



Meow Meow

JNÇQUOI



## *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 forgot file your book you chance

... the force to to do would do for go the man...

Please down Mrs too for you or no letter could you please one please just on

I hate how 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



8

6



02

**CARANGUEJO RECHEADO CROCANTE** 49  
CRISPY STUFFED CRAB  
脆酿鲜蟹盖



03

**SALADA DE PATO CROCANTE COM** 22  
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** 24  
**BANG BANG CHICKEN SALAD WITH CASHEW NUTS AND CRISPY RICE**  
 脆米腰果棒棒鸡沙拉



05

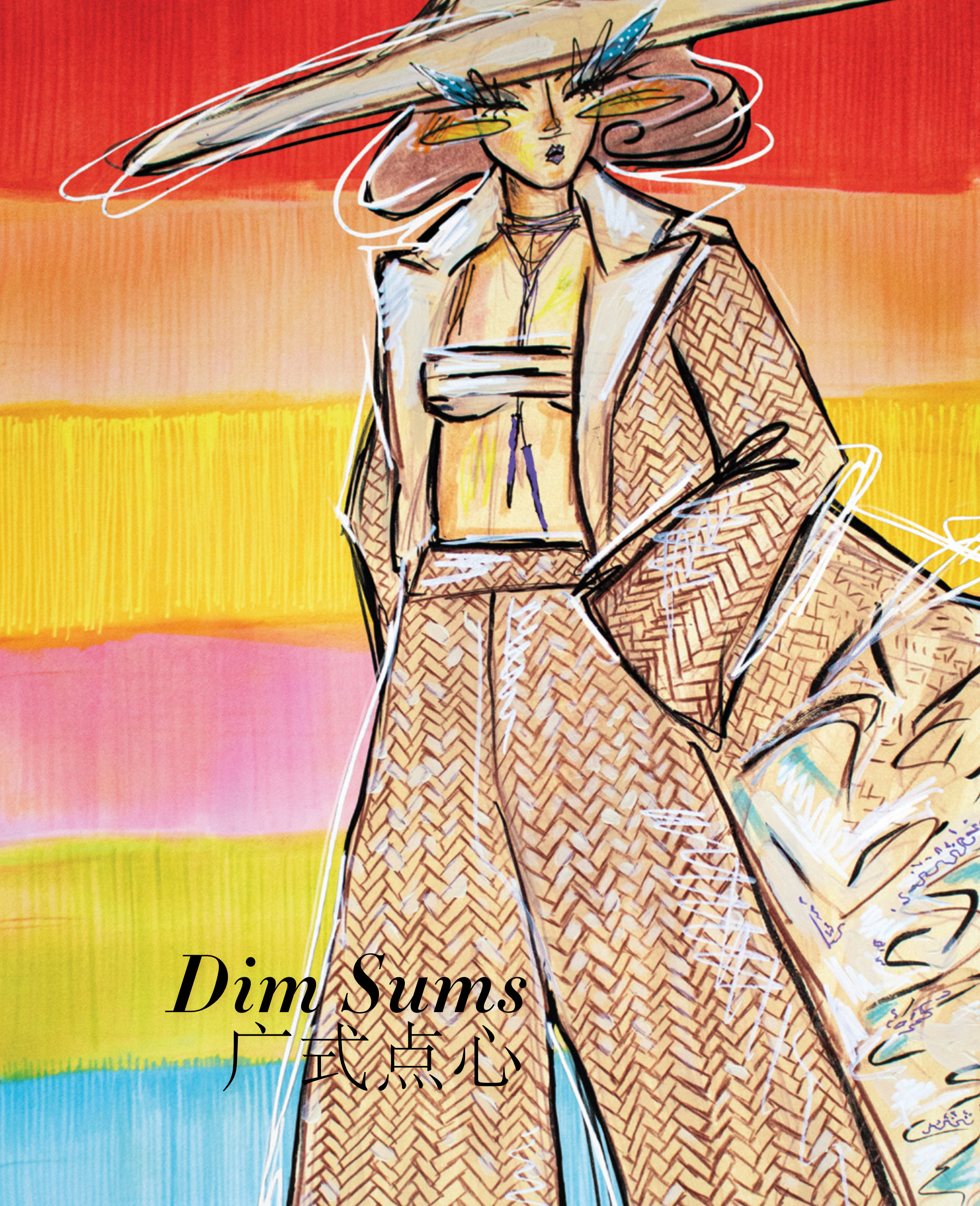
**SALADA DE PEPINO, COGUMELOS ORELHAS DE JUDAS, COENTROS, MALAGUETA E AMENDOIM** 13  
**CUCUMBER, BLACK FUNGUS, CORIANDER, CHILLI AND PEANUT SALAD**  
 凉拌黄瓜



06

**TOSTA DE CAMARÃO TIGRE E SÉSAMO** 34  
**TIGER PRAWN AND SESAME TOAST**  
 麻香虾吐司





*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 COGU-  
MELOS, 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

24

22

16



14

**XIAO LONG BAO**  
XIAO LONG BAO  
小笼包



24



15

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

19



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



20



*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



20



20

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



22



*Peixe & Marisco*  
*Fish & Shellfish*  
鱼类海鲜类



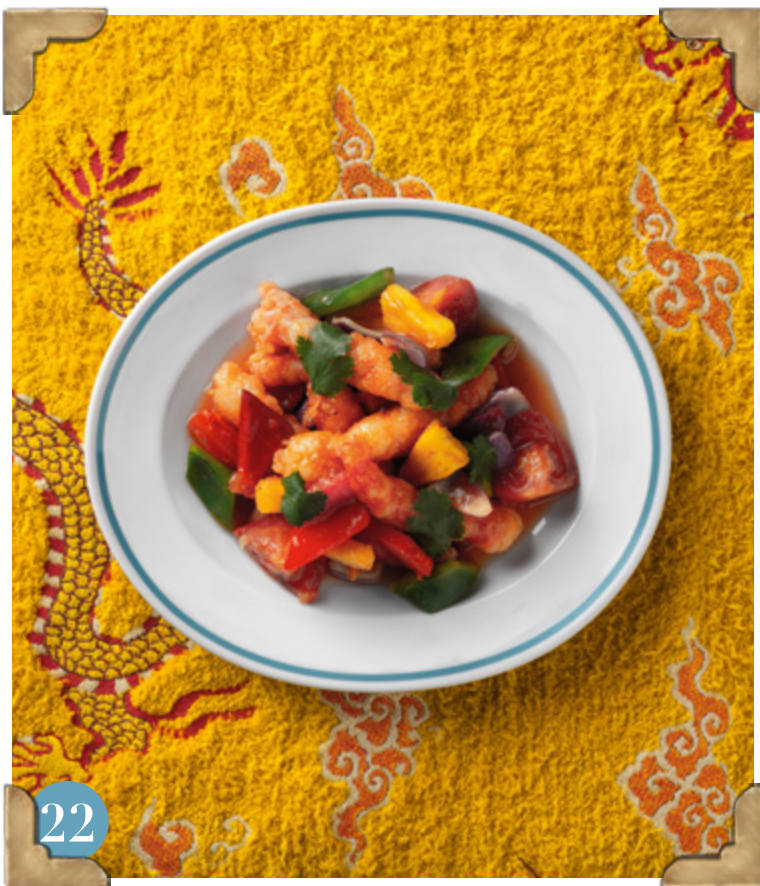


21

RASCASSO A VAPOR AO ESTILO SICHUAN  
SICHUAN STEAMED SCORPION FISH  
川香蒸红鲉鱼

52





22

**CAMARÃO AGRIDOCE**  
**SWEET AND SOUR PRAWNS**  
 凤梨酸甜虾仁



23

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

39



24

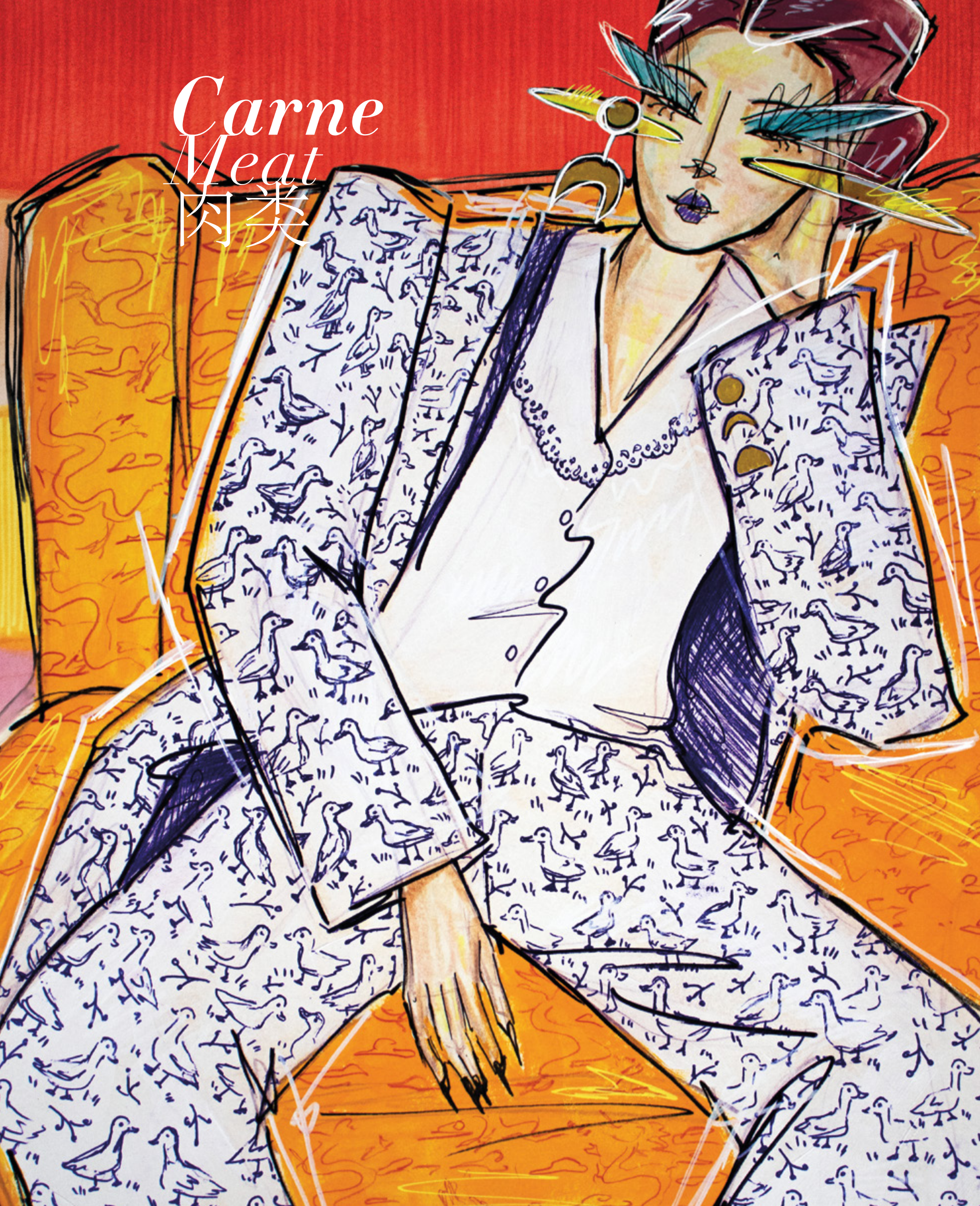
**ESTUFADO DE BERINGELA CHINESA COM CARANGUEJO**  
**REAL DO ALASKA E MOLHO PICANTE DE AMEIXA**  
**STEWED CRABMEAT AND EGGPLANT WITH HOT PLUM SAUCE**  
 梅酱蟹肉茄子煲

52





*Carne*  
*Meat*  
肉类





25

PORCO AGRIDOCE  
SWEET AND SOUR PORK  
咕咾肉



31



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** 34  
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

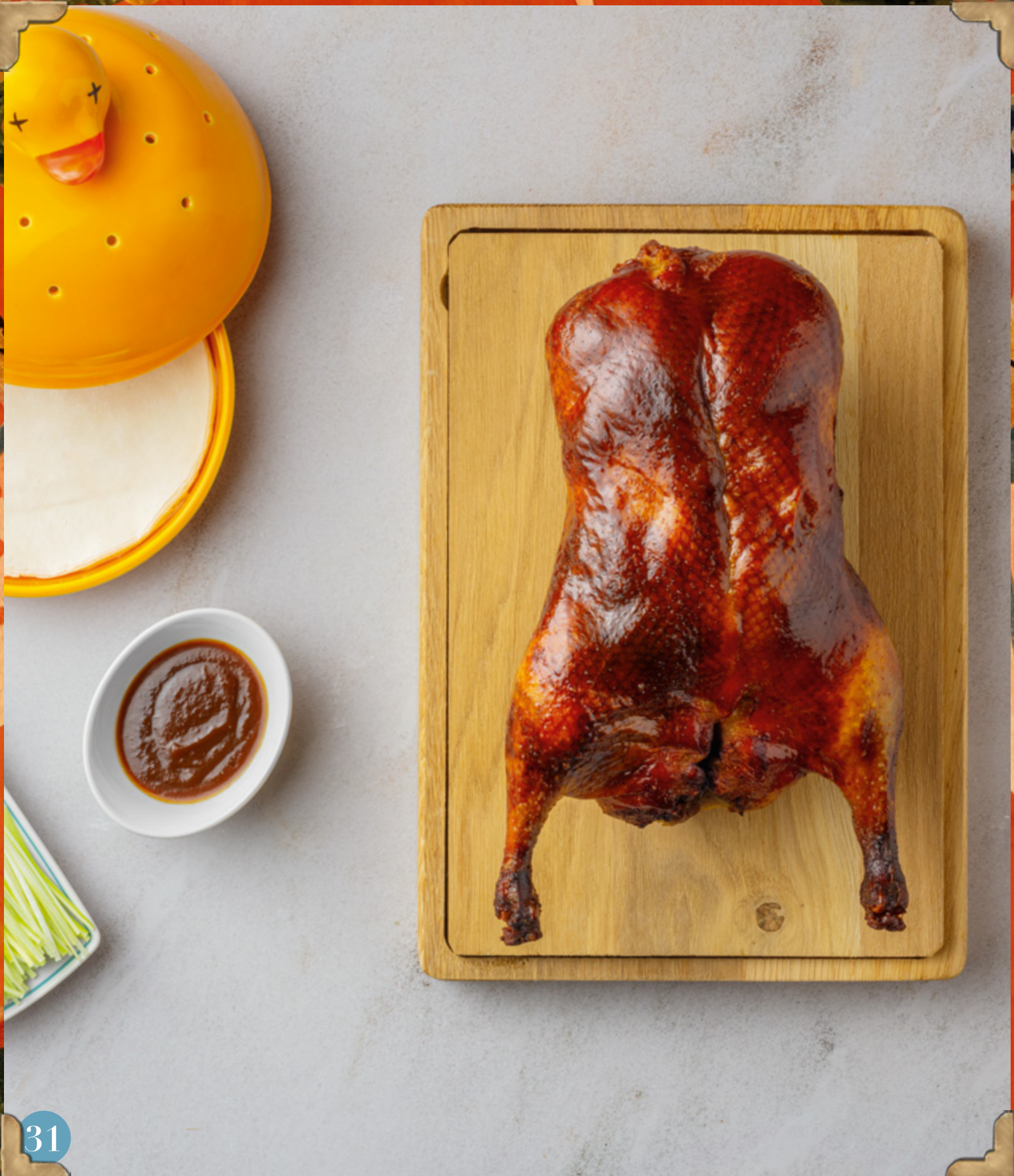




30

**PATO À PEQUIM JNCQUOI COM CAVIAR OSSETRA**  
JNCQUOI PEKING DUCK WITH OSSETRA CAVIAR  
JNCQUOI 北京烤鸭配奥西特拉鱼子酱





31

PATO À PEQUIM JNCQUOI  
JNCQUOI PEKING DUCK  
JNCQUOI 北京烤鸭





*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





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

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



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

**18 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

18



*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

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



47

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

48

13 **GELADOS E SORBETS** 4  
ICE CREAMS AND SORBETS  
冰淇淋与雪葩



49

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



11



