IFT Educational Restaurant
旅遊學院教學餐廳

The kitchen is led by a professional chef but his brigade is made up of students, as this restaurant is run by the Institute of Tourism Studies. It offers a good selection of European and Portuguese dishes and uses many herbs, salad leaves and vegetables grown in its own organic garden; look out for African chicken with couscous and IFT seafood rice. This is a good spot for dinner away from the bustle of the casinos.

這家旅遊學院教學餐廳的廚房由專業廚師主理，而團隊則由學生組成，供應多款歐陸及葡國美食，其特色是採用多種自家種植的有機香草、沙律菜和蔬菜作食材。推介菜式有非洲雞及學院海鮮飯。遠離澳門喧囂的賭場，這裡是悠閒地享用晚餐的好去處。

TEL. 8598 3077
Colina de Mong-Há, Rampe do Forte de Mong-Há
www.ift.edu.mo/pousada

■ PRICE 價錢
Lunch 午膳
set 套餐 MOP 200
à la carte 點菜 MOP 250-450
Dinner 晚膳
set 套餐 MOP 700
à la carte 點菜 MOP 250-450

■ OPENING HOURS 營業時間
Lunch 午膳 12:30-14:30 (L.O.)
Dinner 晚膳 19:00-22:00 (L.O.)

■ ANNUAL AND WEEKLY CLOSING 休業日期
Closed weekends and Public Holidays
週末及公眾假期休息