

حلال

# FULL OF SOL



adega

\*Pictures for illustration purposes only

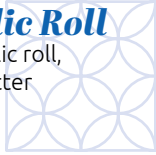




# Entradas / Starters

## **Cheesy Garlic Roll**

Our famous cheesy garlic roll, drizzled with lemon butter



R55

## **Squid Heads**

Fresh Calamari Heads grilled or fried to a crisp golden brown, served with tartare sauce

R79

## **Stuffed Calamari**

Falklands Calamari stuffed with prawns, feta and a creamy chilli sauce

R119

## **Calamari**

Tender calamari tubes grilled in our delicious signature sauce

R95

## **Mussels**

Fresh half shell mussels sautéed in a garlic sauce, served with a Portuguese roll

R89

## **Trinchado**

Fresh rump steak cubes grilled and fried in garlic and mozambican spices and served with a fresh Portuguese roll

R89

## **Halloumi Cheese**

Creamy, fresh fried halloumi served with sweet chilli sauce

R89

## **Black Mushrooms**

Black Mushrooms oven baked with a fresh spinach, feta, mozzarella & cheddar topping

R89

## **Prawn Rissoles**

Crumbed Pastry Pockets filled with Prawns in a creamy, spicy sauce

R89

## **Chicken Rissoles**

Crumbed pastry pockets filled with chicken

R79



## **Cheese and Jalapeno Rissoles**

R85

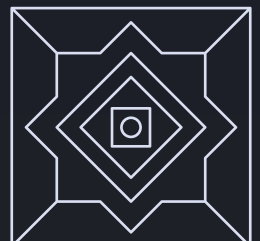
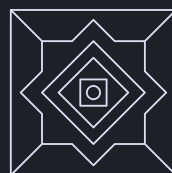
Crumbed pastry pockets filled with cheese and jalapeno in a spicy, creamy sauce

## **Crumbed Mushrooms**

R89

Golden crumbed and deep fried mushrooms served with tartar sauce

## **Vegetarian**



# Saladas / Salads

## **Greek salad** **R89**

Crisp lettuce, tomatoes, green peppers, onions, feta cheese and olives

**Side portion** **R59**

## **Portuguese salad** **R79**

Crispy lettuce, tomatoes, green peppers, onions, carrots and Portuguese olives

**Side portion** **R50**

### **Add Ons:**

Feta Cheese **R27**

Halloumi **R49**

Avocado **R29**

Apple **R19**

Grilled chicken strips **R39**



 **Vegetarian**



# Massa / Pasta

*Your choice of penne or linguine*

## **Prawn**

Cream based sauce with fresh tomatoes, a hint of chilli and coriander and topped with a generous serving of medium prawns

**R 189**

## **Chicken**

Grilled chicken strips tossed in a cream-based tomato sauce and finished with a dash of Peri Peri

**R 155**

## **Vegetarian**

A unique medley of vegetables bound in a creamy sauce with a hint of chilli and fresh parsley

**R139**

## **Seafood**

Medium prawns, mussels and calamari in a cream-based sauce with a hint of garlic and olive oil

**R 195**

## **Tomato & Chilli**

A spicy, fresh tomato and herb sauce with A generous sprinkle of chillies

**R 115**

Add chicken

**R39**

Add prawns

**R79**

Add veg

**R25**



## Seafood / Frutos do mar

### Grilled Hake

Fresh and filleted, served with our signature sauce. Battered option available

R179

### Grilled Kingklip

Fresh and filleted, served with lemon butter and our signature sauce  
Peri-peri option available

R239

### Grilled Panga

A flavoursome deboned, filleted pacific delicacy

R169

### Grilled Calamari

Falklands calamari marinated in our own spices and grilled in our signature sauce  
Peri-Peri option available

R179

### Lobster Thermidor (by weight)

Diced lobster prepared in a homemade mushroom and cheese sauce, oven baked in the shell served with chips & rice.

SQ

### Grilled Lobster (by weight)

Fresh Lobster grilled with lemon butter served with chips & rice

SQ

### Prawns

An Adega speciality! All our Prawns are selected with great care and grilled to perfection served with chips or rice.  
Served mild, medium or hot

15 Kings

R525

18 Queens

R459

### 10 Queen Prawns

Ten succulent queen prawns grilled to perfection

R259

### 8 Kings Prawns

8 Juicy king prawns grilled to perfection

R309

### Mozambique prawns

10 Queen prawns prepared in authentic Mozambican spices

R275

Upgrade to King prawns

R79

### Prawn Curry (mild)

10 De-shelled prawns cooked in our chef's spicy, Portuguese-style curry sauce, served with rice and sambals

R249

### Prawn Naçional

10 Queen prawns pan-fried in bay leaves, garlic, cream and Portuguese spices, served with rice and sambals

R249

\*All dishes served with chips or rice



# Combinações / Combos

## Surf & Turf

200g Rump OR Fillet Steak grilled to your liking, complemented with your choice of four queen prawns OR a portion of Calamari

Rump Steak 200g **R 269**  
 Fillet Steak 200g **R 299**  
 Add Pepper / Mushroom Sauce **R 39**

## Calamari & 5 Prawns

Falklands calamari grilled in lemon butter complemented with five queen prawns

**R 259**  
**R 45**

## LM Style Chicken & 5 Prawns

Half a chicken and five queen prawns

Add Calamari **R 89**  
 Upgrade to chicken fillet **R 29**  
 Upgrade to King prawns **R 40**

## Kingklip & Prawns

Fresh grilled Kingklip served with four succulent Queen prawns

**R 329**

**R 35**

## Marisco Medley

Our platter comprising of 3 Queen prawns, 125g kingklip and calamari

**R 249**

**R 29**

## Combo Platter (Rump)

A generous feast comprising of 200g Rump steak, 3 king prawns, calamari and mussels

**R 339**

**R 39**

## Grilled Hake and Calamari

150g of grilled Hake and a portion of calamari

**R 229**

LM style chicken & prawns

# Frango / Chicken

## LM Style Chicken

Adega's famous chicken marinated in true Mozambican fashion, cut to your liking served with chips or rice

Full Chicken **R 229**  
 Half Chicken **R 139**  
 Add Calamari **R 89**  
 Add Portuguese Roll **R 11**

## Stuffed Chicken Fillet

Tender chicken fillet stuffed with spinach and feta. Grilled golden brown, served with your choice of chips or rice

**R 185**

## Chicken Prego Roll

Adega's famous spicy prego, topped with garnish served with chips

**R 115**

**R 34**

## Chicken Strips

Tender chicken fillet strips grilled in Adega's signature sauce served with chips or rice

**R 155**

## LM Style Grilled Chicken Fillet

Tender chicken fillet marinated in herbs and spices, served with chips or rice

**R 159**

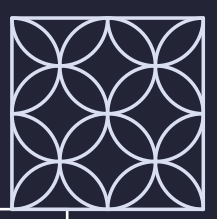
## 1KG LM Grilled Chicken Fillet

A chicken feast! Tender chicken fillet marinated in herbs and spices, cut to your liking served with chips and rice

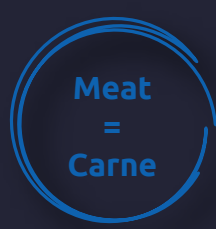
**R 275**

**\*All dishes available as mild, medium or hot**





# Carne / Meat



## Monks Speciality Cuts

Any of the below steaks seasoned and grilled to your liking with a sauce of your choice and served with a side of chips and rice or veg (Your choice of sauce - on top or on the side - bbq, pepper, cheese or mushroom)

- Fillet 200g
- Fillet 300g
- Rump 200g

- R 219**
- R 269**
- R 189**

## Portuguese Style Steak

Any of the above cuts, grilled to your liking served with Portuguese sauce and topped with an egg

## T-Bone Steak

**R 239**

500g T-Bone Steak basted with BBQ sauce grilled to your liking served with starch of your choice

## Costela de Primeira

**R 299**

400g lightly marinated tender Rib Eye on the bone, grilled to perfection and served with a starch of your choice

## Grilled Lamb Chops

**R 279**

400g Succulent lamb chops in a BBQ sauce. Served with your choice of a Starch

## Trinchado

**R 199**

Rump steak cubes fried in garlic and Mozambican spices. Served with your choice of a starch

## Fillet

**R 229**

## Trinchado

Rump steak cubes fried in garlic and Mozambican spices.

Served with your choice of a starch



# Extras

## Sides

- Chips **R40**
- Rice **R40**
- Vegetables **R59**
- Portuguese Roll **R11**
- Onion Rings **R45**

## Sauces

- Lemon Butter **R35**
- Garlic Butter **R35**
- Peri Peri Sauce **R29**
- BBQ Sauce **R25**
- Mushroom Sauce **R39**
- Pepper Sauce **R39**
- Cheese Sauce **R39**
- Picquant Sauce **R39**



# Travessas / Platters

## Lovers Platter

10 Queen prawns, 1/2 spring chicken,  
portion calamari  
Upgrade to King prawns

R 475

R 79

## Couples Platter

8 Queen prawns, 1/2 spring chicken,  
200G Monk's rump steak.  
Swap rump for 200g chops or 200g fillet

R 499

R 39

## Combo Platter for 2

8 Queen prawns, 1/2 Chicken, 150g Hake &  
calamari served with chips & rice

R 599

## Seafood Platter (Serves 2)

Baby Lobster, 6 king prawns, 8 queen  
prawns, kingklip, calamari and mussels

R 899

## Queens Feast

18 Queen prawns, 1 full chicken

R 649

## Adega Feast

400g Grilled lamb chops, full spring  
chicken, portion calamari, 10 queen prawns

R 799

## Familia Platter

18 Queen prawns, 1 full chicken, portion  
calamari, served with chips, rice & vegetables

R 749

## Summer Sizzler

15 King prawns, 1 full chicken, portion  
panga OR hake fish and stuffed calamari.  
Upgrade to Kingklip

R 999

R 59

## Algarve Platter

500g Lobster, 10 King prawns, full kingklip  
portion, served with rice and chips

R 999

## Meat lovers Platter

1 full chicken, 400g lamb chops,  
200g rump steak, 500g T-Bone steak.  
Served with chips, rice & vegetables  
Swap rump for 200g fillet / 200g chops

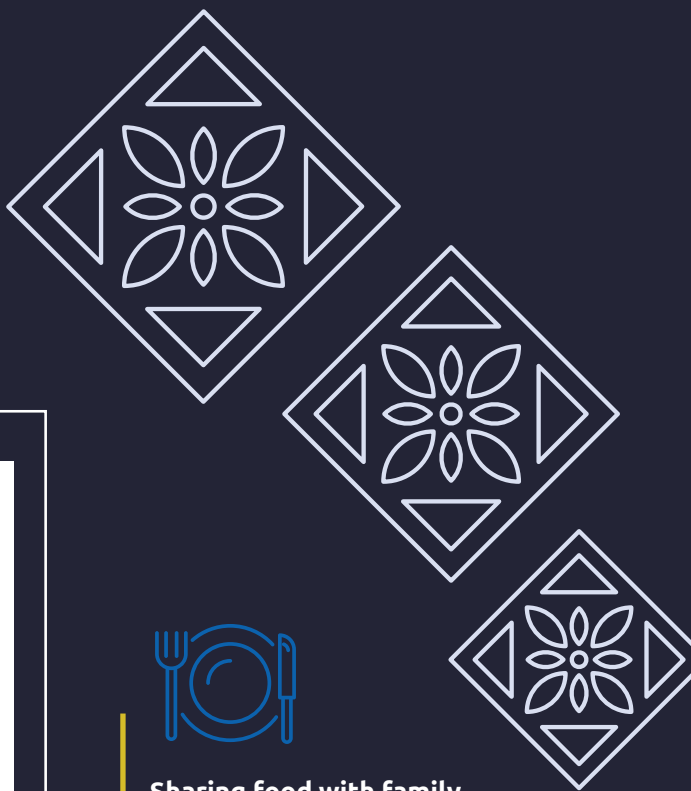
R 875

R 39



Sharing food with family  
and friends is what Adega  
is all about. Enjoy!

(All platters served with chips & rice )



Upgrade to chicken fillet ½ KG - R 29 | 1 KG - R 55

# Fusion Veggie Menu

## **Stuffed Soya Schnitzel**

R 139

2 Soya Schnitzels stuffed with creamy spinach and feta. Topped with cheese and served with chips or rice

## **Adega Soya Strips**

R 129

Grilled soya strips with a medley of vegetables in a spicy creamy tomato sauce. Served with chips or rice

## **Soya Prego Roll**

R 119

Golden fried soya patty served in a prego roll with chips

## **Veggie Chowmein**

R149

Freshly prepared Vegetables Fusion-Style with noodles

# Kids Menu

## **Hake & Chips**

R109

Grilled or battered hake fillet served with chips or rice

## **Kiddies Prawns**

R145

5 Grilled prawns served with chips or rice

## **Grilled Calamari**

R99

Tender calamari grilled or fried, served with chips or rice

## **Chicken Pasta**

R99

Chicken strips in a creamy tomato sauce, served on linguini or mac

## **Fried Chicken Strips**

R99

Golden fried chicken tenders served with chips or rice

## **Mac and cheese**

R89

Cheezy white sauce served with macaroni

## **Dessert**

R39

Ice cream & chocolate sauce

## **Kids Fresh Juice**

R39

Orange, Mango or Fruit Cocktail

## **Kids Milkshake**

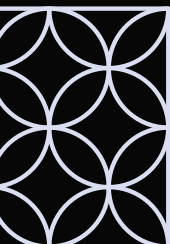
R39

Chocolate, strawberry, bubblegum, lime, vanilla

## **Kids Cordial**

R32

Passion fruit or Kola Tonic







## Sobremesa/ Dessert

### Malva Pudding

Traditional malva pudding made with butter, apricot jam and cream. Doused in a sticky toffee sauce served with warm custard

R 79

### Hot Chocolate Decadence

Belgian chocolate cake with a molten chocolate center, served with cream or ice-cream

R 89

### Chocolate Brownie

Traditional brownie served with cream or ice-cream

R 79

### Passion Fruit Crème Brûlée\*

Refreshing passionfruit crème brûlée is bursting with the sweet, tart flavour of passion fruit puree in a silky smooth and delicious vanilla custard

R 85

### Crepe Caramel

A traditional light Portuguese dessert topped with caramel syrup

R 69

### Ice Cream & Chocolate Sauce

R 59

\*Subject to Availability

chocolate brownie



Felicidade  
=  
Happiness



# Cold Beverages

## Freezos

Iced coffee  
Chocolate

R 59

## Juices

### Sir Fruit

Orange, Fruit cocktail, Strawberry, Mango,  
Cranberry, Pineapple, Berries, Granadilla

R 42

## Regular Milkshakes

Chocolate  
Strawberry  
Vanilla  
Bubblegum  
Lime

R 55

## Premium Milkshakes

Milo  
Turkish Delight  
Bar-one  
Caramel Popcorn

R 69

## Gourmet Milkshakes

Nutella

R 79

## Soft Drinks

Coca-Cola / Light / Zero  
Fanta Orange / Grape  
Creme Soda  
Sparberry  
Sprite / Zero  
Dry Lemon  
Lemonade  
Stoney  
Ginger Ale  
Soda water  
Grapetiser red / Appletiser  
Lipton ice tea (Lemon / Peach)

R 32

R 39

Cordials (Passion Fruit / Kola Tonic / Lime)

Small  
Large

R 35

R 49

## Water

Valpré 500ml (still or sparkling)  
Valpré 750ml (still or sparkling)

R 28

R 45

## Smoothies

Raspberry, Passion fruit, Mango

R 65

# Hot Beverages

## Tea

Five Roses tea R30  
Five Roses green tea R30  
Five Roses chai tea R30  
Rooibos tea R28

## Warm Delights

Hot Chocolate R39  
Hot Chocolate with cream R45  
Milo R39  
Hazelnut Latte R42  
Chai Tea Latte R39  
Chocolate Decadence R42

## Coffee

Cappuccino R37  
Cappuccino with cream R42  
Double Cappuccino R49  
Red Cappuccino R39  
Filter Coffee R30  
Single Espresso R25  
Double Espresso R37  
Café Latte R37  
Red Latte R39  
Chocolaccino R44  
Americano R30  
Decaf Americano R30  
Decaf Café Latte R44  
Decaf Cappuccino R44

# Luckybird Craft Carafes

## 1 Litre Carafes

R159

Pineapple and Ginger  
Pineapple and Grapefruit  
Grapefruit



# Virgin Tales

## **Strawberry Daiquiri** R65

Crushed strawberries, strawberry juice and a dash of lime blended with crushed ice

## **Blueberry Daiquiri** R65

Blueberries, berry juice and a dash of lime, bubblegum & grenadine blended with crushed ice

## **Pina Colada** R65

Fresh pineapple blended smooth with coconut milk extracts and chilled pineapple juice

## **Adega Sunrise** R65

Bubblegum flavouring and a dash of lime mixed with lemonade, topped with grenadine. **A firm favourite**

## **Long Island Ice Tea** R65

Cola, fresh lemonade and lime juice

## **Storming Norman** R65

Peach and Appletiser with a hint of lemon

## **Pomegranate Mojito** R65

Pomegranate mojito with a dash of lime

## **Watermelon Mojito** R60

Watermelon mojito with a dash of lime

## **Mojito** R60

A dash of lime with mint leaves, crushed ice and topped with freshly squeezed lemon

## **Passion Fruit Mojito** R60

Mint leaves, lime, lemonade, passion fruit and crushed ice

## **Strawberry Mojito** R60

Strawberries, sliced lemons and mint

## **Adega Sunset Crush** R60

Pineapples, lemon, mint leaves, strained over ice & a cranberry float

## **Granadilla Dream** R60

Granadilla Puree with lemonade and crushed ice

## **Pineapple & Mango Spike** R60

Fresh pineapple muddled with natural mango extracts & freshly squeezed lime juice. Served tall over ice and charged with ginger ale

## **Cranberry Refresher** R60

Cranberry puree mixed with mint and lemon and crushed ice

## **Jamaica** R60

Blend of Pineapple and orange juice and crushed ice, with a hint of grenadine

## **Mint Lemonade Cooler** R60

Lemonade blended with mint and crushed ice

