



**74 Restaurant, oferece uma cozinha de autor com toque mediterrâneo e ingredientes diretamente selecionados pelo chef proprietário, Gustavo Rinkevich.**

**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 owner, Gustavo Rinkevich.*

*Every day, we prepared 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 diet 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 propietario, Gustavo Rinkevich.*

*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!*

**3 Passos / 3 Steps / 3 Pasos** 149

**5 Passos / 5 Steps / 5 Pasos** 189

**Taxa de serviço 12%.**  
**Service Tax 12%.**  
**Servicio 12%.**



# 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*

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2 Pessoas | 2 People | 2 Personas 100% levain

**Queijo Munster Brulée com geléia de cebola roxa, vinagrete de manga, piñoli e folhas verdes**  
*Munster Cheese Brulèe with purple onion jelly, mango dressing, piñoli and green salad*  
*Queso Munster Brulèe con jalea de cebolla morada, vinagreta de manga, piñoli y mix de verdes*

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**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"*

-45-

**Steak Tartare de Black Angus com vinagre de genipapo, maçã verde e creme de palmito assado**  
*Black Angus Steak Tartare with genipapo vinegar, green apple and roasted heart of palm cream*  
*Steak Tartare de Black Angus con vinagre de jenipapo, cubos de manzana verde y crema de palmito asado*

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**Palmito de Pupunha Caccio e Peppe**  
*Caccio e Peppe Fresh Heart of Palm*  
*Palmito Fresco Caccio e Peppe*

-39-

**Ovo de fazenda Mollet com risoto de quinoa e consomé cítrico de galinha**  
*Farm Egg Mollet with quinoa risoto and chicken-citric consome*  
*Huevo de Granja Mollet con risotto de quinoa y consome citrico de pollo*

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# PRINCIPAIS

MAIN MENU | PRINCIPALES

**Ravioli de Cogumelos com vieiras e timos grelhados, creme cítrico e manteiga noisette**  
*Mushroom Ravioli, grilled scallops, sweet breads and noisette butter*  
*Ravioles de Hongos con vieiras y mollejas salteadas, crema fina de papa y limon y manteiga noisette*  
-86-

**Risotto de Aspargos Verdes e Camarões**  
*Green Asparagus and Shrimp Risotto*  
*Risoto de Espárragos Verdes y Camarones*  
-92-

**Cauda de Cavaquinha cozida em baixa temperatura com molho de mostarda collmans e palmito assado**  
*Slipper Lobster with collmans bearnaise and baked heart of palm*  
*Cola de Langosta cocida en baja temperatura con bearnaise de mostaza collmans y palmito fresco asado*  
-112-

**Peixe do dia com Cenouras Orgânicas, purê de inhame e brócolis grelhado**  
*Catch of the day with organic carrots, yam puree and grilled broccoli*  
*Pesca del día con zanahorias orgánicas, pure de inhame y brócoli asado*  
-82-

**Paleta de Cordeiro desossado com pepino grelhado, couscous de hortelã, damasco e iogurte**  
*Lamb with grilled cucumber, mint and apricot cous-cous and yogurt*  
*Paleta de Cordero deshuesado con pepino asado, cous-cous de menta, damasco y yogur*  
-79-

**Filet Mignon Black Angus grelhado com mil folhas de aipim e molho de açaí**  
*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*  
-95-



# SOBREMESAS

DESSERTS | POSTRES

**Seleção de Queijos Artesanais e Geléias**  
*Homemade Cheeses and Jelly*  
*Selección de Quesos Artesanales y Jaleas*

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**Abacaxi Cozido com Rum Negro, sorvete de limão e farofa de gergelim preto**  
*Baked Pineapple with Black Rum, lime ice-cream and black sesame farofa*  
*Ananá Cocido con Ron Negro, helado de limón y farofa de sésamo negro*

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**Textura de Chocolate Branco, bananada e amendoim**  
*White Chocolate Texture, “bananada” and peanuts*  
*Textura de Chocolate Blanco, “bananada” y maní*

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**Ricotta Caseira com Mel de Uruçú, morangos macerados, beterraba confitada e suspiros de aroeira**  
*Homemade Ricotta Cheese with ‘Uruçú’ Honey ,macerated strawberries, beets confit and pink pepper meringue*  
*Ricota Casera con Miel de Uruçú, frutillas maceradas, remolacha confitada y merengues de pimienta rosa*

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**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*

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**Sablé de Amêndoas com Chocolate Branco, geléia de cupuaçu e calda quente de chocolate belga**  
*Almond Sablé with White Chocolate, cupuaçu jelly and hot chocolate sauce*  
*Sablé de Almendras con Chocolate Blanco, jalea de cupuaçu y salsa caliente de chocolate belga.*

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

Because of the products 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 açaí 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 government agricultural research department additional advantages of pupunha is that the plant grows from seed to harvest-ready tree in only eighteen months. The palmito cut from pupunha is considered of superb taste and good size. In fact, the entire plant can be used but the most desired parts are the heart of palm and the fruit which is also called pupunha.