

# 過量飲酒危害健康

**CONSUMIR BEBIDAS ALCOÓLICAS EM  
EXCESSO PREJUDICA A SAÚDE**

**EXCESSIVE DRINKING OF ALCOHOLIC  
BEVERAGES IS HARMFUL TO HEALTH**

# 禁止向未滿十八歲人士 銷售或提供酒精飲料

**A VENDA OU DISPONIBILIZAÇÃO DE  
BEBIDAS ALCOÓLICAS A MENORES DE 18  
ANOS É PROIBIDA**

**THE SALE OR SUPPLY OF ALCOHOLIC  
BEVERAGES TO ANYONE UNDER THE AGE  
OF 18 IS PROHIBITED**

\*酒精濃度在 1.2%以上 *Título alcoométrico superior a 1,2% vol.* Alcoholic strength greater than 1.2% vol.

*“Wine is the most civilized thing in the world”*

“Ernest Hemingway”

Portuguese wines have a long history and strong presence in the local wine scene. For many years, people have been coming to Macao searching for the exquisiteness of the Portuguese food and of course their wines. Although best known for their highly acclaimed Port wines and also Madeira wines to some degree, Portugal has a lot more to offer in terms of wine styles. To begin with, Portugal has a great variety of their own native grapes, including the most well known Touriga Nacional. They also produce many wines using the international noble grape varieties such as Cabernet Sauvignon, Syrah, Merlot or Chardonnay.

Until recently the variety of wine found in Macao both Portuguese and international was almost non-existing. In this respect, nowadays Macao is a paradise for someone who wants to fully experience some of the best wines Portugal has to offer. Many of the top Portuguese wines, make now their way to Macao in fair quantities and at very reasonable prices.

For that reason IFT Educational Restaurant compiled a list of the best Portugal has to offer. Its not only a wine list but a guide and a knowledge fountain...Being a school, our aim is to quench people's thirst for knowledge, and that is exactly what we wanted to achieve with this list. Here you can find not only the name of the wines but also, the grape varieties, and an overall explanation about the Portuguese wine producing regions and classifications.

We hope this list helps shed some light regarding Portuguese wines and that by the end of your experience you will be equipped with more knowledge and a better understanding of Portuguese wines.

Bon Appetite and like the Portuguese say **SAÚDE!**

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Please be aware that occasionally vintages can be subject to change at short notice and rare wines are cellared in limited quantities.

	Mop
<b>Corkage charge per bottle</b>	
Red wine, white wine, rosé wine & sparkling wine(75cl)	150
Sweet wines, Fortified wines & other alcoholic beverages (75cl)	150
Spirits (+ 35% alcohol) (75cl)	300

\* No government tax and service charge\*

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## Wine by the Glass

### Sparkling Wine

<b>2020 quinta das bageiras bruto nature rose, bairrada.....</b>	mop
(baga)	85
a light and refreshing sparkling wine with a soft and elegant texture on the palate. showing fresh red fruits notes and roses floral aroma.	

### White Wine

<b>2021 casa santos lima, lisboa.....</b>	60
(chardonnay)	
green fruit aromas and a light sensation of wood toast. high acidity giving a lively freshness to the wine, and long smooth finish.	
<b>2021 esporão reserva, alentejo.....</b>	95
(antão vaz, arinto, roupeiro)	
notes of grapefruit and lemon, with hints of spices and a light toast that accentuates the aromatic freshness. balanced and filled with fruit, with a long and intense finish.	

### Red Wine

<b>2020 marquês de borba, alentejo .....</b>	65
(aragonez, trincadeira, alicante bouschet, cabernet sauvignon)	
fruity, with notes of black fruits and spices. round and easy to drink. it shows a balanced acidity and smooth body with a moderate finish.	
<b>2017 quinta do vallado reserva, douro.....</b>	105
(tinta roriz, tinta amarela, touriga franca, tinta barroca)	
a fruity and well-structured red wine with a lot of black fruits and floral aromas.	



## Sparkling Wines

### Távora-varosa

		mop
<b>033.</b>	<b>2021 terras do demo bruto</b> .....	<b>225</b>
	(malvasia fina)	
<b>032.</b>	<b>2019 murganheira reserva bruto</b> .....	<b>270</b>
	(malvasia fina, cerceal, gouveio real)	

### Bairrada

<b>029.</b>	<b>2020 quinta das bageiras bruto nature rose</b> .....	<b>255</b>
	(baga)	

## Rosé Wines

### Douro

<b>005.</b>	<b>n/v mateus</b> .....	<b>120</b>
	(baga, rufete, tinta barroca touriga franca)	

## White Wines

### Alentejo

<b>246.</b>	<b>2021 esporão reserva</b> .....	mop
	(antão vaz, arinto, roupeiro)	330

### Dão

<b>257.</b>	<b>2022 quinta das marias</b> .....	195
	(encruzado)	

### Douro

<b>237.</b>	<b>2016 niepoort redoma reserva</b> .....	400
	(rabigato, códega, donzelinho, viosinho, arinto)	

### Lisboa

<b>247.</b>	<b>2021 casa santos lima</b> .....	165
	(chardonnay)	

### Península de Setúbal

<b>251.</b>	<b>2022 bacalhôa</b> .....	240
	(chardonnay)	

### Vinho Verde

<b>250.</b>	<b>2022 aveleda</b> .....	140
	(loureiro, trajadura, arinto)	

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## Red Wines

### Alentejo

<b>2020. 2017 cartuxa</b> .....	mop 340
(castelão, trincadeira, alicante bouschet, aragonez)	
<b>2025. 2020 esporão reserva</b> .....	425
(aragonez, trincadeira, cabernet sauvignon, alicante bouschet)	
<b>2022. 2020 marquês de borba</b> .....	175
(aragonez, trincadeira, alicante bouschet, cabernet sauvignon)	
<b>2009. 2016 tiago cabaço .com</b> .....	185
(touriga nacional, aragonez, trincadeira, alicante bouschet)	
<b>2021. 2019 terras d'alter reserva</b> .....	235
(trincadeira, tinta caiada, aragonez)	

### Bairrada

<b>305. 2005 luis pato quinta do ribeirinho pé franco</b> .....	1805
(baga)	
<b>313. 2007 quinta do encontro “encontro 1”</b> .....	1300
(baga, touriga nacional)	
<b>322. 2017 niepoort drink me nat cool (1000ml)</b> .....	220
(baga)	

### Lisboa

<b>617. 2017 brutalis</b> .....	390
(cabernet sauvignon, alicante bouschet)	

## Red Wines

### Dão

<b>447. 2019 quinta de cabriz colheita seleccionada</b> .....	mop
(alfrocheiro, tinta roriz, touriga nacional)	135
<b>448. 2016 casa de santar reserva</b> .....	240
(touriga nacional, alfrocheiro, tinta roriz)	
<b>405. 2003 four c</b> .....	1300
(baga, trincadeira, tinto cão, touriga nacional)	
<b>411. 2005 quinta dos carvalhais único</b> .....	1335
(touriga nacional)	

### Douro

<b>5022. 2019 meandro do vale meão</b> .....	275
(touriga nacional, touriga franca, tinta roriz, tinta barroca, tinta amarela)	
<b>5018. 2019 quinta do crasto</b> .....	195
(touriga nacional, touriga franca, tinta roriz, tinta barroca)	
<b>5024. 2019 quinta do crasto reserva vinhas velhas</b> .....	460
(old vines, 25 to 30 different grape varieties)	
<b>5021. 2017 quinta do vallado reserva</b> .....	450
(tinta roriz, tinta amarela, touriga franca, tinta barroca)	
<b>5020. 2018 vinha grande</b> .....	235
(touriga nacional, touriga franca, tinta barroca, tinta roriz)	

### Península de Setúbal

<b>821. 2017 quinta da bacalhôa</b> .....	290
(cabernet sauvignon)	
<b>820. 2019 quinta da mimosa</b> .....	250
(castelão)	



## Sweet and Fortified Wines

### Port Wine

#### White Port

	per glass	per bottle
	mop	mop
902. ferreira lágrima.....	40	180

#### Tawny Port

904. ferreira dona antónia reserva.....	50	230
905. ferreira quinta do porto10 years old.....	60	380
906. ferreira duque de bragança 20 years old.....	75	645
907. taylor's 20 years old.....	115	1100
908. niepoort 30 years old.....	175	

#### Colheita Port

909. 1966 barros.....	2500
911. 1958 krohn.....	3000
912. 1965 krohn.....	2500
939. 2000 niepoort (375ml) .....	245

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## Sweet and Fortified Wines

### Vintage Port

		mop
918.	1977 dow's.....	2205
925.	1994 warre.....	1880
917.	1997 castelinho.....	980
921.	1997 graham.....	1850
924.	2003 taylor's.....	1900
937.	2007 ferreira.....	600

### Moscatel do Douro

928.	1975 adega cooperativa de favaio (500ml) .....	685
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# History

Vines were first brought to Portugal by the Greeks in the 7th century BC, but it was only when the Romans occupied Portugal that this crop came to be important. With the worship of Bacchus, the Portuguese also inherited the tradition of wine making.

Vines are now to be found throughout the country, and there are already a number of specific “regiões demarcadas” (demarcated regions).

## Portugal - the Regions

### **Vinho Verde**

This is Portugal's largest DOC region stretching from the hills south of the river Douro to the river Minho in the north. The cool, damp maritime climate together with the rather unusual method of growing vines produce fresh, light white wines, whose extraordinary aroma is balanced by their acidic touch.

Grape varieties to note here is the Alvarinho, probably the best Portuguese white grape variety and commonly making single variety wines. Other interesting grapes are Loureiro and Trajadura, more commonly used in blends but making also some interesting single variety wines.

### **Trás-os-Montes**

In the remote north east of Portugal, cut off from the coast by a series of mountain ranges, Trás-os-Montes is wild, high country, its soils poor and unproductive, granitic with here and there the odd patch of schist. The extreme continental climate brings long, hot summers followed by long, icy winters. Grape varieties to note here is the Bastardo, Marufo, Tinta Roriz, Touriga Franca, Touriga Nacional and Trincadeira (Tinta Amarela), Côdega do Larinho, Fernão Pires, Gouveio, Malvasia Fina, Rabigato, Sória (Côdega) and Viosinho.

### **Porto and Douro**

Douro wine originates in a region of beautiful landscapes, where the grapevines climb the 60-degree sloping banks of the river, that winds its way through the limestone ravines, transformed by the muscles of men into vineyards. It is the oldest demarcated wine region in the world and also home of some world heritage vineyards. For centuries the Douro was known for its Port wines, but nowadays its the table wine making the headlines. International wine publications are giving some of its highest ratings to the wines of the Douro valley.

The variety of soils and micro-climates along the banks of the river Douro determine the quality and diversity of the wine produced here. 50% of the production goes for Port wine, while the other 50% is used for the production of red, white, rosé, sparkling wine, fortified (moscatel do Douro) and brandy.

Several grape varieties are used in the Douro such as the Tinta Roriz (Aragonez in Alentejo and Tempranillo in Spain) and the queen of the Portuguese grape varieties, the Touriga Nacional.

### **Távora-Varosa**

This is a small region, however, it is very relevant in the production of sparkling wines with significant plantings of Chardonnay and Pinot Noir (two of the major grapes of the Champagne region of France), although it also produces fresh white and soft red wines.

### **Dão and Lafões**

This region stretches along the river Dão surrounded on all sides by mountains. Traditionally, it produces excellent red wine, with a good bouquet, and elegant and deep taste. After ageing, it gains a velvety taste and changes the ruby colour to a reddish brown. The white wines of the region are generally aromatic and refined. For red wines, Touriga Nacional and Alfrocheiro perform very well here, with the help of Tinta Roriz (also known as Aragonez, or, in Spain, Tempranillo), along with the traditional Jaen, Baga, Bastardo and Tinta Pinheira. Top white grape variety is the Encruzado.

### **Bairrada**

The region of Bairrada is closer to the littoral, between river Vouga and Mondego. wine has long been a tradition in this region. The local reds are fruity when young, have good balanced tannin and acid content, developing a complexity with age. 60% of Portugal's sparkling wines, are produced in this region. Top grape variety here is the Baga.

### **Beira Interior**

Located in the heart of the northern interior, along the border with Spain, in the most rugged and mountainous region of mainland Portugal. The soils are mostly granitic in nature, with some schist and, although less common, some sandy slope.

### **Lisboa**

Formerly known as Estremadura, the Lisbon wine region stretches from Lisbon further north to just beyond the city of Leiria. It has classic traditional areas such as Carcavelos, Colares and Bucelas known for producing long lived whites are unfortunately disappearing amongst the concrete buildings of the Portuguese capital Lisbon. However other areas such as Alenquer further north are booming and producing quite a number of quality wines like never before. In terms of grape varieties this is the region that experiments the most in Portugal, so you will find a great variety of nacional and international grapes such as Cabernet Sauvignon and Syrah/Shiraz.

## **Tejo**

Formerly known as Ribatejo, this region was for a long time the provider of bulk wine. Tejo is now emerging as an exciting source of modern-styled commercially astute red wines. The fertile alluvial soils on the banks of the river Tagus produce soft-textured, ripe, drinkable reds in the sorts of quantities and at the price points that excite supermarket buyers. Further up, on the stonier soils more serious wines can be made. Unlike most other Portuguese regions, foreign varieties such as Cabernet Sauvignon and Merlot are quite common here, and seem to do well. Top local grape varieties include Castelão and Trincadeira for reds and Fernão Pires for whites.

## **Península de Setúbal**

Situated south of Lisbon it comprises the regions of Setúbal and Palmela. Much of the area is flat and sandy, with the exception of the Serra da Arrábida, a short chain of mountains running along the south coast of the peninsula, where the soils are limestone or clay-limestone. It is on these Serra da Arrábida slopes that the grapes are grown for the famous sweet Moscatel de Setúbal wines. The whites surprise with their sheer diversity of pleasing tastes and fruity aromas, and the reds are warm and full-bodied. Top local grape varieties include Castelão (Periquita), Touriga Nacional and Aragonez for reds and Chardonnay for whites.

## **Alentejo**

In recent years this region has done much to develop and perfect wine production. The wines produced here have great character - smooth, highly drinkable reds and fresh aromatic wines. Located between river Tejo and Algarve region, Alentejo is an excellent region with superb natural conditions for its long and extensive plains of vine trees to fully mature under the burning sun. Main grapes here include Trincadeira, Aragonez (Tinta Roriz in the Douro and Tempranillo in Spain), Alicante Bouschet, and most recently Touriga Nacional and Syrah/Shiraz.

## **Algarve**

Vines love Portugal's southernmost region for the same reason the tourists do - it's never too hot, never too cold, and they can be sure to enjoy more than 3,000 hours of sunshine every year. The main white grapes are Arinto, Malvasia Fina, Manteúdo and Síría, and for the reds Castelão and Negra Mole.

## **Azores**

In the middle of the Atlantic Ocean and at a distance of 1600 km to the west of the Portuguese mainland coast, the Azores archipelago is located, made up of nine islands, on three of which vines are cultivated: Terceira, Pico and Graciosa. The main grapes are Verdelho, Arinto, Terrantez for the whites and Merlot for the red.

## **Madeira**

Madeira's fortified wines keep practically forever - they have been known to survive for more than two centuries. A small clutch of historic Madeira grapes are known as the 'noble' varieties: Sercial, Verdelho, Boal, Malvasia (sometimes called Malmsey) and the rarer Terrantez. All are white, and the first four are traditionally vinified to give different degrees of sweetness in the finished wine: respectively dry, medium-dry, medium-sweet and sweet.

# Map of Portuguese Wine Regions



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# Portuguese wine classification

## **DOC/DOP**

DOC (Denominação de Origem Controlada), DOP (Denomination of Controlled Origin) applies to wine products with originality and individuality due to an inextricably link to a particular region, place or traditional denomination with specific characteristics deriving from the local terroir (geographic environment, natural and human factors).

## **IG/IGP**

IG (Geographical Indication) that is, produced in a specific region and minimally elaborated with 85% of grapes from that region and typical varieties of the region. These wines are controlled by a certifying entity. IGP (Protected Geographical Indication) applies to wines from a specific region named on the label, produced with at least 85% of grapes of that region. Like DOP/DOC wines, they are subject to strict rules of control. These wines can be labelled as “Vinho Regional”.

## **Vinho Regional**

Regional Wines: Traditional mention for wines that have a Protected Geographical Indication. Sometimes they are produced in DOC regions, but as they do not respect any production or elaboration rules, they are not cataloged as such. In regional wine, it is allowed to include 15% of wine from other regions, use unauthorized varieties and types of bottles in DOC wines or shorten the aging period. The reference to the Regional mention dispenses with the use of Protected Geographical Indication (IGP).

## **Vinho de Mesa**

Vinho de Mesa (table wines)- all the wines coming from recommended stocks, and that follow certain analytic characteristics. They can mention their geographic origin, as long as it doesn't match any DOC/DOP, IG/IGP. Table wines if from allotments, lose the right to this designation.