



EST. 2026 - LISBON

Lotus & Wave

โลตัส & คลื่น

Thai Cuisine & Japanese Sushi



📍Rua do Zaire 17C, 1170-397 Lisboa.

☎+351 935 507 218

- Entrada / Appetizers

Chicken Dumpling (4 un.) 3.50€

Ravioli de frango
Chicken dumpling

Chicken Satay (3 un.) 7.50

Shrimp Dumpling (4 un.) 4.90€

Ravioli de camarão
Shrimp dumpling

Sui Mai Camarão (4 un.) 4.50€

Sui mai de camarão
Sui mai shrimp

Chicken Spring Roll (2 un.) 3.50€

Crepe de frango
Chicken spring roll

Mini Crepe (5 un.) 3.50€

Crepe de vegetais
Vegetable mini crepe

Vietnamese Summer 4.50€

Roll – Camarão (2 un.)

Crepe vietnamita com camarão
Vietnamese summer roll with shrimp

Gyoza de Frango (6 un.) 7.50€

Gyoza de frango e legumes
Chicken & vegetable gyoza

Ebi Tempura (6 un.) 8.50€

Camarão em tempura
Shrimp tempura

Edamame 3.50€

Feijão de soja cozido
Steamed soy beans



- Sopa / Soup -

Wonton Soup 4.60€

(Com soja, cogumelos, outros vegetais e carne moída)

with soybeans, mushrooms other vegetables and minced meat.

Tom Yum Soup – Vaca 5.90€

Sopa picante de limão com vaca
Spicy lemon soup with beef

Tom Yum Soup – Frango 5.30€

Sopa picante de limão com frango
Spicy lemon soup with chicken

Tom Yum Soup – Camarão 5.90€

Sopa picante de limão com camarão
Spicy lemon soup with shrimp

Tom Yum Soup – Vegetariana 4.90€

Sopa picante de limão com legumes
Spicy lemon soup with vegetables

Sopa Miso 3.50€

Tofu e algas
Tofu and seaweed



Tom Kha Gai 4.90€

Sopa de coco com frango, caril vermelho tailandês, cogumelos, bambu, galanga, beringela, capim-limão e coentros

Coconut soup with chicken, Thai red curry, mushrooms, bamboo, galangal, eggplant, lemongrass & coriander

Tom Kha Tofu 4.90€

Sopa de coco com tofu e especiarias tailandesas

Coconut soup with tofu & Thai spices

Tom Kha Gung 5.10€

Sopa de coco com camarão e especiarias tailandesas

Coconut soup with shrimp & Thai spices

Sopa de Frango 4.60€

Massa de vidro, cogumelos e legumes
Glass noodles, mushrooms & vegetables

Sopa de Legumes (V) 4.60€

Massa de vidro, tofu, soja e legumes
Glass noodles, tofu, soybeans & vegetables



- Yakisoba / Yakisoba -

Yakisoba de Camarão 13.50€

Yakisoba com camarão salteado
Stir-fried yakisoba with shrimp

Yakisoba Tori (Frango) 13.25€

Yakisoba com frango salteado
Stir-fried yakisoba with chicken

Yakisoba de Legumes 12.50€

Yakisoba com legumes salteados
Stir-fried yakisoba with vegetables



*- Prato Vietnamita -
Pho / Vietnamese
Dishes - Pho -*

Pho-Bo - Vaca e Vegetais 11.90€

Sopa de massa de arroz com vaca e vegetais
Rice noodle soup with beef & vegetables

Pho - Tofu e Vegetais 11.20€

Sopa de massa de arroz com tofu e vegetais
Rice noodle soup with tofu & vegetables

Pho-Ga - Frango e Vegetais 11.50€

Sopa de massa de arroz com frango e vegetais
Rice noodle soup with chicken & vegetables



- Pratos Tailandeses / Thai Dishes -

Pad Thai – Camarão Frito 12.50€

Massa de arroz com camarão frito ao estilo tailandês

Thai-style rice noodles with fried shrimp

Pad Thai – Camarão 11.90€

Massa de arroz com camarão ao estilo tailandês

Thai-style rice noodles with shrimp

Pad Thai – Frango Frito 12.50€

Massa de arroz com frango frito ao estilo tailandês

Thai-style rice noodles with fried chicken

Pad Thai – Frango 11.50€

Massa de arroz com frango ao estilo tailandês

Thai-style rice noodles with chicken

Pad Thai – Tofu 11.50€

Massa de arroz com tofu ao estilo tailandês

Thai-style rice noodles with tofu

Crying Tiger 13.90€

Vaca grelhada com salada e batata

Grilled beef with salad & potato



Pratos De Vaca com Arroz Beef Dishes with Rice

Vaca Frita com Legumes 12.90€

Oito legumes frescos da época

Eight fresh seasonal vegetables

Vaca Chop Soy 12.90€

Soja, cogumelos, pimentos, brócolos e bambu

Soybeans, mushrooms, bell peppers, broccoli & bamboo

Vaca com Cebola 12.90€

Vaca frita com cebola

Fried beef with onion

Nua Phad Grau Prau 12.90€

Vaca com pimento, cebola, manjeri-
cão e alho em molho de ostra

Beef with peppers, onion, basil & garlic
in oyster sauce

Vaca com Soi-Sam 12.90€

Cajus, feijão mungo, gengibre
e manjerição tailandês

Cashew nuts, mung beans, ginger
& Thai basil

Gang Nua 12.90€

Vaca com caril tailandês vermelho,
bambu, beringela e manjerição em
leite de coco

Beef with Thai red curry, bamboo,
eggplant & basil in coconut milk

Panang Nua 12.90€

Vaca com caril Panang, folha de lima,
pimentos, amendoins e manjerição
em leite de coco

Beef with Panang curry, lime leaves,
peppers, peanuts & basil in coconut milk

Massaman Nua 12.90€

Vaca com caril Massaman, batatas, cenouras e coriandro em leite de coco
Beef with Massaman curry, potatoes, carrots & coriander in coconut milk

Vaca com Molho Teriyaki 13.90€

Vaca com legumes frescos e molho teriyaki Kikkoman
Beef with fresh vegetables & Kikkoman teriyaki sauce



*Pratos De Frango com Arroz
Chicken Dishes with Rice*

Frango Chop Soy 12.90€

Soja, cogumelos, pimentos, brócolos e bambu
Soybeans, mushrooms, bell peppers, broccoli & bamboo

Frango Crocante Assado 12.90€

Oito legumes frescos da época
Eight fresh seasonal vegetables

Gai Phad Gra Prau 12.90€

Frango com pimentão, cebola, manjeriçao e alho em molho de ostra
Chicken with peppers, onion, basil & garlic in oyster sauce

Frango com Cajus 12.90€

Frango frito com variedade de legumes
Fried chicken with assorted vegetables

Frango ao Caril 12.90€

Frango com cenoura, abobrinha, brócolos, cebola e caril amarelo
Chicken with carrots, zucchini, broccoli, onion & yellow curry

Frango com Molho de 12.90€

Amendoim

Frango frito com legumes de soja picados
Fried chicken with chopped soy vegetables

Frango Assado 12.90€

com Amendoim

Legumes frescos da época
Fresh seasonal vegetables

Frango Frito 12.90€

em Leite de Coco

Oito legumes frescos da época
Eight fresh seasonal vegetables

Gang Thai Gai 12.90€

Frango, caril tailandês vermelho, bambu, beringela, cogumelos e capim-limão em leite de coco
Chicken, Thai red curry, bamboo, eggplant, mushrooms & lemongrass in coconut milk

Panang Gai 12.90€

Especialidade tailandesa com caril Panang, pimentos, amendoins e manjeriçao tailandês em leite de coco
Thai specialty with Panang curry, peppers, peanuts & Thai basil in coconut milk

Massaman Gai 12.90€

Frango com caril Massaman, batatas, cenouras e coriandro em leite de coco
Chicken with Massaman curry, potatoes, carrots & coriander in coconut milk

Frango com Manga 12.90€

Frango com molho de manga, bananas, maçãs e pimentos
Chicken with mango sauce, bananas, apples & bell peppers

Frango Crocante Teriyaki 13.90€

Legumes da época e molho teriyaki Kikkoman
Seasonal vegetables & Kikkoman teriyaki sauce

Frango com Molho Teriyaki 13.90€

Peito de frango frito com legumes e molho teriyaki
Fried chicken breast with vegetables & teriyaki sauce



*Pratos De Pato Com Arroz
Duck Dishes with Rice*

Pato Assado 14.60€

Oito legumes frescos da época
Eight fresh seasonal vegetables

Pato Assado com Amendoim 14.90€

Pimentos, brócolos, cogumelos e legumes
Bell peppers, broccoli, mushrooms & vegetables

Pato Assado 14.90€

em Leite de Coco

Leite de coco e legumes frescos da época
Coconut milk & fresh seasonal vegetables

Gäng Tom Kha Phed 14.90€

Pato assado com legumes, capim-limão, coriandro, caril Tom Kha e caril amarelo em leite de coco
Roast duck with vegetables, lemongrass, coriander, Tom Kha & yellow curry in coconut milk

Pato Chop-Soy 14.90€

Soja, cogumelos, pimentos, brócolos e bambu
Soybeans, mushrooms, bell peppers, broccoli & bamboo

Pato Assado Teriyaki 14.90€

Pato assado com legumes e molho teriyaki Kikkoman
Roast duck with vegetables & Kikkoman teriyaki sauce



Pratos Vegetarianos com Arroz Vegetarian Dishes with Rice

Chop Soy de Legumes (v) 9.90€

Soja, cogumelos, pimentos, brócolos e bambu crocante

Soybeans, mushrooms, bell peppers, broccoli & crisp bamboo

Tofu Frito 11.60€

Abobrinha, brócolos, cogumelos, pimentos e legumes da época

Zucchini, broccoli, mushrooms, bell peppers & seasonal vegetables

Tofu com Soi-Sam 11.90€

Manjeriço, feijão mungo, pimentos e gengibre – estilo tailandês

Basil, mung beans, bell peppers & ginger – Thai style

Soi Sam com 11.90€

Molho de Amendoim

Espinafres tailandeses salteados com gengibre, feijão mungo, cogumelos e manjeriço

Thai spinach stir-fried with ginger, mung beans, mushrooms & basil in peanut sauce



Soi Sam em Leite de Coco 11.90€

Legumes tailandeses salteados com gengibre e manjeriço

Thai vegetables stir-fried with ginger & fresh basil in coconut milk

Thai Tofu 11.90€

Tofu com caril tailandês vermelho, bambu, beringela, cogumelos, capim-limão, coriandro e manjeriço em leite de coco

Tofu with Thai red curry, bamboo, eggplant, mushrooms, lemongrass, coriander & basil in coconut milk



Especial Com Arroz Special Dishes with Rice

Asia Gluck 13.90€

Vaca frita, frango e camarão com oito legumes frescos e gengibre

Fried beef, chicken & shrimp with eight fresh vegetables & ginger

Asia Special 14.90€

Frango, vaca, pato e 2 camarões com 8 legumes variados

Chicken, beef, duck & 2 shrimp with 8 different vegetables

Camarão com 15.90€

Molho Teriyaki

Camarão frito com

8 legumes da época

Fried shrimp with 8 different seasonal vegetables

- Noodles & Arroz / Noodles & Rice -

Noodles Fritos 9.60€

com Soja (v)

Legumes frescos da época e ovo
Fresh seasonal vegetables & egg

Arroz Frito com Soja (v) 9.60€

Ovo e legumes frescos da época
Egg & fresh seasonal vegetables

**Noodles Fritos 11.60€
com Frango**

Legumes frescos da época, soja e ovo
Fresh seasonal vegetables, soybeans & egg

Arroz Frito com Frango 11.60€

Ovo, legumes frescos, soja e caril amarelo
Egg, fresh vegetables, soybeans &
yellow curry

Noodles Fritos com Vaca 11.80€

Legumes frescos da época, soja e ovo
Fresh seasonal vegetables, soybeans & egg

Arroz Frito com Vaca 11.80€

Ovo, legumes frescos da época e soja
Egg, fresh seasonal vegetables & soybeans

**Noodles Fritos 12.90€
com Frango Assado**

Legumes da época e ovo
Seasonal vegetables & egg

**Arroz Frito 12.90€
com Frango Assado**

Legumes da época e ovo
Seasonal vegetables & egg

**Noodles Fritos 12.90€
com Camarão**

Legumes frescos da época e ovo
(10 camarões)
Fresh seasonal vegetables & egg
(10 shrimp)

Arroz Frito com Camarão 12.90€

Ovo e legumes frescos da época
(10 camarões)

Egg & fresh seasonal vegetables
(10 shrimp)

Noodles Fritos com Pato 13.90€

Legumes frescos da época
Fresh seasonal vegetables

Arroz Frito com Pato 13.90€

Legumes frescos da época
Fresh seasonal vegetables

Noodles udon

Chicken 12.90€

Beef 13.25€

Shrimp 13.25€

Veg 11.50€

Momo (un 10p) Steam/Fry

Vegetable 7.50/8.50

Chicken 8.50/9.50



Sushi Menu

Hossomaki (8 pcs)

Sake maki	6.40€
Teka maki	6.90€
Mix maki (4 sake/4 teka)	6.90€
Maki fruta (manga e morango)	5.90€
Pepino maki	5.90€
Ebi maki	6.90€



Futomaki (10 pcs)

Futomaki leo	10.50€
Salmao, Pepino, Manga, Queijo, Agridoce, Cebolinho E sesmao	
Futomaki chef	11.50€
folho soja, salmao panado, queijo, agridoce, teriyaki, morango	



Ura Maki (8 pcs)

Sake california	9.00€
salmao, avocate, cebolinho e ovo	
California primavera	9.50€
salmao, quijo, morango e ovo	
Teka california	10.50€
atum, avocate, sesamo, cebolinho e ovo	
California ebi	10.50€
tempura ebi, avocate, sesamo, agridos	
California panado	9.50€
salmao panado, Mayonnise, cebola frita	



Hot Sushi

HOT ROLLS Leo	9.00€
folho de arroz, salmao, molho kimchi, cebola fruta	
Hot rolls camarao	9.50€
folho de arroz, camarao, agridoce, cebolinho, sesamo	
Hot roll	8.50€
salmao, quijo, cebolinho, sesamo, teriyaki	
Hot phila fruta	8.90€
salmao, quijo, morango, teriyaki, sesamo	
Ura hot	9.50€
salmao, molho kimuchi, sesamo, cebolinha	



Gunkan (4 pcs)

Gunkan ebi tempura 5.40€

salmao, braseado, queijo, tempura de camarao, alho franses molho agridoce sesamo, cebolinha

Gunkan special 5.00€

salmao, quijo, camarao crosante, cebolinho, sesamo, molho agridoce

Gunkan salmao braseado 5.00€

salmao braseado, pica de salmao braseado, molho kimuchi

Gunkan phila 5.00€

salmao, quijo, teriyaki, cebolinho, sesamo



Sashimi (5 pcs)

Salmao sashimi 4.90€

Sashimi salmao braseado 5.40€

cebolinho, sesamo, kimuchi

Sashimi atum 5.40€



Temakis

Temaki salmao 6.50€

arroz, salmao, quijo, cebolinho, sesamo
Temaki salmao panado

arroz, salmao panado, molho kimuchi, cebola frita, sesamo, cebolinho

Temaki atum 6.90€

arroz, atum, cebolinho, sesamo, molho spice, teriyaki

Temaki veggie 6.40€

arroz, pepino, manga, morango
cebolinho, sesamo, molho agridoce



Nigiri (4 pcs)

Salmao nigiri 4.50€

salmao, quijo, ovo, cebolinho, sesamo

Salmao nigiri braseado 4.90€

salmao, braseado, mayonnise, cebolinho, sesamo, cebola frita

Nigiri atum 5.00€

atum, sesamo, cebolinho

Nigiri atum braseado 5.40€

atum braseado, teriyaki, cebolinho, sesamo

Mix nigiri 4.90€

2 salmao nigiri, 2 nigiri atum, sesamo, cebolinha



Tataki

Tataki salmao 9.90€

salmao, oleo de sesamo, cebolinho, sesamo, teriyaki

Tataki atum 10.50€

atum, olea de sesamo, tiriyaqi, cebolinho, sesamo

Combinado

Salmao box (18 pcs) 17.50€

hosomaki salmao x4, sake california x4, california primavera x4, nigiri salmao x2, nigiri salmao braisado x2, sashimi salmao x2

Hot box (18 pcs) 17.50€

hot roll x5, hot roll fruta, (manga e morango) x5, crepes x4, goysas de frango x4

Combo Veggie (20 pcs) 16.90€

hot roll veggie x5, veggie chef roll x5, nigiri x2 (manga e avocate) veggie ura maki x8

Fusion box (22 pcs) 20.90€

nigiri x4, gunkan x4, hosomakix4, uramaki x4, sashimi x6

Combo california (24pcs) 22.50€

8 sake California, 8 atum California, 8 veggie california

Combo braseado (18pcs) 18.50€

4 salmao gunkan braseado, 4 ura ebi California braseado, 5 salmao sashimi braseado, 5 nigiri salmao braseado

Combo classic (18pcs) 16.50€

8 maki salmao, 8 maki atum, 1 nigiri salmao, 1 nigiri atum



Poke Bowls

sushi rice, alface, avocado, wakame salad, edamame, pepino, penauts cenoura, molho teriyaki, senfsauce, cebolinho, sesamo, roma.

Poke bowls chicken 12.50€

Poke bowls veggie 11.90€

Poke bowls salmao 13.50€

Poke bowls camarao 13.50€



Degustacao (tasting) 22pcs

prato principle compost por sashimi e sushi variado, a discricao

(main course consisting of sashimi and arsorted sushi at your discretion)

ENTRADA (starters)

ALMOCO (Lunch) 18.50€

. De Terca e sexta-feira
. From Tuesday to Friday

ALMOCO (Lunch) 22.50€

. Sabados, Domingos, Feriados e dias Espe-
cials
. Saturday, Sunday, Holidays and Special
days

JANTAR (Dinner) 22.50€

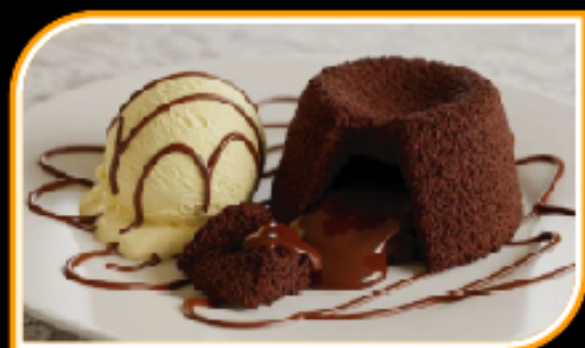
. Todos os Dias
. Every days

- As Degustacoes sao de servico individual
- The tasting are an individual service

Sobremesas (desserts)

Banana frita 5.00€
com honey e penauts
(fried banana with penauts and honey)

Petit gateau 5.00€
(petit gateau)



Vinho Tinto (red wine)

VERHO TINTO (RED WINE)

0375L 0.75L

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|---------------------------|--------|--------|
| 1. MONTE VELHO 13.5° | 6.95€ | 12.90€ |
| 2. Esteva Douro | 7.95€ | 13.10€ |
| 3. JP 13.5 | 3.50€ | 6.35€ |
| 4. BORBA 13.5° | 5.75€ | 9.95€ |
| 5. INSOLITO RESERVA 13.5° | 14.50€ | |
| 6. PERIQUITA 13 | 6.00€ | 11.95€ |



Vinho Branco, Verde (white, green wine)

VINHO BRANCO, VERDE
(WINE, GREEN WHITE)

0375L 0.75L

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|-----------------------|-------|--------|
| 1. BORBA 13° | 5.75€ | 9.95€ |
| 2. B.S.C 12° | 5.75€ | 11.15€ |
| 3. MONTE VELHO 13.5° | 6.95€ | 12.90€ |
| 4. J.P 13°.. | 3.50€ | 6.35€ |
| 5. CASAL GARCIA 9.5° | 6.95€ | 13.50€ |
| 6. Aveleda VINHO 9.5° | 7.95€ | 14.30€ |



Vinho Rose (rose wine)

Vinho Rosé (Rose Wine)

0375L 0.75L

- | | | |
|--------------------|-------|--------|
| 1. MATEUS ROSÉ II. | 5.90€ | 10.80€ |
| 2. CASAL GARCIA | 9.50€ | 12.80€ |



Shots

1. Tequila	2.00€
2. Sambuca	2.00€
3. Porto	2.00€
4. Vodka	2.00€

Coffee / Tea

Coffee	0.90€
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Drinks 60ml

Double black label	4.95€
Black label	4.45€
Jameson	3.45€
Jack Daniels	3.95€
Chivas	3.95€
Ballantine	2.95€
Absolute vodka	2.95€
Bombay Sapphire	3.95€
Gordon's gin	2.45€
Bacardi	2.95€
Macieria	1.95€



Beer

Beer	1.75€
Imperial	1.45€
Tsingtao Cerveja	3.50€
singha Cerveja	3.50€
Saigon Cerveja	3.50€
Somersby	2.99€
Asahi Beer	4.90€

Cocktail

Gin tonic	7.00€
Mojito	7.00€

Sangria

Sangria	13.50€
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Bebidas

Agua	1.45€
Agua Com Gas	1.95€
Coke, sprite	1.65€
Red bull	3.10€
Fresh Orange juice	2.95€
Coffee	0.90€



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