

Banquets



CASCADE

WELLNESS RESORT, ALGARVE

★ ★ ★ ★ ★



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DURATION: 30 MINUTES | MINIMUM 20 PAX

Coffee, Decaff
Tea selection
Milk
Sparkling and Still Water

EUR 3,50 per person | EUR 2,50 per person for every extra half hour

SUPPLEMENTS

Natural Orange juice (20 cl)
EUR 2 per person

Cascade selection Detox juice (20 cl)
EUR 3 per person

Water Detox Cascade selection (20 cl)
EUR 2 per person



PORTUGUESE

Mini Custard Tart
Mini Custard Cream Doughnut
Honey and Nut Cake

EUR 5,50 per person | EUR 2 per unit

MINI FRENCH PASTRY

Mini Croissant
Mini Snail
Mini Apple Chausson
Mini Pecan Nut Braid
Mini Brioche

EUR 6,50 per person | EUR 2 per unit

DIAMOND

Mini Custard Tart
Cottage Cheese and Cinnamon Cheesecake
Fig and Chocolate Lollipop
Orange Millefeuille

EUR 11 per person | EUR 3 per unit

LIGHT

Fruit Tartlet
Spinach Cupcake with Fresh Cheese Cream
Energy Bars
Creamy Muesli and Apple
Oat Cracker

EUR 11 per person | EUR 3 per unit

EXECUTIVE

Mini Lemon meringue Tartlet
Mini Chocolate and Fig Friand
Mini Vanilla Millefeuille

EUR 8 per person | EUR 3 per unit

CHOCOLATE LOVERS

Black and white Chocolate Profiteroles
Chocolat Brownie
Assorted Candies
Chocolate Fudge
Mini Chocolate Parfait

EUR 18 per person | EUR 4 per unit

100% HEALTHY

Energy Bars
Apple Crumble with Muesli Crispy
Creamy Yogurt with Fresh Fruit
Chia Pudding with Strawberries and Mint
Skewered grilled Pineapple and Coconut grated

EUR 12 por pessoa | EUR 3 por unidade

FRUIT

Skewered Fruit
Laminated Fruit
Fruit Salad (individual)
Fruit Shot (seasonal Fruits)
Dry Fruit Cake

EUR 11 per person | EUR 3 per unit

SNACKS MINIATURE

Cheese and Ham mini Brioche
 Cheese and Ham mini Croissant
 Fresh Cheese mini Sandwich with Tomato and Aragula
 Cheddar Cheese mini Sandwich with Tomato and Oregano
 Mini Baguel with Herb Quark
 Mini brown Bread with Mozzarella Cheese, Tomato and Pesto
 Mini Egg Sandwich with Cucumber
 York Paio mini Sandwich with Tomato and Lettuce
 Mini Sausage Pastries with Mustard
 Mini roasted pork thigh with cornichons and onion butter

1 unit of 2 varieties / 2 units per person: EUR 4,50
 1 unit of 3 varieties / 3 units per person: EUR 6,50
 2 units of 3 varieties / 6 units per person: EUR 9,50
 1 unit of 5 varieties / 5 units per person: EUR 13

(Minimum of 20 people | EUR 3,50 per extra unit)

MINI SANDWICHES AND SNACKS CASCADE SELECTION

Smoked Salmon Sandwiches with Capers and Red Onion
 on brown Bread
 Traditional flat Bread 'Bolo do Caco' with Piglet belly
 confit and acid Red Onion Compote
 Poultry Pie
 Ricotta Cheese and Spinach Tartlet
 Roast Beef Sandwich with Honey and Mustard Vinaigrette
 Grilled Vegetables Sandwich and Guacamole on a Cereal Bread
 Chèvre Cheese with dried Tomato and Aragula
 Monchique smoked Ham Sandwich with roasted
 Peppers and Green Olives
 Cherry Tomato and Oregano Focaccia with Anchovies
 fillet and roasted Garlic Butter
 Salmon Mousse Sandwich, Capers and Dill
 Grilled Chicken breast Sandwich with Herbs

1 unit of 2 varieties / 2 units per person: EUR 6.50
 1 unit of 3 varieties / 3 units per person: EUR 8
 2 units of 3 varieties / 6 units per person: EUR 13
 1 unit of 5 varieties / 5 units per person: EUR 18

(Minimum of 20 people | EUR 4 per extra unit)

HEALTHY CASCADE SNACKS

Energy Bar
 Fruit Salad (individual)
 Turkey Ham Sandwich on Cereal Bbread
 Grilled Chicken breast Sandwich on brown Bread and
 Yogurt dressing
 Mini Vegetables Wrap with Guacamole
 Smoked Tofu Mousse with Herbs on Cereal Bread toast
 Spinach and Ricotta Tartlets
 Mini skewered Fruit
 Lime Mousse with plain Yogurt
 Carrot Soup with Orange and Ginger
 Vegetables Crudités with Quark and Herbs dips
 Cantaloupe and Basil velvety
 Watermelon and Mint Vichysoisse
 Fruit (Banana, Orange, Apple, Pear, Kiwi)*

1 unit of 2 varieties / 2 units per person: EUR 3
 1 unit of 3 varieties / 3 units per person: EUR 5,50
 2 units of 3 varieties / 6 units per person: EUR 7,50
 1 unit of 5 varieties / 5 units per person: EUR 12

(Minimum of 20 people | EUR 2,50 per extra unit)

* Piece of Fruit: EUR 2 per unit

FRIED MINIATURES

Vegetables Crepes
 Codfish Pastry
 Breaded Shrimp
 Portuguese Shrimp Croquette
 Meat Croquette
 Vegetarian Samosa
 Meat Samosa

2 units of 2 varieties / 4 units per person: EUR 6
 2 units of 3 varieties / 6 units per person: EUR 8
 2 units of 4 varieties / 8 units per person: EUR 10.50
 2 units of 5 varieties / 10 units per person: EUR 13.50

(Minimum of 20 people | EUR 3,50 per extra unit)



Coffee, Decaff Tea, Milk
EUR 12 per liter per item

Still Water
EUR 4 per bottle

Sparkling Water
EUR 4,50 per bottle

Natural Orange juice
EUR 16 per liter

Soft Drink
EUR 3 per unit

Detox juice Cascade selection
EUR 22 per liter

Water Detox Cascade selection
EUR 12 per liter

Cold Tea Cascade selection
EUR 12 per liter

Service within the Hotel facilities. Service elsewhere in the Resort adds 15% to the value.

COLD CANAPÉS

Cherry Tomato with Mozzarella Beads skewered
 Salmon Tartar on a Red Onion Brioche
 Foie-Gras terrine with Oxtail
 Roast Beef rolls with Green Asparagus
 Velvety Melon Cream with Basil
 Monchique smoked Ham with Melon spheres
 Mixed Tropical Fruit skewered
 Smoked Salmon with Arugula on a dark Bread
 Beet Gazpacho with Feta Cheese
 Mini skewered with Cherry Tomatos and Buffalo Mozzarella with Pesto

HOT CANAPÉS

Chicken Mignote in Curry Batter
 Gratin Mushrooms with Brie Cheese
 Salmon Pave with Mango Chutney
 Tomato and Onion Tartlet
 Mini Quiche Lorraine
 Mini Vegetable and Chicken Samosa
 Mini Goat Cheese Pastry with Honey
 Mini Cake 'Bolo do Caco' with with Piglet belly confit
 Mini Poultry with Monchique Sausages
 Vegetable roll with Sour Sauce

2 units of 2 varieties / 4 units per person: EUR 7
 2 units of 3 varieties / 6 units per person: EUR 10
 2 units of 4 varieties / 8 units per person: EUR 13,50
 2 units of 5 varieties / 10 units per person: EUR 16,50
 2 units of 6 varieties / 12 units per person: EUR 20
 3 units of 5 varieties / 15 units per person: EUR 25

(Minimum of 20 people | EUR 2 per extra unit)

HEALTHY CANAPÉS

Fresh Fruit
 Fruit skewered
 Crunchy Nuts with Dark Chocolate
 Carrot Cupcake
 Fresh Cheese Lollipop with Pumpkin and Almond Compote

SWEET CANAPÉS

Fresh Fruit Tartlet
 Coffee Éclair
 Fig Lollipop
 Orange Financier
 Chocolate Brownie
 Almond Pie
 Marshmallow with Chocolate Sauce skewered
 Chocolate and Caramel Tartlet
 Fruit Cheesecake
 Honey and Almond Magdalene

SPECIAL CANAPÉS

Alvor Oysters with Pickled Onion
EUR 3,50 per unit

Foie-Gras terrine with Red Onion Compote on a Bread
toast
EUR 4,50 per unit

Shrimp in Coconut and Curry Batter
EUR 3,50 per unit

Matured Salmon in Beet, with Fennel and Capers Mayonnaise
EUR 3 per unit

Lobster medallion with Rabish and Curry Cream on
Pancake and Citrus Caviar
EUR 5 per unit

(Minimum of 20 people)



BASE COCKTAIL

Fresh Orange juice
Sparkling Water
Still Water

EUR 6,50 per person | EUR 4 per person for each extra half an hour

COCKTAIL 1

Fresh Orange juice (optional switch for Soft Drink)
Cascade selection White Wine
Cascade selection Red Wine
Cascade selection Rose Wine
Draught Beer
Dry Port Tonic
Sparkling Water
Still Water

EUR 10,50 per person | EUR 6 per person for each extra half an hour

COCKTAIL 2

Fresh Orange juice (optional switch for Soft Drink)
Cascade selection White Wine
Cascade selection Red Wine
Cascade selection Rose Wine
Draught Beer
Dry Port Tonic
Sparkling Water
Still Water
Martini Bianco or Rosso

EUR 12,50 per person | EUR 6 per person for each extra half an hour

COCKTAIL 3

Fresh Orange juice (optional switch for Soft Drink)
Cascade selection White Wine
Cascade selection Red Wine
Cascade selection Rose Wine
Draught Beer
Dry Port Tonic
Sparkling Water
Still Water
Martini Bianco or Rosso
Gin or Tonic Vodka
Cascade selection Sparkling Wine

EUR 15 per person | EUR 7 per person for each extra half an hour

COCKTAIL 4

Fresh Orange juice (optional switch for Soft Drink)
Cascade selection White Wine
Cascade selection Red Wine
Cascade selection Rosé Wine
Draught Beer
Dry Port Tonic
Sparkling Water
Still Water
Martini Bianco or Rosso
Gin or Tonic Vodka
Cascade selection Champagne

EUR 19,50 per person | EUR 9,50 per person for each extra half an hour



COCKTAIL 5

Fresh Orange juice (optional switch for Soft Drink)
White / Red / Rosé Sangria
Sparkling Water
Still Water
Cascade selection Detox juice
Cascade selection Iced Tea

EUR 11 per person | EUR 6 per person for each extra half an hour

COCKTAIL 6 (NO ALCOHOL)

Fresh Orange juice
Cascade selection Detox juice
Cascade selection Iced Tea
Sparkling Water
Still Water

EUR 9,50 per person | EUR 5 per person for each extra half an hour

OPTION 1

Vodka, Rum, Gin
 New Whisky, Old Portuguese Brandy
 Cascade selection White, Red, Rose Wine
 Cascade selection Sparkling Wine
 Draught Beer
 Baileys, Licor Beirão, Amarguinha
 Porto Tawny or Ruby
 Sparkling and Still Water
 Soft Drinks

EUR 16 per person | Duration 1 hour
 EUR 26 per person | Duration 2 hours
 EUR 9 per person | 3rd hour and next

OPTION 2

Vodka, Rum, Gin
 New Whisky, Old Portuguese Brandy, Jameson or Jack Daniels
 Cascade selection White, Red, Rose Wine
 Cascade selection Sparkling Wine
 Draught Beer
 Baileys, Licor Beirão, Amarguinha
 Porto Tawny or Ruby
 Sangria
 Caipirinha, Caipirosca, Mojito, Fresh Fruit Daiquiri (1 option of Fresh Fruit available)
 Sparkling and Still Water
 Soft Drinks

EUR 21 per person | Duration 1 hour
 EUR 31 per person | Duration 2 hours
 EUR 12 per person | 3rd hour and next

OPTION 3

Cascade selection Champagne and Champagne Sangria
 Premium Vodka, Rum and Gin
 New Whisky, Old Portuguese Brandy, Jameson or Jack Daniels
 Cascade selection White / Red / Rose Wine
 Cascade selection Sparkling Wine
 Draught Beer
 Baileys, Licor Beirão, Amarguinha
 Porto Tawny or Ruby
 Sangria
 Caipirinha, Caipirosca, Mojito, Fresh Fruit Daiquiri
 Sparkling and Still Water
 Soft Drinks

EUR 39 per person | Duration 1 hour
 EUR 59 per person | Duration 2 hours
 EUR 15 per person | 3rd hour and next

OPTION 4

Fresh Orange juice
 Fresh Pineapple juice flavored with Mint
 Cascade selection Detox juice (2 options available)
 Cascade selection Detox Water (1 option available)
 Cascade selection Iced Tea
 Sparkling and Still Water
 Soft Drinks

EUR 12 per person | Duration 1 hour
 EUR 20 per person | Duration 2 hours
 EUR 7 per person | 3rd hour and next

SOUPS

Tomato Cream with Buffalo Bocconcini
 Algarvian Fish Soup
 Peas Cream with Croutons
 Leek Cream with Feta Cheese toast
 'Caldo Verde', Cabbage Soup with Bread
 Corn Cream, Coconut and Coriander
 Pumpkin Cream, Ginger and Dehydrated Apple
 Coriander Cream, Codfish Chips
 Beef Consommé, Vegetables and Herbal Crepes

STARTERS

Goat Cheese Pastry, Apple spheres and Pumpkin
 Compote
 Melon, smoked Ham and Port Wine reduction
 Crispbread Codfish, Coulli and Peppers
 Salmon Tartar, Spicy Rabish Cream
 Veal Carpaccio, Aragula Salad and Cipriano Sauce
 Grilled Beet Salad, Apple, Yogurt and Mint Sauce
 Caesar Salad, grilled Chicken with Spices
 Tuna Taco, Sesame and Tropical Fruit Salad
 Tomato Tartlet, Mozzarella Cheese

FISH MAIN COURSES

Meagre loin, Saffron Cream
 Salmon Pastry, Spinach and Mushrooms
 Salmon supreme, Capers and dried Tomato Olive oil on
 Potato Gnocchi
 Braised Tuna Taco, Pickled Onion, smashed Sweet
 Potato and Garlic Cream
 Sea Bream fillet, finely-cut Vegetables and Champagne and Dill
 Cream
 Grilled Grouper Supreme with Garlic and Herbs crust and
 Vegetables Ragù

MEAT MAIN COURSES

Pork tenderloin, Spices Sauce, Tomato fried Breadcrumbs
 Chicken supreme stuffed with Cheese and Spinach
 Mousse, Meat sauce and Corn Grits
 Veal loin, Mushrooms, Madeira sauce and Potato and
 Apple gratin
 Haunch of Lamb stew with Spices, Vegetables and
 Potato sauté
 Duck breast au Sauté with Bigarade sauce, mixed
 Vegetables and Potato with Truffled mousse
 Veal Saltimbocca, Vegetables Timbale, Marsala sauce
 and Sage

VEGETARIAN DISHES

Mushroom Risotto, Truffle aroma
 Gratin Vegetable Burritos, Guacamole and stewed
 Beans
 Vegetable casserole, arab flavours and Dried Fruits
 Couscous
 Seitan and Vegetables Curry, Cardamom and Coriander
 Rice
 Grilled Vegetable Lasagna, Tomato and Basilic



Group menu to choose

DESSERTS

Lime and Lemon Parfait, Blood Orange Sorbet
 Chocolate Brownie, Caramel textures and Coffee Ice Cream
 Passion Fruit Tart, Mango and Mint Sorbet and Fruit Brunesa
 Crème Brûlée, Plum Sorbet and Cinnamon Crumble
 Red Fruit Soup, Sabayone and Yougurt and Raspberry Ice Cream
 Yogurt and Tonka Bean Panna Cotta, Cherry Sorbet and Pistachio sponge
 Carrob and Orange Mille-feuille, Orange Sorbet and Orange Pate de Fruit
 Blueberry and Lemon Cheesecake, Chocolate Ice Cream and Lemon Compote
 Chocolate Parfait with Walnut Biscuit
 Poached Pear with Mousse and Port Wine Sorbet and Chocolate Mousse

CASCADE WELLNESS DESSERTS

Carrot and Orange Soup, Passion Fruit Sorbet
 Yogurt Mousse, Mango Sorbet and Tropical Salad
 Spinach Cake with 70% Chocolate Mousse and Raspberry Sorbet
 Apple with Muesly Crumble on Almond Soup
 Chia Panna Cotta with Pear and Cassis

Starter or soup, main course and dessert: EUR 33 per person
 Starter or soup, 2 main courses and dessert: EUR 43 per person
 Soup, starter, 2 main courses and dessert: EUR 50 per person

(Includes Bread and Butters, Coffee and Petit-fours | Minimum of 20 people)

Short time menu

STARTERS

Tomato Cream with Croûtons
Pumpkin Cream, Ginger and Apple
Apple Salad, gratin Goat Cheese
Mushrooms Cream, Tomato and Oregano Bread toast
Spinach and Feta Cheese Quiche, Spicy Tomato Chutney
Caprese Salad, Olives and Crostini tapenade
Codfish Puff Pastry, Coriander Cream
Melon with smoked Ham and Port Wine Jam

MAIN COURSES

Fresh Codfish loin, Garlic and Coriander Cream
Traditional Duck Dice
Croaker Darne, Portuguese sauce, baked New Potato
Chicken supreme, mashed Potato and Herbs, Roast sauce
Roasted Turkey with Chestnuts, Port Wine sauce
Pork cheek stew in Red Wine and mash Potato
Beef Entrecôte with Herb Butter and Potato Pont Neuf

VEGETARIAN DISHES

Mushroom Risotto, Truffle aroma
Gratin Vegetable Burritos, Guacamole and stewed Beans
Vegetable casserole, arab flavours and Dried Fruits
Couscous
Seitan and Vegetables Curry, Cardamom and Coriander
Rice
Grilled Vegetable Lasagna, Tomato and Basilic

DESSERTS

Pear in Spicies Syrup with English Cream
Crème Brûlée
Amarguinha Crème Brûlée
Orange Roll and Ice Cream
Carrob Roll
Lemon Meringue Pie
Fennel Panna Cotta
Red Fruits Pavlova
Pear and Honey Tart, Vanilla Ice Cream
Mango and Orange Délice
Chocolate and Salt flower Mousse
Yogurt and Lemon American Cheesecake

Starter, main course and dessert: EUR 26 per person

(Includes Bread and Butters | Minimum of 10 people)

Typical Portuguese selection

TRADITIONAL PORTUGUESE APPETIZERS

Traditional Black Sausage with Apple
 Codfish Cake
 Codfish with Chickpeas Salad
 Roast Meat 'à Monchique'
 Eggs with Tomato
 Octopus Salad
 Fresh Goat Cheese, Honey and Oregano
 Monchique smoked Ham
 Monchique roasted Chorizo
 Cured Cheese with Olive oil and Garlic
 Mackerel fillets with Garlic
 'Montanheira' Salad

PORTUGUESE MAIN COURSES

Bean Clam 'Xerém' (Corn mash) with Coriander
 Fish and Clams Cataplana
 Octopus with Sweet Potato
 Traditional Duck Rice
 Codfish loin 'à Lagareiro'
 Pork tenderloin with Clams
 Codfish 'à Zé do Pipo', Green Salad
 Baked Croaker loin 'à Portuguesa'
 Fish Soup flavoyred with Coriander
 Steak 'à Portuguesa'
 Monkfish Rice, Prawns and Coriander
 Roasted Lamb 'à Padeiro'

DESSERTS

Crème Brûlée
 'Farófiás' filled with Cream
 Rice Pudding with Cinnamon
 Portuguese Caramel Mousse
 Caramel Pudding
 'Sericaia' with Plums in syrup
 Orange Roll
 Algarvian Almond Roll
 Sliced Fruit

2 Appetizers, 1 main course, 1 dessert: EUR 30 per person
 4 Appetizers, 1 main course, 1 dessert: EUR 35 per person
 3 Appetizers, 2 main course, 1 dessert: EUR 47 per person

(Minimum of 20 people)

BBQ Buffet

SIMPLE SALAD. CONDIMENTS AND SAUCES

MIXED SALADS

Algarvian Salad
Codfish Salad with Chickpeas
Caprese Salad
Greek Salad
Couscous Salad with Saffron and Vegetables
Beet Salad and Apple
Grilled Vegetables with Balsamic Vinaigrette
Marinated Mussel
Potato Salad, Fennel and Bacon
Smoked Ham with Melon
Mixed Canapés
Selection of Cheese and Jams

GRILLED MEAT

Chicken Piri-piri
Pork Sausage
Ribs
Picanha
Hamburguer
Mixed grilled Meat skewer

GRILLED FISH

Sea Bream fillet
Swordfish,
Sea Bass fillet
Salmon
Squid
Tuna

GARNISHES

Steamed Vegetables
White Rice
Roasted Potato with Garlic Olive oil and Oregano
Black Bean stew with traditional Sausage
Sautéed Cabbage
Grilled Pineapple

DESSERTS BUFFET

Brownie with Walnuts
Cheesecake
Egg Pudding
Rice Pudding
Chocolate Mousse, Toffee sauce
Sliced Fruit

BBQ with 10 proteins: EUR 45 per person
BBQ with 12 proteins: EUR 50 per person

(Minimum of 30 people)

Buffet to choose

COLD BUFFET

Tomato
Lettuce
Cucumber
Onion
Arugula
Spinach
Oak Leaf Lettuce
Iceberg Lettuce
Mixed Lettuce
Purple Cabbage
Radish
Red Onion
Sweet Corn
Grated Carrot
Cooked Peas
Cooked Beets

When choosing salads, sauces and condiments are included.

5 Simple salads: EUR 3,50 per person
8 Simple salads: EUR 5 per person
12 Simple salads: EUR 7,50 per person

COLD DISHES

Roast Beef with Vinaigrette and Honey
Pork loin with Pineapple
Sardines, Pickled Sauce
Smoked Duck breast, Blueberry Jam
Smoked Salmon
Baked Turkey breast, Herbs and Pesto sauce
Melon with Ham
Veal Carpaccio, Parmesan Chips and Balsamic Vinaigrette
Marinated Fennel fillets
Mussel with Pepper Vinaigrette
Mussels gratin with Curry Mayonnaise

4 Cold dishes: EUR 7 per person
6 Cold dishes: EUR 10 per person
9 Cold dishes: EUR 13 per person

MIXED SALADS

Caprese Salad
Octopus Salad 'à Algarvia'
Pineapple with Shrimp Salad
Potato with Bacon and Fennel Salad
Codfish Salad with roasted Peppers
Codfish Egg Salad
Grilled Squid Salad, Garlic Olive oil and Coriander
Variety of grilled Vegetables
Greek Salad
Beet Salad and Apple, Yogurt and Chives sauce
Couscous Salad with Cheakpeas
Potato Salad, Egg and Mayonnaise
Cuttlefish Salad with Black Beans
Waldorf Salad
Algarvian Carrot Salad
Coleslaw Salad
Cucumber Salad, Yogurt and Sesame
Sautéed Mushrooms Salad, Tarragon and Cherry Tomato
Tomato Salad 'à Algarvia'
Caesar Salad

When choosing salads, sauces and condiments are included.

5 Mixed salads: EUR 6,50 per person
8 Mixed salads: EUR 9 per person
10 Mixed salads: EUR 12 per person

SEAFOOD AND CHARCUTERIE

Stuffed Crab
EUR 5,50 per person

Boiled Shrimp
EUR 6 per person

Traditional cured Meats selection
EUR 7 per person

Cheese selection
EUR 6,50 per person

Buffet to choose

FISH

Tuna loin lacquered, Sesame and dry Tomato Olive oil
 Sprat Steak, Capers and Olives
 Sea Bass fillet, Champagne sauce
 Ragu Fish and Shellfish aniseed
 Roasted Croaker, Seafood sauce
 Fish duo, Shrimp Ragu (Croaker and Seabass)
 Monkfish loin, Mustard sauce
 Cod fish loin 'à Lagareiro'

1 fish dish at your choice | EUR 14,50 per person
 2 fish dishes at your choice | EUR 27,50 per person

MEAT

Lamb Chops, Marsala sauce
 Pork tenderloin, Dijon sauce and Chestnuts
 Stuffed supreme Chicken with Spinach and Feta Cheese
 Veal fillet with Port Wine sauce
 Veal Saltimboca, Savory sauce and Red Barolo sauce
 Valencian Paella
 Turkey leg with Chestnuts

1 Meat dish at your choice | EUR 14,50 per person
 2 Meat dishes at your choice | EUR 27,50 per person

VEGETARIAN DISHES

Mushroom Risotto, Truffle aroma
 Vegetable Burritos, Guacamole and stewed Beans
 Vegetable casserole, arab flavours and Dried Fruits
 Couscous
 Seitan and Vegetables Curry, Cardamom and Coriander Rice
 Grilled Vegetable Lasagna, Tomato and Basilic
 Fusili Arrabiatta

1 Dish at your choice | EUR 8,50 per person

CARVING OPTIONS

Salmon Puff Pastry with Spinach and Mushrooms
 EUR 10 per person

Chuck Steak with Herbs and Salt flower
 EUR 12 per person

Wellington Veal loin
 EUR 15 per person

Turkey breast with Spicies
 EUR 7 per person

Roasted Chicken with Herbs
 EUR 8,50 per person

CASCADE GARNISHES

Roasted Potatoes with Herbs
 Rice with Vegetables
 Stewed Beans
 Mixed grilled Vegetables
 Saffron Couscous
 Sautéed Cabbage
 Dried Fruit Rice
 Stewed Peas
 Glazed Carrots
 Potato gratin
 Green Beans with Garlic Oil
 Marinated Purple Cabbage
 Steamed Vegetables
 Gratin Vegetables
 Potato Wedges

3 Garnishes at your choice | EUR 3,50 per person
 5 Garnishes at your choice | EUR 6 per person
 7 Garnishes at your choice | 8,50 per person

Buffet to choose

COSTA VICENTINA

Fish broth
Boiled Shrimp
Stuffed Crab
Velvet Crabs
Whelk stew
Oysters

EUR 20 per person | Minimum of 20 people

NATIONAL CHEESES

Serpa
Niza
Castelo Branco
Ilha
Cured Cheese with Red Peppers
Selection of Bread
Jams and Jellies

EUR 10 per person | Minimum of 20 people

INTERNATIONAL CHEESES

Brie
Camembert
Gouda
Roquefort
Grana Pandano

EUR 7 per person | Minimum of 20 people

CHARCUTERIE COLD CUTS

Monchique Chorizo
Monchique Blood Sausage
Monchique smoked Ham
Paiola from the Alentejo
Traditional Sausages
Selection of Bread

EUR 16 per person

COLD SOUPS

Carrot Soup, Orange and Ginger
Melon velvet with Basil
Watermelon Vichyssoise with Mint
Traditional Vichyssoise with laminated Almond
Andaluza Gazpacho
Algarvian Gazpacho
Beetroot Gazpacho

1 Soup at your choice | EUR 1,50 per person

HOT SOUPS

Roasted Tomato Cream with Croûtons
Aniseed Seafood Cream
Fish Soup, aromatized Pasta with Coriander
Vichyssoise with Almond toast (cold Soup)
Leek Cream, dehydrated Apple Brunesa

1 Soup at your choice | EUR 2,50 per person

CHILDREN

Vegetable Cream Soup*
Pizza Margherita
Breaded Chicken scallops with Potato smile
Breaded Fish with Carrot Rice
Spaghetti Napoli
Grilled Swordfish with mash Potatoes
Grilled Beef scallops with French Fries

1 dish at your choice | EUR 20 per child
2 dishes at your choices | EUR 25 per child

* Vegetable Cream Soup | EUR 1,50 per child

Dessert Buffet

CAKES AND PIES

Almond Pie
Walnut Tart
Passion Fruit and Chocolate Tart
Lemon meringue Tart
Walnut Brownie
Red Fruit Cake
Cheesecake
Raspberry Friande
Carrot and Walnut Cake
Cinnamon and Apple Cake
Carob Roll
Almond Roll
Orange Roll

INDIVIDUAL DESSERTS

Egg Pudding
Sweet Rice
Vanilla Panna Cotta, Red Fruit sauce
Chocolate Mousse with Toffee sauce
Poached Pear
Fig Mousse
Orange Crème Brûlée
Mango Cheesecake
Yogurt Mousse with Tropical salad
Passion Fruit Pavlova
Condensed Milk Mousse, Marie Biscuit and Coffee
Strawberry salad with Sabayone
Macarrons assortment

5 Desserts | EUR 6 per person
8 Desserts | EUR 9 per person
10 Desserts | EUR 12 per person
12 Desserts | EUR 15 per person



OPTION 1

Sparkling Water
Still Water
Juices
Soft Drinks

EUR 8 per person

OPTION 2

Sparkling Water
Still Water
Juices
Soft Drinks
Draft Beer
Red, White, Rosé Wine Cascade selection

EUR 12,50 per person

OPTION 3

Sparkling Water
Still Water
Juices
Soft Drinks
Draft Beer
Red, White, Rosé Wine Cascade Premium selection

EUR 16 per person

OPTION 4

Sparkling Water
Still Water
Juices
Soft Drinks
Draft Beer
White Wine Planalto
Red Wine Vinha Paz Colheita

EUR 23 per person

OPTION 5

Sparkling Water
Still Water
Detox juice Cascade selection
Cold Tea Cascade selection
Natural juice - Orange, Strawberry or Pineapple

EUR 16 per person

EXTRA

New Whiskey
Old Brandy
Bailey's
Medronho
Amarguinha

EUR 6 per person

CASCADE

WELLNESS RESORT, ALGARVE

★ ★ ★ ★ ★

CASCADE WELLNESS RESORT

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