



74 Restaurant, oferece uma cozinha de autor com toque mediterrâneo e ingredientes diretamente selecionados pelo chef, Gonzalo Vidal. Todos os dias, elaboramos duas opções de menu degustação com produtos locais e frescos, do mar, da fazenda e da horta orgânica de cultivo próprio.

Os menus são servidos exclusivamente por 'mesa completa'.

Por gentileza, informe ao garçom suas preferências e restrições alimentares, caso haja.

É sempre um grande prazer recebê-lo no 74 Restaurant!

74 Restaurant offers a signature cuisine with Mediterranean flair and ingredients directly selected by the chef, Gonzalo Vidal.

Every day, we prepare two tasting menu options with fresh local products, from the sea, the farm and our organic garden.

The menus are served exclusively by 'full table'.

Please, inform the waiter your preferences and any dietary restrictions, if any.

It is always a great pleasure to welcome you at 74 Restaurant!

74 restaurante ofrece una cocina de autor con estilo Mediterráneo e ingredientes directamente seleccionados por el chef, Gonzalo Vidal. Todos los días, elaboramos dos opciones de menú degustación con productos frescos locales, del mar, la granja y nuestra huerta orgánica.

Los menús se sirven exclusivamente por 'mesa Completa'.

Por favor, informar al camarero sus preferencias y restricciones de alimentación, si los hay.

Siempre es un gran placer darle la bienvenida en 74 Restaurant!

Menu 5 Passos / 5 Steps Menu / Menu 5 Pasos

219



ENTRADAS

STARTERS | ENTRANTES

Charcutaria Artesanal, Queijos Brasileiros, Chutney, Pickles e Ciabatta 100% Levain
Homemade Charcuterie, Brazilian Cheeses, Chutney, Pickles and Ciabatta 100% Levain
Embutidos Artesanales, Quesos Brasileños, Chutney, Pickles y Ciabatta 100% Levain

2 Pessoas | 2 People | 2 Personas

- 79 -

Carpaccio de Lagosta com Gel de Maracujá e Pipoca Apimentada
Lobster Carpaccio with Passion Fruit Gel and Spicy Popcorn
Carpaccio de Langosta con Gel de Maracuyá y Pochoclo Picante

-49-

Ceviche de Frutos do Mar com Leite de Coco, Aroma de Aroeira e Sorvete de Dedo de Moça
Seafood Ceviche on Coconut Dressing, Pink Pepper and "Dedo de Moça" Ice Cream
Ceviche de Mariscos con Leche de Tigre con Coco, Pimienta Rosa y Helado de "Dedo de Moça"

-50-

Polvo à Vinagrete com Melancia, Chuchu Defumado e Abóbora Assada
Octopus Vinaigrette with Watermelon, Smoked Chayote and Roasted Pumpkin
Pulpo a la Vinagreta con Sandia, "Chuchu" Ahumado y Calabaza Assada

-49-

Sopa de Siri com Wonton
Crab Soup with Wonton
Sopa de Cangrejo con Wonton

-42-

Ovo Pochê sobre Brioche Recheado com Cogumelos, Salada de Aspargos e Espuma de Parmesão
Pochê Egg on Brioche Stuffed with Mushrooms, Asparagus Salad and Parmesan Foam
Huevo Pochê sobre Brioche Relleno con Hongos, Ensalada de Espárragos y Espuma de Parmesano

-42-

Salada da Horta com Abóbora Assada, Mix de Grãos e Ricota Caseira
Season Salad with Roasted Pumpkin, Mix of Grains and Homemade Ricota
Ensalada de la Estación con Calabaza Assada, Mix de Granos y Ricota Casera

-36-

**Salada da Estação com Mohama Artesanal, Carambolas Marinadas,
Vinagrete de Xerez e Amêndoas Torradas**
*Vegetable Garden Salad with Homemade Mohama, Marinated Star Fruit,
Xerez Vinaigrette e Tosted Almonds*
*Ensalada de la Huerta con Mohama Artesanal, Carambolas Marinadas,
Vinagreta de Xerez y Almendras Tostadas*

-39-



PRINCIPAIS

MAIN MENU | PRINCIPALES

Canelones de Lagosta com Mousse de Salmão, Suave Creme de Funcho e Ovas Frescas
Lobster Cannelloni with Salmon Mousse, Soft Fennel Cream and Fresh Fish Eggs
Canelones de Langosta con Mousse de Salmón, Suave Crema de Hinojo y Ovas de Pescado Frescas
-96-

Capellini com Cogumelos, Bacon Artesanal e Gema Curada
Capellini with Mushrooms, Homemade Bacon and Cured Egg Yolk
Capellini con Hongos, Bacon Artesanal y Yema Curada
-79-

Risotto de Tucupi com Duo de Pato e Gremolata
Tucupi Risotto with Duck Duo and Gremolata
Risoto de Tucupi con Duo de Pato y Gremolata
-82-

Cauda de Cavaquinha Cozida em Baixa Temperatura com Molho de Mostarda Collmans e Palmito Assado
Slipper Lobster Cooked in Low Temperature with Collmans Sauce and Baked Heart of Palm
Cola de Langosta Cocida en Baja Temperatura con Salsa de Mostaza Collmans y Palmito Fresco Asado
-112-

Lula de Arraial do Cabo com Molho Bagna Cauda, Purê de Beringela e Cristal de Batata
Arraial do Cabo Calamari with Bagna Cauda Sauce, Eggplant Purée and Chips
Calamares de Arraial do Cabo con Salsa Bagna Cauda , Pure de Berenjena y Cristal de Papa
-89-

Peixe do Dia com Cenouras Orgânicas, Espuma de Inhame e Brócolis Grelhado
Catch of the Day with Organic Carrots, Yam Foam and Grilled Broccoli
Pesca del Día con Zanahorias Orgánicas, Espuma de Inhame y Brócoli Asado
-82-

Filé de Avestruz em Crosta de Ervas com Batata Baroa e Quinoa Salteada
Ostrich Fillet in Herb Crust with "Baroa" Potato and Sautéed Quinoa
Avestruz en Corteza de Hierbas con Papa "Baroa" y Quinoa Salteada
-86-

Leitão Confitado à Pururuca com Purê de Banana da Terra e Molho de Maracujá
Crunchy Piglet Confit with Plantain Purée and Passion Fruit Sauce
Lechon Confitado a la Pururuca con Puré de Banana de La Tierra y Salsa de Maracuyá
-89-

Filet Mignon Black Angus Grelhado com Mil Folhas de Aipim e Molho de Açai
Grilled Black Angus Steak with Cassava Mille Feuille and Açai Dressing
Lomo de Black Angus Grillado con Mil Hojas de Mandioca y Salsa de Açai
-89-



SOBREMESAS

DESSERTS | POSTRES

Seleção de Queijos Artesanais e Doce de Leite
Homemade Cheeses and Milk Caramel Spread
Selección de Quesos Artesanales y Dulce de Leche

-53-

Pavlova de Aroeira, Sagú de Coco, Sorvete de Açai e Frutas Frescas da Estação
Aroeira Pavlova, Coconut Sagú, Açai Ice Cream and Fresh Fruits of the Season
Pavlova de Aroeira, Sagú de Coco, Helado de Açai y Frutas Frescas de la Estación

-32-

Crème Brulée de Doce de Leite
Milk Caramel Crème Brulée
Crème Brulée de Dulce de Leche

-32-

Cheesecake de Morango com Sorvete de Maracujá
Strawberry Cheesecake with Passion Fruit Ice Cream
Cheesecake de Frutilla con Helado de Maracuyá

-35-

Tiramisu 74 – Espuma de Café, Crocante de Cacau e Creme de Mascarpone
74 Tiramisu – Coffee Foam, Crunchy Cocoa and Mascarpone Cream
Tiramisu 74 – Espuma de Café, Crocante de Cacao y Crema Mascarpone

-35-

Coulant de Chocolate Belga 70% com Cachaça e Sorvete de Banana da Terra
Belgian Chocolate Coulant 70% with Cachaça and Plantain Ice Cream
Coulant de Chocolate Belga 70% con Cachaça y Helado de Bana de La Tierra

-35-

*** Devido a sazonalidade dos produtos,
alguns ingredientes podem ser substituídos.**

Due to product seasonality,
some ingredients may be substituted.

*Debido al período de restricción,
algunos ingredientes pueden ser sustituidos.*

YOU MIGHT BE CURIOUS...

Cupuaçu

Is a tropical rainforest tree related to cacao. Common throughout the Amazon basin, it is widely cultivated in the jungles of Colombia, Bolivia and Peru and in the north of Brazil. The white pulp of the cupuaçu has an odour described as a mix of chocolate and pineapple and is frequently used in desserts, juices and sweets. The juice tastes primarily like a pear, with a hint of banana.

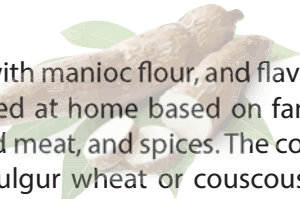


Tucupi

Is a yellow sauce extracted from wild manioc root in Brazil's Amazon jungle. It is also produced as by-product of manioc flour manufacture. Tucupi is prepared by peeling, grating and juicing the manioc. Traditionally a basket-like instrument called the tipiti was used. After being squeezed through the tipiti, the juice is left to "rest" so that the starch separates from the liquid (tucupi). Poisonous at this stage, tucupi must be boiled for hours to eliminate the poison. The tucupi can then be used as a sauce in cooking.

Farofa

Is a toasted cassava flour mixture, though variants are made with manioc flour, and flavors can vary. It can be found commercially produced but is often prepared at home based on family recipes. Most recipes will also contain varying amounts of salt, smoked meat, and spices. The consistency of the mixture ranges from large grains the size of cracked bulgur wheat or couscous down to a table-salt-sized powder. Most farofas have a very smoky and slightly salty taste, by and large used to accentuate the taste of meat.



Uruçu

It's an endangered eusocial stingless bee species. It is considered to be the reared species with the largest distribution in the North and Northeast regions of Brazil. Its common name, Uruçu, comes from the Tupi, which in this indigenous language means "bumblebee." Their honey is highly desirable and the materials they create for nests have been proven to be a promising source of antibiofilm agents and to present selectivity against human cancer cell lines at low concentrations compared to normal cells.



Açaí

The Açaí berry is the fruit of a type of Palm Tree cultivated in specific regions in the Brazilian Amazon Rainforest. The small dark berries that the tree produces have been used by the native inhabitants of this particular area of Brazil for thousands of years. The acai is one of the fruits known as super foods because it is full of antioxidants and most people describe the flavor as being a cross between a rich blackberry or raspberry and a piece of dark chocolate.

Pupunha

Pupunha is increasing in popularity because it is a sustainable variety, meaning that when the stem is cut the root does not die and the plant can be cut again next season. According to the Brazilian's