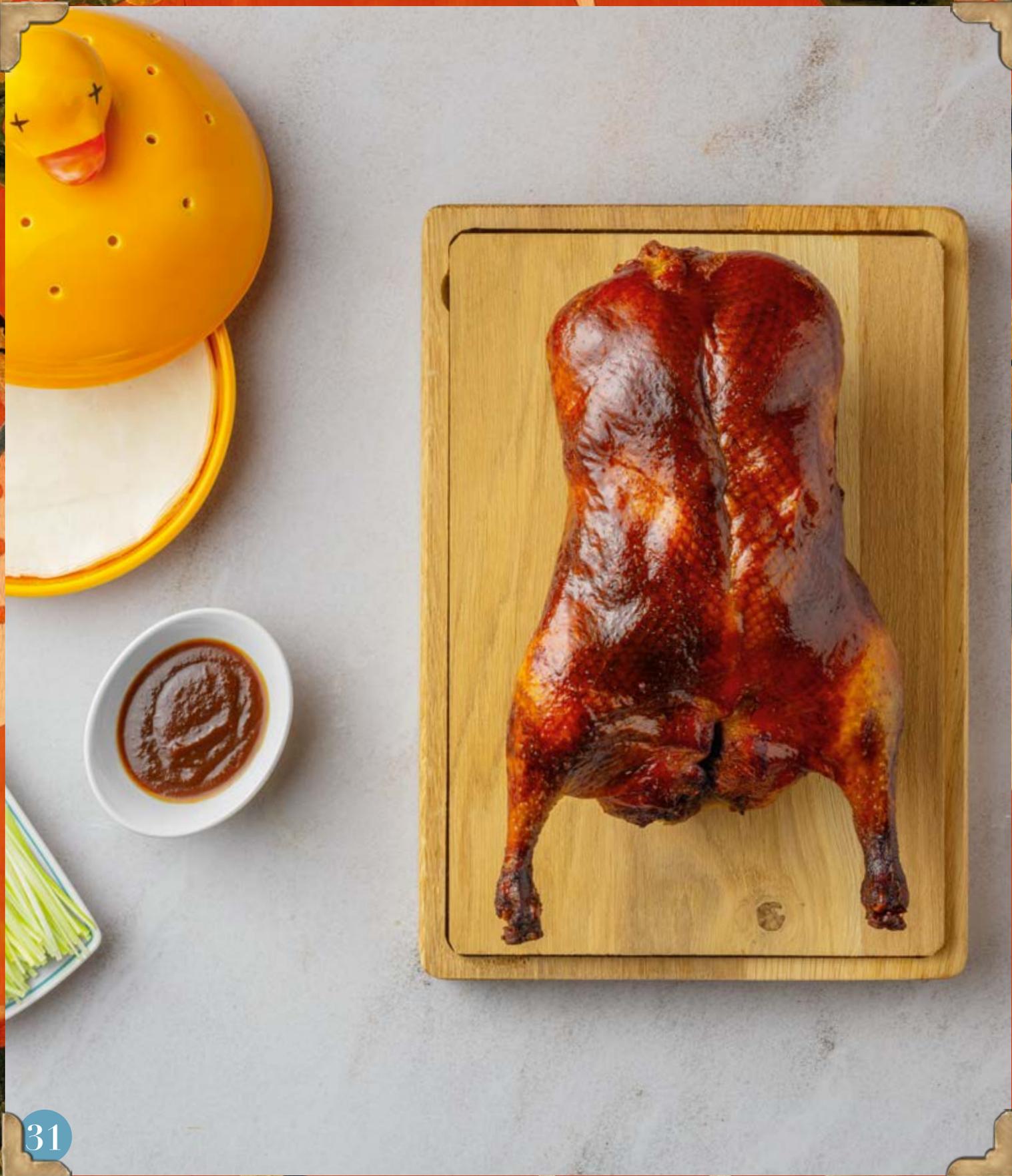




30

PATO À PEQUIM JNCQUOI COM CAVIAR IMPERIAL
JNCQUOI PEKING DUCK WITH IMPERIAL CAVIAR
JNCQUOI 北京烤鸭配鱼子酱





31

PATO À PEQUIM JNCQUOI
JNCQUOI PEKING DUCK
JNCQUOI 北京烤鸭



180



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

52





34

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



35

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



36

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



14



37

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



34







Legumes
Vegetables
蔬菜类



38

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



39

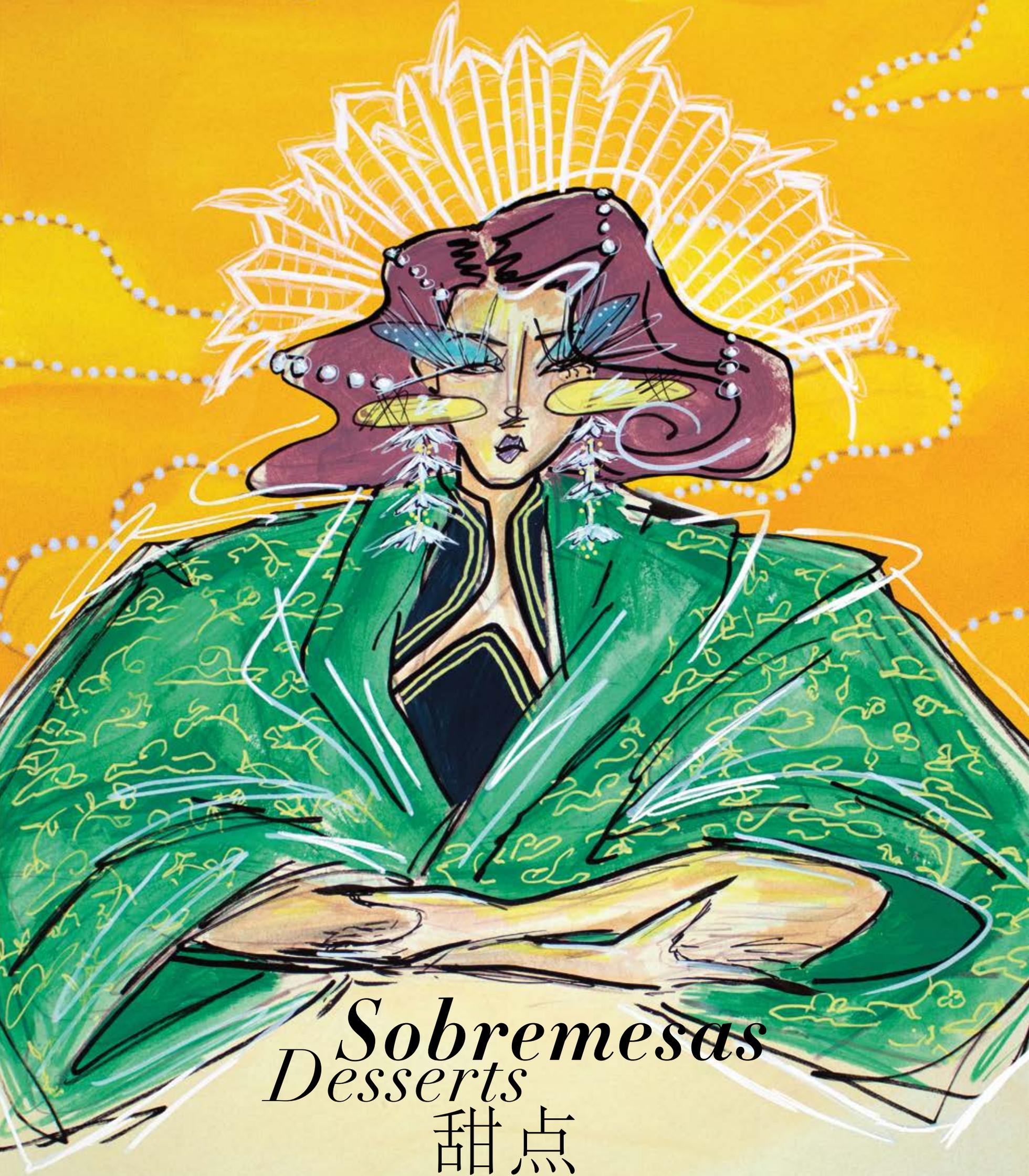
**19 LEGUMES SALTEADOS,
COGUMELOS E OVO**
STIR FRIED VEGETABLES,
BLACK FUNGUS AND EGG
杂锦炒蔬菜



40

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

19



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 **BISCUIT DE AVELÃ**
HAZELNUT BISCUIT
双巧克力榛果棒



45

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



46

11 **TARTE DE FRAMBOESA**
RASPBERRY TART
蔓越莓黑巧克力塔



47

10 **FRUTA TROPICAL**
TROPICAL FRUIT
热带时令水果

48

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

4



49

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



11





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