

Ciao a tutti!

Welcome to my ristorante!

My world has always revolved around the table, just like my Nonna Isabella's, from whom I learned the art of cooking since I was a child.

I drew inspiration from those unique moments with Nonna Isabella to open the doors of this home, in the heart of Lisbon. I took the traditional recipes from more than three generations and adapted them to today's kitchen, combining fresh and natural ingredients with the healthiest cooking techniques. Here, all the pasta is homemade and made daily by me and my fantastic team.

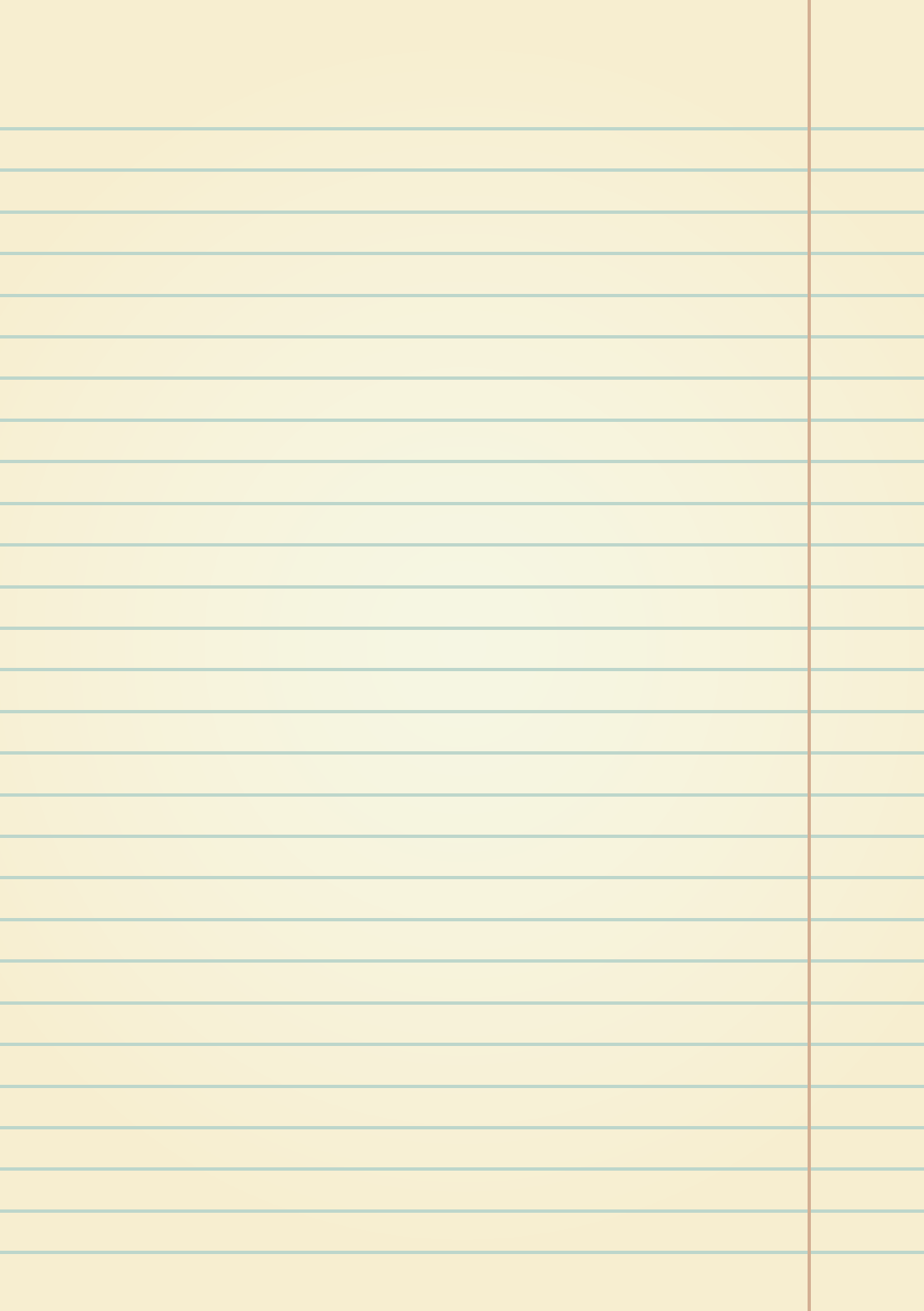
I hope you feel at home in my house, full of memories, romance, and inspiration. This is how I want to honor Nonna Isabella, by showing everyone the art of cooking she taught me with so much love.

Grazie!

Sophia

Follow me  
on instagram  
♡  
@sophianaturalitalian

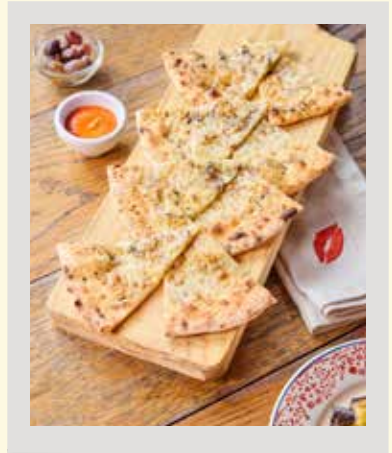




# New Family Album



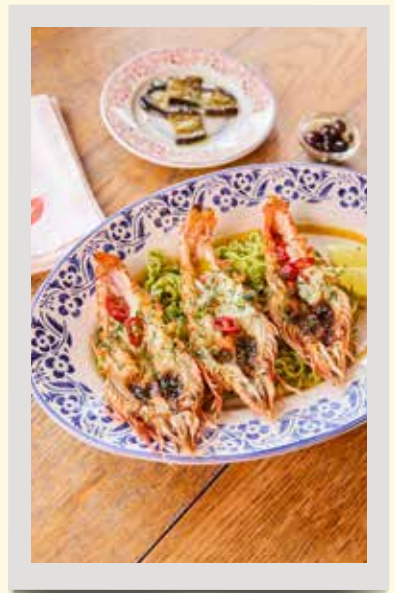
**RIGATONI GRATIN**  
with ricotta and tomato sauce  
**14,5€**



**GARLIC BREAD**  
with cheese and truffled oil  
**7€**



**PRIMA ELENA**  
Figs, prosciutto and arugula  
(seasonal)  
**16,65€**



**TIGER PRAWN**  
with homemade tagliatelle  
and basil pesto  
**25€**

## COUVERT

Potato focaccia with a roast pepper dip, rosemary smoked eggplant and marinated olives

5€ (per basket) (V)



## Per iniziare subito & Salads

Garlic bread with cheese and truffled oil (V) (B) (A) 7€

Cold tomato and carrot soup with chives (V) 4,25€

Truffled burrata with arugula and focaccia (V) (B) (A) 11€

Giant spinach and ricotta  
ravioli with egg yolk (V) (B) (A) 9,5€

nuovo Giant ravioli with shimeji mushrooms  
and egg yolk (V) (B) (A) 9,5€

Veal carpaccio with parmesan,  
arugula, capers and pine nuts (A) (B) 13€

Zucchini carpaccio with arugula, pine nuts,  
lime and fennel (V) (B) 7,25€

nuovo Tomato carpaccio with truffled burrata,  
orange, grapes, balsamic vinaigrette,  
lentils and basil (V) (A) 12,5€

Heart of lettuce salad with mini mozzarella,  
tomato and basil pesto (V) (A) (B) 7€

nuovo Ricotta, pecorino  
and pistachio tortelloni (V) (B) (A) (B) 8€

Piatti di Nonna

Cheese platter with fresh mozzarella, parmesan,  
scamorza, tomato and prosciutto served with  
focaccia and marinated olives (B) (A) 17€

Octopus carpaccio with garlic  
and basil cream (B) (A) 13€

## Insalate con Focaccia

Chicken salad with heart of lettuce, parmesan, pepper, lemon and basil pesto (v) (g) (a) (r) 13€

Grilled vegetable salad with arugula, pine nuts, pesto and avocado (v) (g) (a) (r) 13,25€

nuovo Panzanella salad with spinach, fresh buffalo mozzarella, prosciutto, cherry tomato, croutons, red onion and basil (g) (a) 13,5€

## Pizzas

(my family's favourites!)

**Barbela wheat pizzas with natural fermentation (48h)**

### **MARTINO MY BROTHER**

Fresh buffalo mozzarella and cherry tomato (v) (g) (a) 13,5€

### **GIO MY SON**

Truffled burrata and arugula (v) (g) (a) 14,15€

### **MI MARITO**

Spicy Portobello mushrooms with baby spinach (v) (g) (a) (r) 13,15€

### **MINE (SOPHIA)**

Grilled vegetables, tomato, mozzarella, olive paste, garlic and parmesan (v) (g) (a) 14€

### **PRIMO CESCO**

Spicy ventricina and arugula (g) (a) (r) 15€

### **PAPITO**

Prawns, garlic, chilli pepper and baby spinach (g) (a) 15€

### **MAMMA**

Bresaola, cherry tomato and arugula (g) (a) 14€

### **PRIMA ELENA**

Figs, prosciutto and arugula (seasonal) 16,65€

### **NONNO**

Prosciutto, scamorza and arugula (g) (a) 15,5€

### nuovo **MI SORELLA BIANCA**

No tomato sauce with red onion, sun-dried tomatoes, rosemary, balsamic oil and arugula (v) (g) (a) 11€

### **TONI DEL TARTUFO**

Truffled burrata, arugula and black truffle shavings (v) (g) (a) 17€

Handmade pasta made by me every day!  
My dear Nonna's recipes that I  
re-invented with lots of love.

## Nonna's Recipes

---

### (Vegetarian)

Saffron, prosecco, spinach, zucchini  
and lemon risotto (V) (A) 14,5€

Mushroom and parmesan risotto (V) (A) 16,25€

Fresh homemade pasta with tomato sauce  
and truffled burrata (V) (S) (A) 16,25€

Penne with Nonna's pesto,  
roasted tomato and olives (V) (A) 14,5€

Homemade tagliatelle  
with Sophia's Bolognese (V) (S) 15,25€

Truffled homemade pappardelle  
with Portobello mushrooms,  
parmesan and black truffle (V) (S) (A) 18€

nuova Cacio e pepe al tartufo (V) (S) (A) 17 €

Tagliatelle with shimeji mushrooms, pecorino  
and parmesan cheese, black pepper and truffle shards

Rigatoni gratin with ricotta and tomato sauce (S) (A) 14,5€

### (Fish)

Tiger prawn with homemade tagliatelle  
and basil pesto (S) (S) (A) (S) 25 €

Prawn and saffron risotto (A) 17,5€

nuova Farfalle di mare with clams,  
prawns and zucchini (S) (A) 20€

### (Meat)

Nonna's lasagna with ossobuco  
and Portobello mushrooms (S) (A) 15,25€

Grilled chicken with putanesca spaghettoni (S) 17,5€

Roast beef with avocado cream  
and homemade truffled pasta (S) 21,5€

# ★ Il mio Zucchero

---

Nonna's Tiramissu (v) (g) (l) 6€

Yogurt and red fruit panacotta (l) 5€

Nonna's chocolate cake (v) (l) 6€

Low-sugar homemade ice cream  
(1 scoop) (v) 4€

## Flavours:

raspberry, passion fruit, strawberry,  
almond (g), mint pineapple and gianduja (g)

Laminated fruit (v) 4€

## Menu Bambini

---

(FOR KIDS UP TO 12 YEARS OLD)

Sophia's Bolognese (v) (g)

or

Pizza Martino My Brother (v) (g) (l)

+

Water or Basil or Red fruit Lemonade

9,5€

*We do not guarantee the absence of gluten due  
to cross-contamination in our dishes.*

*How about my  
Special Aperol to start?*

*5€*





# *My Dangerous Cousins (Cocktails)*

## *Their Favourite Drinks*

### **FRANCESCA BELLINI**

Prosecco and peach juice 8€

### **MARGHERITA**

Tequila, limoncello and lime 8€

### **VALENTINA**

Sour Amaretto, Jack Daniels, egg whites and lime 8€

### **VITTORIA GARIBALDI**

Campari and orange juice 5,5€

### **DONATTA MIMOSA**

Prosecco and orange juice 5,5€

### **DRUSILA ROSSINI**

Prosecco and strawberry 5€

### **DONATELLA**

Capirinhas, Caipiroskas and Caipifruit 8€

### **SIMONETTA MOJITO 8€**

### **SOPHIA'S SPECIAL APEROL 5€**

### **APEROL SPRITZ 8€**

### **REGINA DI LAMPONE**

Limoncello, Beefeater, orange and lime 8€

## *Come Finire in Italia*

Grapa 7€

Limoncello 5€

# Vino, Vidi, Vici

## PROSECCO

Armani Prosecco DOC 33€  
Armani Prosecco DOC Magnun 71€  
Prosecco Treviso Millesimato Extra Dry 18€  
Prosecco Treviso Millesimato Brut  
*glass: 4,5€ bottle: 18€*

## LAMBRUSCO

Lambrusco Dell'Emilia Diamante Bianco IGT 13€  
Lambrusco Dell'Emilia Diamante  
Rosato IGT *glass: 4€ bottle: 16€*  
Lambrusco Dell'Emilia Diamante Rosso IGT 14€  
Lambrusco Grasparossa Rosso Bio DOC 20€

## VINO BIANCO

Quinta da Aveleda (Vinho Verde) 17,5€  
Assobio (Douro) *glass: 4,5€ bottle: 16€*  
Arco D'Agueira (Bairrada) 42 €  
Clima | Vale da Capucha Bio (Lisboa) 25€  
Dona Ermelinda Reserva (Palmela) 21€  
Pouca Roupa (Alentejo) 16€  
Esporão | Colheita Bio (Alentejo) 26€  
Ar. Terra Curtimenta Bio (Alentejo) 33€  
MandraRossa Chardonnay Laguna Secca  
(Sicília, Itália) *glass: 6€ bottle: 21€*  
Armani | Pinot Grigio Corvara Valdadige  
(Trentino, Itália) 36€  
Pio Cesare L'altro Chardonnay (Langhe, Itália) 45€  
Pio Cesare Piodilei Chardonnay (Langhe, Itália) 75€

# Vine, Vidi, Vici

## VINO ROSATO

- Assobio (Douro) *glass: 4,5€ bottle: 16€*  
Pouca Roupa | João Portugal Ramos Vegan (Alentejo) 16€  
Dona Ermelinda, Pinot Noir & Merlot (Palmela) 23€

## VINO ROSSO

- Assobio (Douro) *glass: 4,5€ bottle: 16€*  
Quinta do Romeu | Moinho do Gato Bio (Douro) 22€  
Quinta do Vallado | Touriga Nacional (Douro) 48€  
Dona Ermelinda Reserva (Palmela) 21 €  
Pouca Roupa (Alentejo) 16 €  
Esporão | Colheita Bio (Alentejo) 29€  
Herdade do Esporão (Alentejo) 40 €  
MandarRossa Cavadiserpe  
(Terre Siciliane, Itália) 38€  
Pio Cesare Barbera D'Alba (Piemonte, Itália) 45€  
Altesino Brunello di Montalcino (Toscana, Itália) 97€  
Altesino Brunello di Montalcino Montosoli  
(Toscana, Itália) 164€

## Sophia's Sangria (with a scoop of sorbet)

- Prosecco with pineapple and mint sorbet 22€  
Prosecco with strawberry sorbet 22€  
Prosecco with passion fruit sorbet 22€  
Prosecco with raspberry sorbet 22€

## Birra

- Super Bock 20cl: 2,5€ 40cl: 4,5€  
Somersby 20cl: 2,5€ 40cl: 4,5€  
Birra Moretti bottle 4€

## My Healthy Friends

**LUNA** Orange, melon, papaya, strawberry and lemon 6,5€

**EMILIA** Mango, melon, lime and red berries 7,5€

**GIA** Carrots, apple, kiwi and spinach 6,5€

**ANTONELLA** Melon, lime, basil and ginger 6,5€

**GIOVANNA** Apple, cucumber, ginger, spinach  
and parsley 6,5€

## The Basics!

Lemonade (basil or red fruits) 3,5€

Freshly squeezed orange juice 4€

Ice tea of the day 3,75€

Coca Cola or Coca Cola Zero 3,5€

## Acqua

Still or Sparkling water 2,5€

San Pellegrino 50cl 5€

Água Castello 2,5€

Água Tónica Schweppes 20cl 2,5€

## Cafeteria and Infusions

Espresso or Decaf 2€

Double Espresso 3€

Latte 2,6€

Cappuccino 2,6€

Fresh mint tea 3,25€

Tumeric infusion 3,25€

Green or black Gorreana tea 3,25€

All prices in euros and include 23% VAT (soft drinks and alcoholic beverages) and 13% VAT (other products). Ingredient changes are not allowed (only removals). No food or beverage product, including the couvert, can be charged if not requested by the customer or are unusable. (DL n°10/2015, January 16 - Art.135). The restaurant Sophia itemises a suggested gratuity on customer's bills. Payment of this amount is optional. The full value is entirely given to the restaurant staff. We are not responsible for any failure of the ATM network. We have a complaint book available on request. The restaurant Sophia itemises a suggested gratuity on customer's bills. Payment of this amount is optional. The full value is entirely given to the restaurant staff.

# The real Italian flavor

Take home the true Italian flavor!  
Choose your favorite pasta, add your favorite sauce  
and serve a real fresh pasta on Sophia's dishes!  
Available every day, from my house, directly to your kitchen.

