



HDKI PORTUGAL



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7th DAN HDKI

EVENT MENU & MEAL BOOKING INFO

7th and 8th February 2026

INTERNATIONAL KARATE SEMINAR
ENTRONCAMENTO

EVENT CATERING & MEAL BOOKING GUIDE

Welcome to Entroncamento, Welcome to Portugal!

To ensure everyone stays energized and focused during the seminar, we have organized a dedicated catering service directly at the venue. Our goal is to offer you a taste of Portuguese culture while keeping things practical for the event schedule.

- 1. ALL-DAY BAR SERVICE:** A bar will be operating continuously throughout the event (Saturday and Sunday). You will find a selection of snacks, coffee, water, and other drinks available for purchase at any time during the breaks or whenever you need a boost.
- 2. THE LUNCH EXPERIENCE - A TASTE OF PORTUGAL:** For the lunch break, we have selected authentic Portuguese comfort food. We chose dishes that are deeply rooted in our tradition but are also perfectly suited for a seminar environment—hearty, nutritious, and easy to eat, so you can enjoy a great meal without leaving the venue.

On the following pages, you will find the menu options, including the famous "Bifana" (pork sandwich) and our legendary soups:

"Caldo Verde" and "Sopa da Pedra". We have also included a brief history of these dishes so you know exactly what you are tasting!

EVENT CATERING & MEAL BOOKING GUIDE

HOW TO BOOK YOUR MEAL

To help us minimize food waste and guarantee your choice is available, pre-booking is required. Please follow these steps:

1. **Browse the Menu:** Check the options and descriptions on the next pages.
2. **Make your Selection:** Please select the Menus or Individual Items you wish to order from this document, specifying the quantity for each and the name for the reservation.
3. **Confirm your Order:** Send an email to **escolakarateentroncamento@gmail.com** with your full order details by January 30th. Example: "2x Sopa da Pedra Menu, 1x Bifana (Single), Name: John Smith"
4. **Payment:** Payment will be collected at the bar counter.

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BIFANA MENU

Available on Saturday and Sunday!

4 €

The traditional Portuguese pork sandwich meal

Enjoy the authentic taste of a Portuguese **pork sandwich (Bifana)** served in a fresh bread roll.

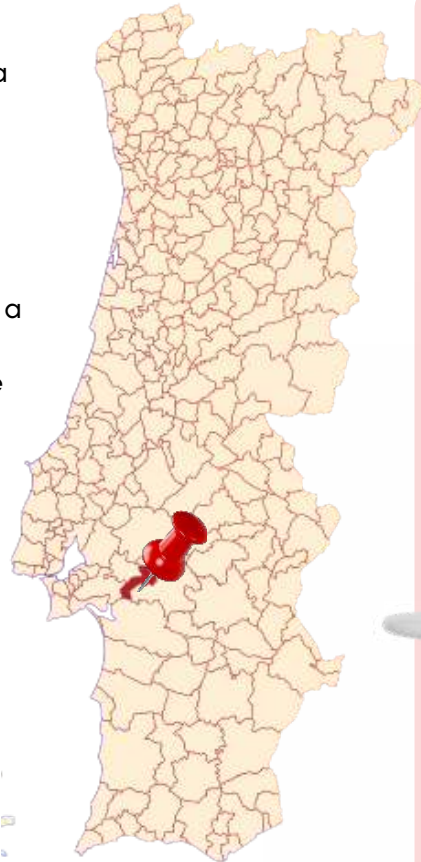
This menu includes a **packet of potato chips** and your choice of a **non-alcoholic drink** (juice or water)

The Ultimate Portuguese Street Food

Originating in the town of Vendas Novas (Alentejo), the Bifana is the snack that unites all Portuguese people, from football matches to summer festivals.

What is it? It consists of thin, juicy slices of pork marinated in a special mix of white wine, garlic, bay leaves, and paprika. The meat is simmered in this flavorful sauce and served inside a fresh bread roll (papo-seco).

How to eat it like a local: Most Portuguese people add a squeeze of yellow mustard or a few drops of piri-iri (hot sauce) before taking the first bite.



SOPA DA PEDRA MENU

Saturday Special!

7 €

The rich and hearty meat and bean soup

Hungry? This is the complete package for **Saturday**. Enjoy a hearty bowl of the famous Sopa da Pedra paired with our traditional pork sandwich.

This menu includes a **bowl of Stone Soup**, a **Bifana** (pork sandwich), a **packet of potato chips**, and your choice of a **non-alcoholic drink** (juice or water).

The Legend of the Clever Monk

Originating in Almeirim, this soup is famous for the legend of a cunning friar.

He arrived at a house with nothing but a stone, claiming he could make a delicious soup with it.

By playing on their curiosity, he tricked them into providing a full feast! When asked about the stone at the end, he simply washed it and said: "I'll take it with me for the next time!"

What is it? It is a hearty soup made with red kidney beans, potatoes, and a rich variety of meats, including pork, bacon, and smoked sausages (chouriço and morcela).



CALDO VERDE MENU

Sunday Special!

7 €

The classic combo: Soup + Bifana + Chips + Drink

The perfect comfort meal for **Sunday**. Enjoy the authentic taste of Caldo Verde. Recognized by CNN as one of the 20 best soups in the world, it is comforting, healthy, and delicious.

This menu includes a **bowl of Caldo Verde**, a **Bifana** (pork sandwich), a **packet of potato chips**, and your choice of a **non-alcoholic drink** (juice or water).

The Queen of Portuguese Soups

Originating in the Minho region (North), Caldo Verde is the most beloved soup in Portugal, essential at every traditional festival.

What is it? It consists of a creamy potato and onion purée filled with very thinly shredded kale (couve-galega). It is traditionally served with a slice of chouriço (chorizo) on top and corn bread (broa).



INDIVIDUAL ITEMS

Build your own meal or grab a quick snack

1. MAIN SNACK

- Bifana (Pork Sandwich) [3 €]

The traditional marinated pork sandwich served in a fresh bread roll.

2. TRADITIONAL SOUPS (Note: Soups are served by the bowl)

- Sopa da Pedra (Stone Soup) [4.5 €]

Rich meat and bean soup from Almeirim - [Available Saturday Only]

- Caldo Verde (Green Soup) [4.5 €]

Creamy potato and kale soup with chorizo - [Available Sunday Only]

3. SIDES & DRINKS

- Packet of Potato Chips [0.50 €]

A bag of salted potato chips (crisps).

- Drinks [0.50 €]

Water (Still), Juice, or Soft Drinks.

OTHER TREATS & BAR SERVICE

Discover what else is waiting for you at the counter

Throughout the event, our bar will be fully stocked with a variety of snacks to keep your energy levels high between training sessions.

1. SWEETS & SAVORY SNACKS

We will have a selection of daily fresh items available for purchase directly at the bar:

- Salgados (Savory Snacks): Try our traditional fried snacks, such as meat croquettes, shrimp patties (rissóis), or codfish cakes (pastéis de bacalhau).
- Doces (Sweets): A variety of Portuguese pastries and cakes to satisfy your sweet tooth.

2. THE "IMPERIAL" EXPERIENCE - You might hear everyone ordering an "Imperial" at the bar. But what is it?

- In Portugal (especially in the South and Center), an "Imperial" is the specific name we give to draft beer served from the tap (pressure), typically in a tall, slender 20cl glass. It is served very cold, with just the right amount of foam. It is the perfect way to relax and socialize after a hard day of training!

3. COFFEE

- And, of course, no Portuguese event is complete without our famous Espresso coffee. Ask for "um café" for a strong energy boost!

Sensei Scott Langley

Entroncamento | 7th and 8th - FEB - 25

Organization:



Support for the event:



ENTRONCAMENTO



Would you like to join HDKI PORTUGAL?

Find out more about HDKI Portugal at <https://www.aeke-hdki.pt/hdki-portugal>

Contact us: escolakarateentroncamento@gmail.com