The popular restaurants (RPs) are Brazilian equipments to help fight hunger in the country. The meals offered must be the result of planning menus that address different aspects of quality such as nutritional and sensorial. The aim of this study was to evaluate the nutritional and sensorial quality of the menus offered in Brazilian RPs. The instruments used for evaluation were the Diet Quality Index (IQR) and Qualitative Evaluation of the Prepared Menu (AQPC). For the calculations, technical preparation files were developed. 112 menus in 37 RPs were selected, distributed in five geographic regions. The mean values for each score instrument in all the menus were 80.1 ± 20.0 (adequate) for the IQR, and 73.2 ± 13.7 (satisfactory) for AQPC. Considering the nutritional assessment, menus analyzed were characterized by higher energy supply to the recommendations (62.5%, n = 70), and suitability to carbohydrate (36.6%, n = 41), total fat (49.1%, n = 55), saturated fat (80.4%, n = 90) and dietary fiber (83.0%, n = 93), and inadequate supply of protein (above recommendation) (83.9% n = 94), and sodium (98.2%, n = 110). The analyzed menus provide important amounts of energy to support the needs of daily replacement of the population, but they must be adjusted in relation to the supply of sodium and protein. In that way you can contribute to the prevention of nutritional deficiencies in the target population, that are more vulnerable, such as elderly and low income population.