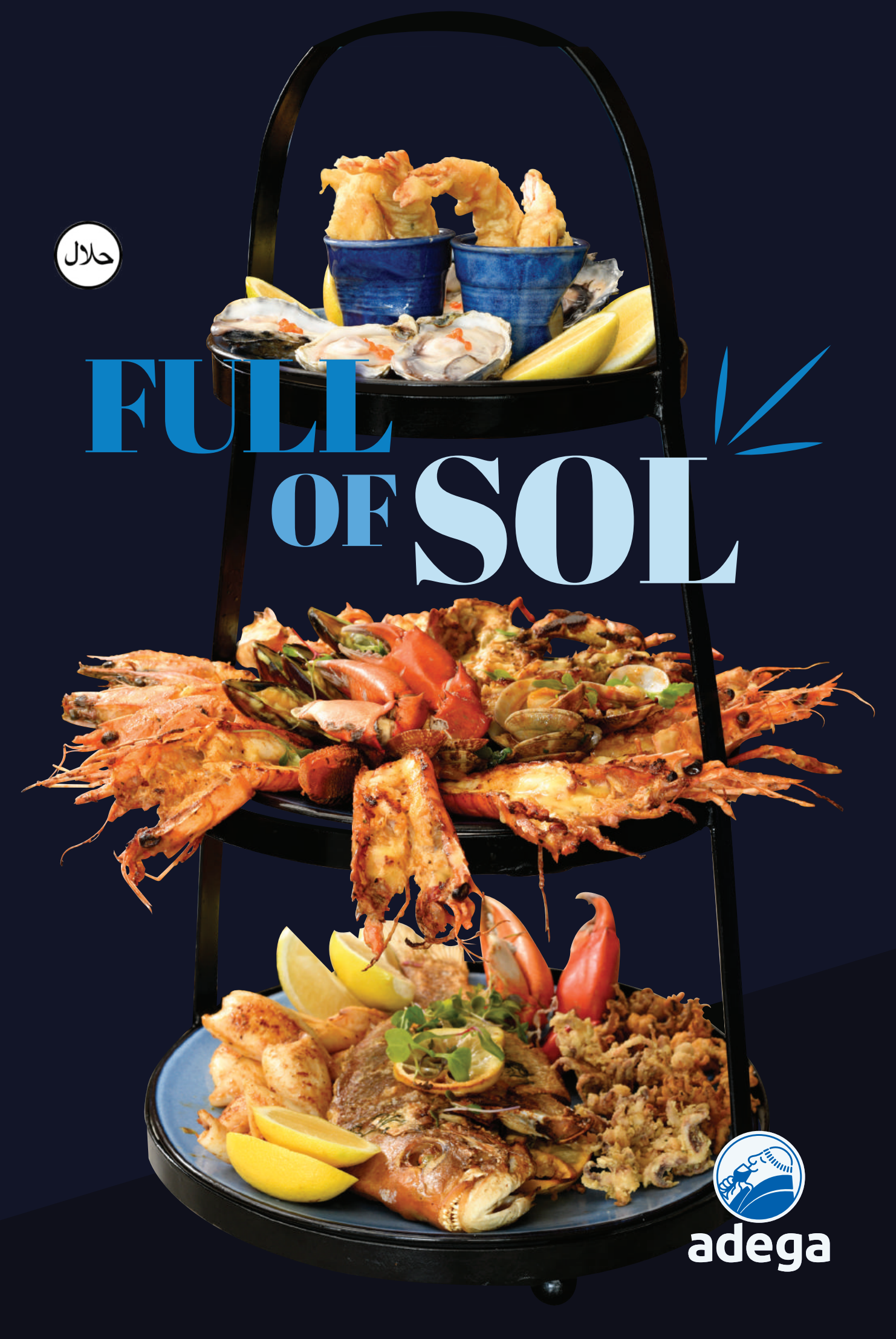

حلال
FULL
OF SOL
adega

Entradas / Starters



Oysters — R35 each
Fresh Ocean Oysters

Calamari — R95
Tender calamari tubes grilled in our delicious lemon butter sauce

Mussels — R139
Fresh half shell mussels sautéed in a creamy garlic sauce

Chicken Livers — R78
Grilled the Portuguese way with onions and a hint of chilli

Giblets — R72
Chicken delicacies marinated and cooked in garlic, and Portuguese spices

Camarão Alhinho — R149
Portuguese style garlic prawns

Trinchado — R95
Rump steak cubes fried in garlic and bay leaves, served with crostini



Chicken Rissoles — R73
3 Crumbed pastry pockets filled with chicken in a spicy creamy sauce

Prawn Rissoles — R79
3 Crumbed pastry pockets filled with prawn in a spicy creamy sauce

Stuffed Calamari — R125
Calamari stuffed with prawns, feta, and a creamy sauce with a hint of chilli

Portuguese Starter Platter — R269
Trinchado, calamari, chicken livers and giblets is an excellent choice for a group of 3 or more

Lisboa Starter Platter — R389
Prawn rissoles, calamari, camarao alhinho and trinchado is an excellent choice for a group of 3 or more

Prawn Tempura — R115
4 Prawns fried golden brown in a light tempura batter and served with sweet chilli sauce

Saladas / Salads



Greek salad — R89
Crisp lettuce, tomatoes, green peppers, onions, feta cheese and olives
Side portion — R59

Portuguese salad — R85
Crispy lettuce, tomatoes, green peppers, onions, carrots and Portuguese olives
Side portion — R55

Happiness is a delicious salad

Vegan / Vegetarian



Vegetarian pasta — R139
A fresh medley of vegetables bound in a creamy sauce with a hint of chilli, and fresh coriander

Vegan platter* — R225
Golden crumbed Vegan schnitzel, Vegan meatballs, chicken-style nuggets, mushrooms, and selected vegetables

***Items subject to availability**

Massa / Pasta

Your choice of penne or linguine

Prawn — R 199
A creamy sauce with fresh tomatoes, a hint of chilli, and coriander. Tossed with a generous serving of 8 queen prawns

Chicken — R 159
Grilled chicken cubes tossed in a tomato based sauce, complemented with a dash of cream

Vegetarian — R 139
A unique medley of vegetables, bound in a creamy cheese sauce with a hint of chilli, topped with fresh coriander

Seafood — R 209
Prawns, mussels, and calamari in a cream based sauce with a hint of garlic and olive oil

Crayfish — SQ
Our exciting NEW favourite! A creamy delight served with a lobster tail

Try me I'm delicious!

Did you know?
There are 350 different shapes of pasta around the world.



Crayfish Pasta

MILLIONAIRES SEAFOOD PLATTER

R2600

This seafood fiesta consists of Tempura Prawns, Oysters, Mussels, Clams, Baby Lobster, Crab, Langoustines, King Prawns, Calamari, Squid Heads and Linefish



A SEAFOOD EXTRAVAGANZA CELEBRATING YOU!



Seafood / Frutos do mar

Grilled Calamari — R 205
Falklands calamari marinated in our secret spices, then grilled in lemon butter
Served with chips or rice

Grilled Bacalhau — R 349
A generous portion of Atlantic codfish topped with grilled peppers, garlic, olive oil, and sliced raw onion, served with baby potatoes, and olives

Bacalhau à Brás — R 249
Shredded codfish with fried onions, chipped potatoes, garlic and egg. All carefully blended together and pan-fried
This is a tasty dish for the adventurous palate

Grilled Kingklip — R 275
Fresh, and filleted kingklip, served with lemon butter, boiled potatoes and vegetables

Grilled Sole — R 245
Grilled with lemon butter, served with boiled potatoes and vegetables

Lobster Grilled — SQ
Freshly grilled with a lemon butter sauce

Langoustines 1kg — SQ
An authentic Adega experience!

Lobster Thermidor — SQ
Diced lobster prepared in a homemade mushroom and cream sauce. Topped with cheese, then oven-baked in the shell

Prawns
An **Adega** speciality!
All our prawns are selected with great care, then grilled to perfection

1kg Tiger giants	**SQ**
16 King prawns	**R 532**
10 King prawns	**R 350**
20 Queen prawns	**R 570**
10 Queen prawns	**R 320**
Add extra sauce	**R 33**

Prawn Naçional — R 279
Prawns, pan-fried with bay leaves, garlic, cream and Portuguese spices
Served with white rice

Prawn Curry (mild) — R 269
De-shelled prawns cooked in our chefs' mild curry sauce. **Served with white rice.**
Can be served hot

Fresh Linefish — SQ
Ask about our fresh offering







Combinações / Combos

LM style chicken & 5 prawns — R 280
Half a spring chicken and 5 queen prawns grilled in lemon butter

Família Platter — R 899
This family feast will keep the whole family satisfied, with our delicious selection of 1kg queen prawns, grilled calamari and a full chicken
Served with chips, rice and a salad

Seafood Platter — R 989
A choice of a baby lobster or 2 langoustines,*
6 king prawns, 8 queen prawns, kingklip, calamari and mussels

Algarve's Edge — R 320
1/4 Chicken, 250g beef ribs and 5 queen prawns. Served with a side of your choice.

Solteiro Sizzler — R 329
Monks choice of 5 prawns, kingklip, mussels and calamari
Served with a side of your choice

Marisco Medley — R 285
Our monks choice of 2 prawns, kingklip, and calamari
Served with a side of your choice

Sintra's Bounty — R 295
200g Juicy rump steak topped with 2 queen prawns, served with tender calamari tubes and a side of your choice

***Subject to availability**
All served with your choice of a side



Frango / Chicken

LM Style Chicken
Adega's famous full chicken marinated in true mozambican-fashion, grilled whole or cut trinchado-style to your liking (mild or hot)
Served with chips or rice

Full Chicken	**R 220**
Half Chicken	**R 159**
Add extra sauce	**R 33**

Grilled Chicken Breast — R 159
Tender chicken breast stuffed with spinach and feta. Grilled golden brown, served with a salad or side of your choice

Chicken Curry — R 159
Cubed chicken breast cooked in our chefs' spicy curry sauce. Served with white rice
Can be served hot

Extras

Chips	**R 35**
Rice	**R 32**
Steamed vegetables	**R 39**
Vegetables (Creamed spinach & butternut)	**R 39**
Milho frito (3 pieces)	**R 29**
Boiled potatoes	**R 32**
Mashed potatoes	**R 35**
Lemon butter sauce	**R 33**
Garlic butter sauce	**R 33**
Peri-peri sauce	**R 33**

MILLIONAIRES MEAT PLATTER

R2100

A delicious meat selection
of Picanha Steak, Beef Ribs,
Lamb Chops, a Full LM Chicken,
2 x Rump Espetadas and
1 x Picanha Espetada

A MIGHTY MEAT FEAST!





Carne / Meat

Picanha Steak — R 235

A meat experience like no other.
300g Beef cut from the top of the rump, this naturally marbled and juicy cut, is a firm favourite - **our Monks recommended choice!**

Monks Speciality Cuts

Your choice of rump or fillet steak. Grilled to your liking. Choice of Peppercorn crusted, BBQ basted or with a salt rub. **Served with round chips**

Fillet 200g	**R 209**
Rump 200g	**R 179**
Rump 300g	**R 220**

Portuguese Style Steak
Any of the above cuts, grilled to your liking and topped with a fried egg. Served with round chips

Bitoque

Our favourite Portuguese steak!
Rump steak cooked in our secret sauce, topped with an egg. Served with chips

150g	**R 169**
300g	**R 239**

Trinchado — R 199

250g Rump steak cubes served with mealie patties and chips or rice or vegetables

Spare Ribs — R 299

A full rack of beef ribs, marinated and grilled in a sticky BBQ sauce

Ask about our sauces for your steaks

All steaks can be served peppercorn crusted, BBQ basted or with a salt rub

Bitoque
topped with an egg, and served with chips



Rump Espetada

Fun Fact:
The espetada is a dish originating from the island of Madeira

Espetadas

Seafood Espetada — R 300
Prawns, calamari, kingklip, green peppers, and onions, skewered and drizzled with our famous lemon butter sauce
Served with chips, rice or vegetables

Rump Espetada — R 220
Grilled tender rump cubes served with mealie patties and your choice of chips, rice or vegetables

Picanha Espetada — R 235
Tender picanha cubes, skewered and grilled in Adegas' unique spices.
Served with your choice of chips, rice or vegetables





Sobremesa/ Dessert

Chocolate Meltdown — R 149
A decadent chocolate brownie enveloped in a rich chocolate sphere. Served with a sizzling lush caramel sauce

Cheesecake — R 85
A velvet smooth, rich and sweet Adega dessert with a sour cream cap, adding the perfect balance to this decadent delight

Créme Caramel — R 63
Traditional Portuguese pudding topped with caramel syrup

Peppermint Crisp — R89
A minty delight

Chocolate Mousse — R 79
A decadent speciality for all lovers of chocolate

Chocolate Brownie — R85
A luscious chocolate brownie served with ice-cream

Ice-cream & Choc Sauce — R 59
Vanilla ice-cream served with delicious chocolate sauce



chocolate meltdown

Reveal the hidden centre with this chocolate delight

Felicidade = Happiness