

# Gastronomy

## *Paraty Marin*

### How does it work

When booking your stay at Paraty Marin you have the option to add our Gastronomic Service to your reservation. We ask you to let us know at least 24 hours in advance if you are going to have lunch or dinner at Paraty Marin and to indicate if anyone in the group suffers from dietary restrictions or serious allergies.

Meals at Paraty Marin are served "family style." In other words, we prepared ONE dish for your group. For children we can prepare items from our KIDS MENU, which can be adapted as needed.

Lunch is served daily at the mainhouse between 12.30pm and 3.30pm.

All meals served at the mainhouse are accompanied by a salad and one of our delicious desserts.

For dinners we offer two options;

- We can leave a prepared dinner in the kitchen of your house

You just need to finalize and serve the meal at the desired time. The next morning our team will do the general cleaning of the kitchen and the collection of leftovers.

or

- We can prepare and serve a full meal at the mainhouse - minimum of 6 adults



## Prices

All our dishes serve 2 adults. For groups of 5 people or more we offer a 5% discount and for groups over 10 people we offer a 10% discount.

Children up to 4 years old do not pay, and children up to 11 years old can choose an option from the KIDS MENU, or accompany the adults paying 50% of the full price.

### Prices for 2 adults

**Served: R\$ 350 // Delivery: R\$ 270**

### Kids Menu

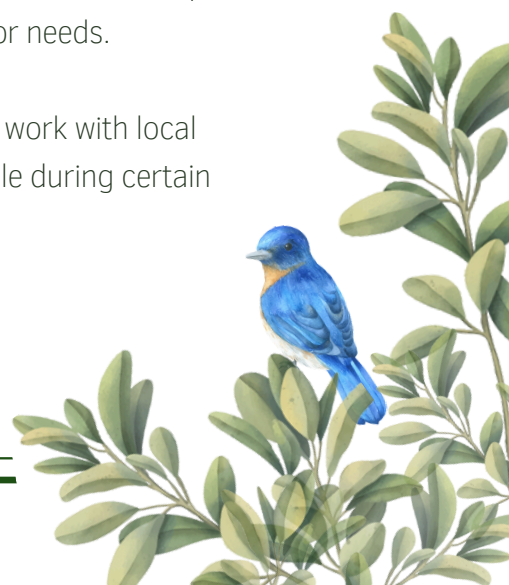
**R\$ 45** (per child - up to 11years)

All meals served at the mainhouse include a salad and dessert.  
Delivery options do not include salads or desserts. Both items can be ordered additionally.

## Menu

In the following pages we present some of the options we serve at Paraty Marin. If you have a preference for any item on our menu, let us know! We can also adapt many of our options to accommodate any dietary preferences or needs.

We respect the seasonality of our ingredients and always try to work with local produce. Therefore, some items on our menu may be unavailable during certain times of the year.



## From The Sea



### Paraty Marin

Whole sea bass with an unique passion fruit marinade. Served with black rice and plantain. Specialty of the house!

### Golden Limone

A dish that mixes the freshness of Sicilian lemon, the silkiness of coconut milk and all the benefits of turmeric. A dish that is not only beautiful but delicious!

### Yummy Moqueca

Traditional Brazilian fish stew. At Paraty Marin we use fish fillets, so you don't have to worry about the bones. A must try!

### Shrimp Bóbó

We use yams in addition to a sensational mix of shrimps to optimize the benefits and flavor of this classic coastal dish.

### Grilled Shrimp

Perfectly grilled local shrimp, served with sautéed vegetables. A very light option!



Only served at the Main House



### Mare Nostrum

A delicious platter of grilled seafood! Fish, calamari, shrimp and octopus! Served with a mix of small potato, chives and tomatoes.

Minimum 4 adults



### Crispy Fish Fillet

Battered fish delicately fried until golden! Served with mashed potatoes and grilled seasonal vegetables.

### Grilled Fish

Grilled seasonal fish, finished with a mild and subtle rosemary sauce. Served with mashed potatoes and sautéed vegetables.

### Spanish Octopus

Octopus roasted to perfection with olive oil and spices. Accompanies a mix of small potato, chives and tomatoes. Drizzled with a marvelous herb sauce.

### Socarrat Rice

Like a paella, but better! We choose the freshest seafood available to prepare this dish. Be it shrimp, octopus or calamari!

### Pineapple Delight

Shrimp and pineapple chunks sautéed and finished in a delicious coconut milk sauce with annatto and other spices.





## From the Earth

### Country Limone

A surprising dish, which combined the fresh aroma of limes with the sumptuous taste of coconut milk and the beautiful color of Turmeric. Made with organic chicken.

### Santa Feijoada

Another traditional Brazilian stew, made with black beans and a variety of pork cuts. Very tasty and rich in flavors.

### Picadinho

A dish of tender grilled meat strips, accompanied by couscous and a delicious ratatouille.

### Mamma Mia

Because sometimes all you need is a good pasta! We can prepare different sauces; from Bolognese to Pesto!

### Moroccan Couscous

Fluffy couscous, seasoned with brunoise vegetables and garnished with shrimp.

### Tikka Masala

A classic Indian dish, our Tikka Masala can be vegetarian or served with chicken.

### Bella Lasagna or Cottage Pie

We do not use bechamel in our lasagna, which makes it a lighter dish! Our cottage pie can be made with minced meat and potatoes or with pumpkin puree and beef jerky.

2pax 110 / 6pax 280

### Celestial Raviolis

Perfect home-made raviolis; Caprese, Ham&Cheese or Cheese with Heart of Palm filling

2pax; R\$ 110 / 6pax; R\$ 280

### Assorted Quiches

Our Quiches are made at Paraty Marin. Crispy crusts and light and tasty fillings.

Serves 4 pax; R\$ 190

### Creamy Chicken pie or Shrimp and Palm of Hearts pie

Super crispy crust with delicious filling. Tastes of "I'd like some more!"

4pax; R\$ 190 / 6pax; R\$ 280



## Menu KIDS

### Pirate

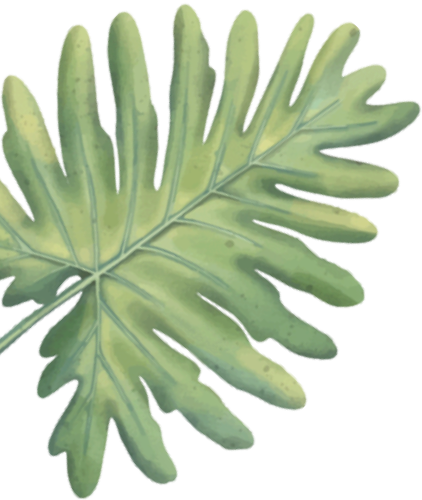
Grilled fish fillet, with mashed potatoes and sautéed vegetables.

### Cowboy

Rice and beans accompanied by a grilled steak (or chicken) and season's vegetables.

### Mamma Mia

Fusili with bolognese or al sugo sauce - or even just butter with lot's of parmesan.



## Our Salads

### Tropical Salad

A super colorful and varied salad of greens and vegetables.  
We work with fresh and seasonal ingredients!

### Creta

A refreshing and crunchy salad.  
With lots of cucumber, tomato, olives and cheese (feta when available!)

### Power!

In addition to seasonal leaves and vegetables, this salad comes with a type of grain or legume.  
(azuki beans, chickpeas, quinoa, etc.) and boiled egg. Quite a salad!

### Coleslaw

Our Coleslaw is made with our delicious homemade yogurt dressing.  
Ideal as a side to chicken or meat dishes.





## Desserts

### Flan

A Brazilian classic!  
Very smooth and silky texture

### Romeo & Julieta

Uma calda de goiaba quentinha  
com uma espuma de queijo levíssima

### Trinity

The combination of coconut, passion  
fruit and mangoes creates an  
explosion of flavor!

### Banoffee

We've been told that ours is the  
Best Banoffee in the world!

### Paraty Marin Lime Pie

Made with lemons from our garden

### Creamy Brigadeiro

Our version of another Brazilian classic

### Guava Crostata

Thin and delightful. Slightly spicy!

### Mousses

Different flavors! All delicious.

### Dulce de Leche

A delicious dulce de leche!  
Can be served plain or with cheese.

### Fruits

For those who like a lighter option

\*Being gourmet desserts, these options are 20% more expensive

