

# Starters

4

## **Bread Basket** R15

## **Garlic Bread** R27

## **Caldo Verde** R39

A traditional homemade Portuguese Soup, with thinly sliced Kale, Olive Oil, Sliced Chouriço and Potato

## **Clams** R54

Fresh Ocean Clams sautéed in White Wine, chopped Onions and Green Peppers, with a hint of Chilli and Tomato

## **Calamari** R69

Falklands Calamari grilled in our delicious Lemon Butter Sauce

## **Chouriço** R72

Flambéed in Firewater to further enhance the flavour of this very traditional Portuguese Sausage

## **Sliced Chouriço** R55

Spicy Portuguese Sausage sliced and lightly grilled in a selection of Herbs

## **Chicken Livers** R49

Grilled the Portuguese way with Onions and a hint of Chilli

## **Giblets** R47

These Chicken delicacies are marinated and cooked in Garlic, White Wine and Portuguese Spices

## **Camarão Alinho** R74

Portuguese style Garlic Prawns

## **Mussels** R69

Fresh Mussels cooked in White Wine, Onions and a creamy Garlic Sauce

## **Trinchado** R74

Rump Steak cubes fried in Garlic and White Wine. Served with fresh Bread

## **Halloumi Cheese** R54

Fried Goats' Milk Cheese served with a wedge of Lemon and Sweet Chilli Sauce

## **Snails** R45

6 sizzling Snails in our famous Garlic and Parsley Sauce

## **\* Oysters** R19

Fresh Ocean Oysters

## **Black Mushrooms** R58

Large Black Mushrooms oven baked with a fresh Spinach, Feta and Mozzarella topping

## **Prawn Rissoles** R46

3 Crumbed Pastry Pockets filled with Prawns in a spicy, creamy Sauce

## **Chicken Rissoles** R42

3 Crumbed Pastry Pockets filled with Chicken in a spicy, creamy Sauce

## **Stuffed Calamari** R79

Falklands Calamari stuffed with Prawns, Feta and Creamy Sauce with a hint of Chilli

*\*Subject to availability*

# Tempura

6

## Single Selection

### **Prawn Tempura** R69

Four large Prawns fried golden brown in a light Tempura Batter and served with Sweet Chilli Sauce

### **Vegetable Tempura** R46

Seasonal crisp Vegetables fried golden brown in a light Tempura Batter

### **Chicken Tempura** R49

Filletted Chicken strips fried golden brown in a light Tempura Batter

## Combos

### **Tempura Platter** R 104

Four large Prawns and four pieces of Vegetable fried golden brown in a light Tempura Batter

### **Tempura & California Rolls** R 89

Your choice of Prawn **OR** Chicken **OR** Vegetable Tempura served with Salmon California Rolls

### **Tempura Sushi Platter** R179

Prawn and Vegetable Tempura served

# Sushi

## Fashion Sandwiches *4 pieces*

Crab	R 39
Prawn	R 48
Salmon	R 49
Smoked Salmon	R 49
Tuna	R 46
Vegetable	R 39

## California Rolls *4 pieces*

Vegetable	R 37
Crab	R 38
Salmon	R 49
Smoked Salmon	R 49
Tuna	R 44
Prawn	R 46
Spicy Salmon	R 49
Spicy Tuna	R 45

## West Rolls *4 pieces* R 69

Smoked Salmon, Crab, Avo, Cucumber

## Spicy Salmon or Tuna Salad

*6 pieces* R 119

Salmon or Tuna. Served with sliced Avo

## Fashion Platter *10 pieces* R 129

3 Salmon Fashion Sandwiches, 4 West Rolls,  
3 Salmon California Rolls

10% service fee applies to parties of 8 or more

## Sashimi *3 pieces*

Salmon	R 69
Tuna	R 67

## Assorted Sashimi *10 pieces* R 169

4 Salmon, 4 Tuna, 2 Prawn pieces

## Salmon Roses *2 pieces* R 64

## Maki Rolls *4 pieces*

Cucumber	R 28
Prawn	R 40
Tuna	R 38
Salmon	R 44
Smoked Salmon	R 44
Avo	R 34
Crab	R 34

## Nigiri *2 pieces*

Prawn	R 46
Salmon	R 49
Tuna	R 44

## Assorted Nigiri *7 pieces* R 149

3 Salmon, 2 Tuna, 2 Prawn pieces

## Salmon Maki Platter *10 pieces* R 189

3 Salmon Roses, 3 Salmon Nigiri,  
4 Cucumber Maki



# Sushi

**Rainbow Rolls** *8 pieces* R 99  
Salmon, Tuna, Avo, Cucumber

**Smoked Salmon Cheese Rolls**  
*8 pieces* R 95  
Smoked Salmon, Cucumber, Kiri\* Cheese

**Hand Rolls** *1 piece*

Crab	R 44
Prawn	R 52
Salmon	R 55
Smoked Salmon	R 55
Tuna	R 49
Vegetable	R 40

**Salmon Sushi Platter**  
*8 pieces* R 119  
4 Rainbow Rolls, 1 Salmon Hand Roll,  
3 Smoked Salmon Cheese Rolls

# Sushi

**Assorted Rolls** *12 pieces* R 119  
3 Salmon Maki, 3 Tuna Maki,  
6 Smoked Salmon California Rolls

**Assorted Platter** *21 pieces* R 329  
2 Prawn Nigiri, 3 Tuna Sashimi,  
3 Salmon Roses, 8 Salmon Maki,  
2 Salmon Nigiri, 3 Salmon Sashimi

**Salmon Platter** *16 pieces* R 239  
4 Salmon Sashimi, 4 Salmon Nigiri,  
8 Salmon California Rolls

**Assorted Combo** *20 pieces* R 289  
2 Tuna Nigiri, 4 Salmon Nigiri,  
2 Prawn Nigiri, 4 Tuna Maki,  
4 Salmon Maki, 4 West Rolls

**Combo Roll** *20 pieces* R 199  
4 Tuna Maki, 4 Salmon Maki,  
4 Crab California Rolls,  
8 Rainbow Rolls

**The Adega Sushi Platter**  
*17 pieces* R 289  
2 Prawn Nigiri, 4 Rainbow Rolls, 3 Salmon  
Nigiri, 6 Smoked Salmon Cheese Rolls,  
2 Salmon Roses

# Salads

10

**Calamari Salad** R 79  
Tender Calamari Tubes grilled in Lemon  
Butter and Garlic, served on a crisp  
Garden Salad

**Halloumi & Avo Salad** R 95  
Halloumi Cheese and sliced Avo on a crisp  
Garden Salad, served with Sweet Chilli  
dressing

**Salmon Salad** R 99  
Smoked Salmon, Cottage Cheese and  
sliced Avo on a crisp Garden Salad,  
served with our homemade dressing

**Greek Salad** R 66  
Crispy Lettuce, Tomatoes, Green Peppers,  
Onions, Feta Cheese and Olives

**Side Portion** R 49

**Chicken Salad** R 74  
Mixed Salad Greens, topped with strips of  
grilled Chicken, spicy Sauce and thin slices  
of Green Apple

**Portuguese Salad** R 59  
Crispy Lettuce, Tomatoes, Green Peppers,  
Onions, Carrots and Portuguese Olives

**Side Portion** R 39

**Seafood Salad** R 116  
Tempura Prawns, Mussels, Crab Sticks and  
Calamari on a crisp Garden Salad, served  
with our homemade dressing

## Extras

Feta R 19  
\* Avo



HIGH LEAN CHICKEN PASTA

# COMBO

Only  
**R109**

## Chicken Pasta

Served with a  
Fuze Ice Tea



T's & C's Apply: No substitutions. Valid every day, excluding Friday night, Saturday night and Sunday lunch. Regret no take-aways. Not valid in conjunction with any other promotion or special offer. While stocks last.



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## Pastas

Your choice of Penne or Linguine

- Prawn** R 119  
Cream based Sauce with fresh Tomatoes, a hint of Chilli and Coriander. Topped with a generous serving of 8 Medium Prawns
- Chicken** R 98  
Grilled Chicken strips tossed in a Tomato based Sauce and finished with a dash of Cream
- Seafood** R 129  
Medium Prawns, Mussels, Clams and Calamari in a Cream based Sauce with a hint of Garlic and Olive Oil
- Vegetarian** R 76  
A unique medley of Vegetables bound in a creamy Cheese Sauce with a hint of Chilli and fresh Parsley
- Chouriso** R 109  
Chouriso slices carefully blended with Tomatoes, Spices, Olives and a dash of Cream
- Tomato & Chilli** R 79  
A spicy, fresh Tomato and Herb Sauce with a generous sprinkle of Chillies



# SOL-FUL COMBO

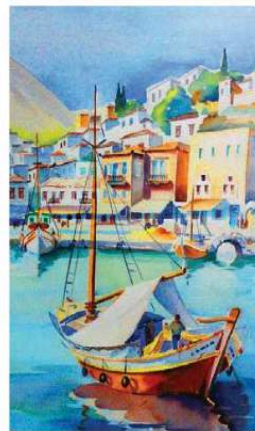
Only  
**R109**

Grilled Baby Sole,  
3 Queen Prawns  
with Chips or Rice  
served with a 330ml Sol



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alcohol is Not for Sale to Persons Under the Age of 18.



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## Fish

- Grilled Calamari** R 129  
Falklands Calamari marinated in our secret Spices and grilled in Lemon Butter. Served with Chips OR Rice
- Grilled Panga** R 139  
A flavoursome deboned and filleted Delicacy. Served with boiled Potatoes and Vegetables
- Grilled Cod Fish** R 189  
A generous portion of Cod Fish topped with grilled Green Peppers, Garlic, Olive Oil, sliced raw Onions, boiled Potatoes and Olives
- Cod Fish à Braz** R 159  
Shredded Cod Fish 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 17  
Fresh and filleted, served with Lemon Butter and boiled Potatoes and Vegetables (*Slimmers option available, ask your waitress*)
- Grilled Sole** R 16  
Only the best Soles are selected and grilled with Lemon Butter, served with boiled Potatoes and Vegetables
- \* Scottish Salmon** R 21  
Fresh, imported Salmon grilled and served with boiled Potatoes and Vegetables

- Extras**
- Chips R 2
  - Rice R 2
  - Vegetables R 3
  - Side Salad R 3
  - Mealie Patty (3) R 2
  - Boiled Potatoes R 3
  - Mashed Potatoes R 3
  - Lemon Butter R 1
  - Garlic Butter R 1
  - Peri-Peri Sauce R 1

\*Subject to availability





# Shellfish

16

**Lobster Grilled** *(per kilo)* **R 529**  
Fresh Lobster grilled with Lemon and Butter

**Lobster Thermidor** *(per kilo)* **R 559**  
Diced Lobster prepared in a homemade Mushroom and Brandy Sauce, topped with Cheese and oven baked in the shell

**Seafood Platter** *(serves 2)* **R 589**  
A choice of a Baby Lobster **OR** two \*Langoustines, six King Prawns, eight Queen Prawns, Kingklip, Calamari and Mussels. Served with Chips **OR** Rice

**Solteiro Platter** **R 249**  
Prato do Monge! The Monks choice of Prawns, Kingklip, Mussels and Calamari. Served with Chips **OR** Rice

**Seafood Skewer** **R 169**  
Prawns, Calamari, Kingklip, Green Peppers and Onions skewered and drizzled with our famous Lemon Butter Sauce. Served with Chips **OR** Rice

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

1Kg Tiger Giants **R 499**

1Kg Kings **R 299**

1Kg Queens **R 269**

**Prawn Naçional** **R 169**  
Prawns pan-fried with Bay Leaves, Garlic, Cream, Portuguese Spices and a hint of Beer. Served with White Rice

**Prawn Curry** *(Mild)* **R 169**  
Shelled Prawns cooked in our Chefs' spicy Curry Sauce. Served with White Rice

## Extras

Chips **R 29**

Rice **R 27**

Vegetables **R 34**

Side Salad **R 34**

Mealie Patty (3) **R 23**

Boiled Potatoes **R 31**

Mashed Potatoes **R 33**

Lemon Butter **R 15**

Garlic Butter **R 15**

Peri-Peri Sauce **R 15**

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# Combo

18

*All Combos are served with your choice of Chips or Rice*

**Surf & Turf**  
200g Rump **OR** Fillet Steak grilled to your liking, complemented with your choice of five Medium Prawns **OR** a portion of Calamari

Rump Steak 200g **R 194**

Fillet Steak 200g **R 224**

Sauce: **R 28**

Mushroom / Cheese / Pepper

**Calamari & 5 Prawns** **R 169**  
Falklands Calamari grilled in Lemon Butter complemented with five Queen Prawns

**LM Style Chicken & 5 Prawns** **R 169**

Half a Spring Chicken and five Medium Prawns grilled in Lemon Butter

Add Calamari **R 55**

**Panga & 5 Queen Prawns** **R 189**  
Our famous Queen Prawns complemented with filleted Panga

Add Calamari **R 55**

**Familia Platter** **R 529**  
This family feast will keep the whole family satisfied with our delicious selection of

**Solteiro Platter** **R 249**  
Prato do Monge! The Monks' choice of Prawns, Kingklip, Mussels and Calamari

**Spare Ribs & 5 Prawns** **R 179**  
250g of succulent Pork Ribs and five grilled Queen Prawns

Add Calamari **R 55**

**Combo Platter** **R 249**  
A generous feast comprising of 200g Rump Steak, three King Prawns, Calamari and Mussels in a White Wine Sauce

**Vegetarian Platter** **R 109**  
A variety of seasonal Vegetables with Halloumi Cheese, grilled Mushrooms and a light Cheese Sauce

## Extras

Chips **R 29**

Rice **R 27**

Vegetables **R 34**

Side Salad **R 34**

Mealie Patty (3) **R 23**

Boiled Potatoes **R 31**

Mashed Potatoes **R 33**

Lemon Butter **R 15**

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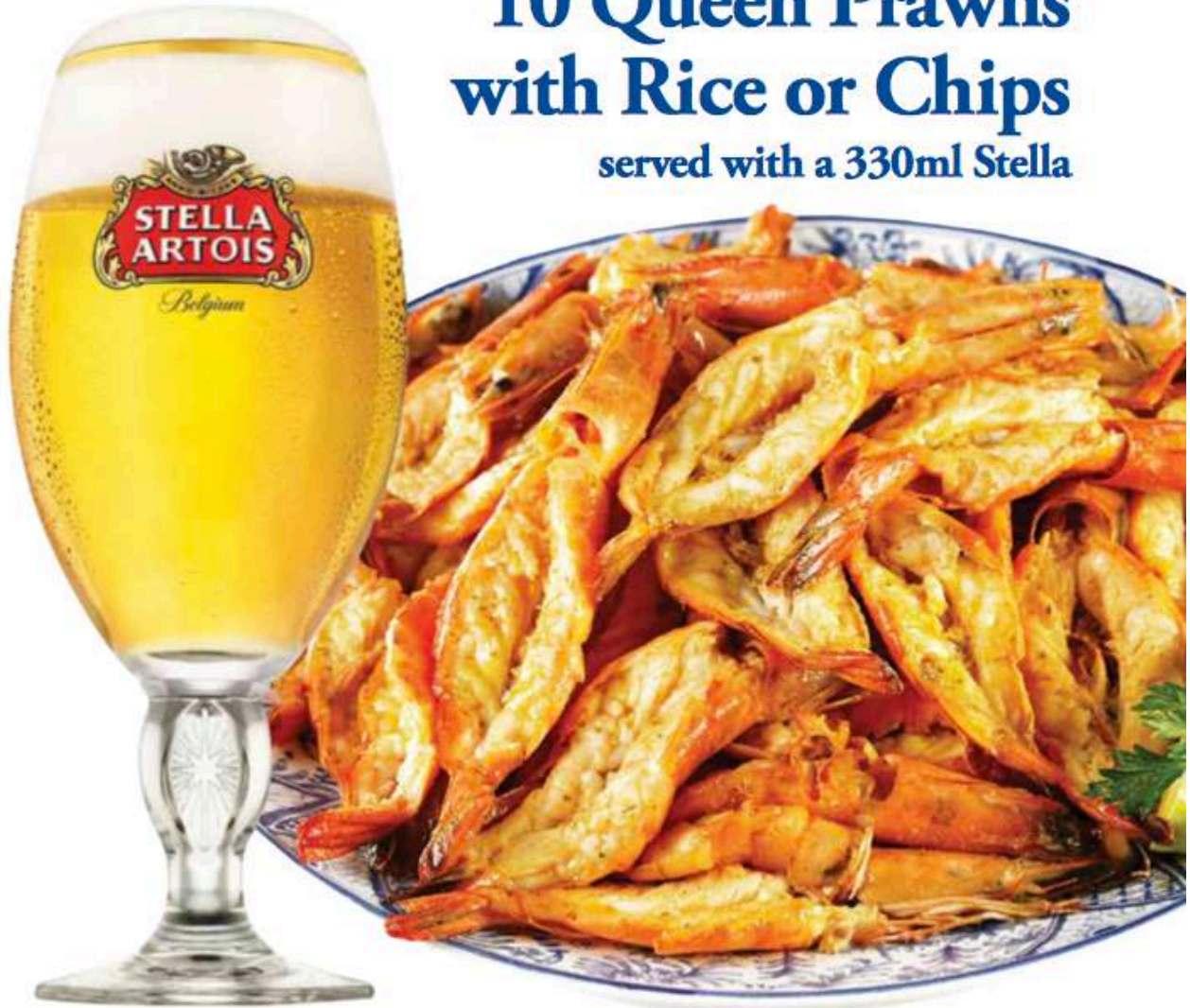


17

# THINK LIKE A QUEEN COMBO

Only  
**R129**

**10 Queen Prawns  
with Rice or Chips**  
served with a 330ml Stella



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# Poultry

## LM Style Chicken

Spring Chicken marinated in true Mozambican fashion. Grilled whole or cut Trinchado to your liking (Mild / Hot / Very Hot). Served with Chips OR Rice

Full Chicken	R 139
Half Chicken	R 94
Add Calamari	R 55

## Grilled Chicken Breast

Tender Chicken Breast stuffed with Spinach and Feta. Grilled golden brown and served with a side Salad

	R 89
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## Chicken Espetada

Tender cubes of Chicken Breast marinated, grilled and skewered with Onions and Green Peppers. Served with Chips OR Rice and Vegetables

	R 99
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## Chicken Curry

Cubed Chicken Breast cooked in our Chefs' spicy Curry Sauce. Served with White Rice

## Extras

Chips	R 29
Rice	R 27
Vegetables	R 34
Side Salad	R 34
Mealie Patty (3)	R 23
Boiled Potatoes	R 31
Mashed Potatoes	R 33
Lemon Butter	R 15
Garlic Butter	R 15
Peri-Peri Sauce	R 15
Mushroom/Cheese/Pepper Sauce	R 28

THE VERY BREASt  
SLIMMERS CHOICE

# COMBO

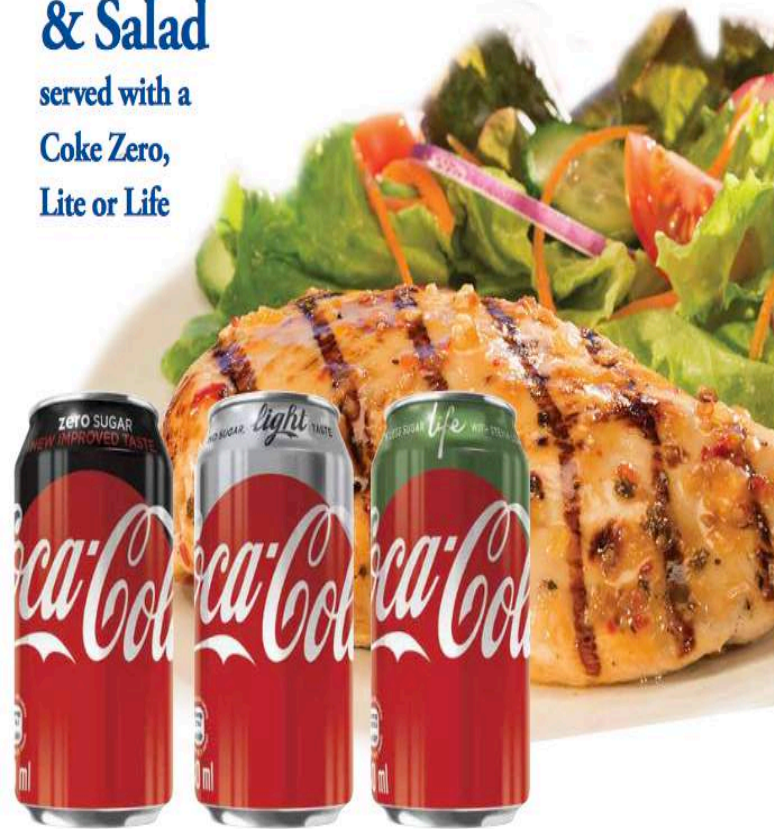
Only  
**R99**

## Grilled Chicken Breast & Salad

served with a

Coke Zero,

Lite or Life



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## Portuguese Steak

Your choice of Rump OR Fillet Steak marinated in Olive Oil, Garlic, Bay Leaves and Coarse Salt. Grilled to your liking and topped with a fried Egg. Served with round chips

Fillet 200g	R 149
Fillet 300g	R 189
Rump 200g	R 119
Rump 300g	R 159

## Spetada

100g grilled tender Pork OR Rump cubes served with Mealie Patties, Chips OR Rice and Vegetables

Chips	R 129
Rice	R 159

## Princhado

100g Pork OR Rump Steak cubes fried in our famous Garlic and White Wine Sauce. Served with round Chips

Chips	R 129
Rice	R 159

## Oxtail Casserole

Hearty treat. Oxtail and Chouriço cooked a Traditional Portuguese way. Served with white Rice

R 169

## Jonk Style Steak

Your choice of Rump OR Fillet Steak grilled to your liking topped with our creamy Mushroom sauce. Served with round Chips

Fillet 200g	R 149
Fillet 300g	R 189
Rump 200g	R 119
Rump 300g	R 159

## Barbeque Ribs

Pork Ribs marinated and grilled in a sticky BBQ Sauce. Served with Chips OR Rice

Chips	R 105
Rice	R 165

## Extras

Chips	R 29
Rice	R 27
Vegetables	R 34
Side Salad	R 34
Mealie Patty (3)	R 23
Boiled Potatoes	R 31
Mashed Potatoes	R 33
Lemon Butter	R 15
Garlic Butter	R 15
Peri-Peri Sauce	R 15
Mushroom/Cheese/Pepper Sauce	R 28



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# STEAK AND BEER COMBO

## Portuguese Steak

served with a Castle Lite

Only  
**R119**  
200g

