

## Entradas / Starters

 **Cheesy Garlic Roll** R 65  
Our famous cheesy garlic roll, drizzled with lemon butter

**Squid Heads** R 89  
Fresh Calamari Heads grilled or fried to a crisp golden brown, served with tartare sauce

**Stuffed Calamari** R 129  
Falklands Calamari stuffed with prawns, feta and a creamy chilli sauce

**Calamari** R 99  
Tender calamari tubes grilled in our delicious signature sauce

**Mussels** R 99  
Fresh half shell mussels sautéed in a garlic sauce, served with a Portuguese roll

**Trinchado** R 99  
Fresh rump steak cubes grilled and fried in garlic and mozambican spices and served with a fresh Portuguese roll

 **Halloumi Cheese** R 95  
Creamy, fresh fried halloumi served with sweet chilli sauce

 **Black Mushrooms** R 99  
Black Mushrooms oven baked with a fresh spinach, feta, mozzarella & cheddar topping

**Chicken Rissoles** R 85  
Crumbed pastry pockets filled with chicken

 **Cheese and Jalapeno Rissoles** R 89  
Crumbed pastry pockets filled with cheese and jalapeno in a spicy, creamy sauce

 **Crumbed Mushrooms** R 95  
Golden crumbed and deep fried mushrooms served with tartar sauce

## Saladas / Salads

 **Greek salad** R 99

Crisp lettuce, tomatoes, green peppers, onions, feta cheese and olives. Choice of creamy salad dressing or vinaigrette

**Side portion** R 65

**Add Ons:**  
Feta Cheese R 30  
Halloumi R 50  
Avocado R 36  
Grilled Chicken Strips R 49  
Grilled Cajun Calamari R 95

 **Vegetarian**

## Extras

 **Sides**

Chips R 45  
Rice R 45  
Vegetables R 60  
Stir Fry Veg R 50  
Portuguese Roll R 14  
Onion Rings R 50  
Mashed Potatoes R 49

 **Sauces**

Lemon Butter R 42  
Garlic Butter R 42  
Peri Peri Sauce R 37  
BBQ Sauce R 32  
Mushroom Sauce R 47  
Pepper Sauce R 47  
Cheese Sauce R 47  
Picquant Sauce R 47  
Mozambique Sauce R 47



## Massa / Pasta

Your choice of penne or linguine. Pomodoro option available

**Prawn** R 199

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

**Chicken** R 165

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

 **Vegetarian** R 149

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

**Seafood** R 215

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

**Chicken Alfredo** R 179

Grilled Chicken Strips in a creamy Alfredo sauce with fresh mushrooms

**Add Ons**  
Chicken strips R 49  
Prawns R 89  
Vegetables R 30

**Pomodoro - a classic, light Italian dish of pasta tossed in a simple, fresh tomato-based sauce.**

## 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 259  
Half Chicken R 155  
**Add Calamari** R 95  
**Add Portuguese Roll** R 14

**Stuffed Chicken Fillet** R 195

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

**Chicken Prego Roll** R 129

Adega's famous spicy prego, topped with garnish served with chips / side salad  
**Extra chicken fillet** R 45

**Chicken Strips** R 169

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

**LM Style Grilled Chicken Fillet** R 179

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

**1KG LM Grilled Chicken Fillet** R 299

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

**Cajun Chicken Tramezzini** R 155

Soft, crustless Italian bread with flavourful chicken filling served with chips / side salad

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

# FULL OF SOL

## Kids Menu

**Hake & Chips** R 119

Grilled or battered hake fillet served with chips or rice

**Kiddies Prawns** R 159

5 Grilled prawns served with chips or rice

**Chicken Pasta** R 105

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

**Mac and cheese** R 95

Cheezy white sauce served with macaroni

**Fried Chick Strips** R 109

Golden fried chicken tenders served with chips or rice

**Dessert** R 45

Ice cream & chocolate sauce

**Kids Fresh Juice** R 42

Orange, Mango or Fruit Cocktail

**Kids Milkshake** R 45

Chocolate, strawberry, bubblegum, lime, vanilla

**Kids Cordial** R 37

Passion fruit or Kola Tonic



# Seafood / Frutos do mar

## Grilled Hake

Fresh, filleted 250g hake served with our signature sauce. Battered option available

R 179

## Grilled Kingklip

Fresh, 250g Kingklip fillet served with lemon butter and our signature sauce. Peri-peri option available

R 265

## Grilled Panga

A flavoursome deboned, filleted pacific delicacy

R 179

## Grilled Calamari

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

R 195

## Stuffed Calamari

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

R 199

## 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

R 579

### 8 Kings

R 329

### 18 Queens

R 499

### 10 Queen

R 299

## Mozambique prawns

10 Queen prawns prepared in authentic Mozambican spices

R 315

### Upgrade to King prawns

R 99

## Prawn Curry (mild)

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

R 269

## Prawn Naçional

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

R 279

## Prawn Thermidor

8 Queen prawns, prepared in a creamy mushroom and cheese sauce, oven baked and served with chips or rice

R 279

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



# 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  
Fillet Steak 200g  
Add Pepper / Mushroom Sauce

R 289

R 325

R 47

## Calamari & 5 Prawns

Falklands calamari grilled in lemon butter complemented with five queen prawns  
Upgrade to King prawns

R 269

R 59

## LM Style Chicken & 5 Prawns

Half a chicken and five queen prawns  
Add Calamari  
Upgrade to chicken fillet  
Upgrade to King prawns

R 289

R 99

R 39

R 59

## Kingklip & 4 Prawns

Fresh grilled Kingklip served with four succulent Queen prawns  
Upgrade to King prawns

R 349

R 49

## Marisco Medley

Our platter comprising of 3 Queen prawns, 150g hake and calamari  
Upgrade to King prawns

R 259

R 39

## Combo Platter (Rump)

A generous feast comprising of 200g Rump steak, 3 king prawns, calamari OR mussels  
Swap rump for 200g lamb chops or 200g fillet

R 345

R 49

# 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

R 245

Fillet 300g

R 299

Rump 200g

R 199

## Portuguese Style Steak

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

## T-Bone Steak

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

R 265

## Costela de Primeira

450g lightly marinated tender Rib Eye on the bone, grilled to perfection and served with a starch of your choice

R 329

## Grilled Lamb Chops

450g Succulent lamb chops in a BBQ or Portuguese sauce. Served with your choice of a starch

R 319

## Trinchado

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

R 219

## Fillet Option

R 269

## Beef Prego

Traditional Portuguese favourite, 150g tender fillet in our unique prego sauce

R 169

# Fusion / Veggie

## Stuffed Soya Schnitzel

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

R 149

## Soya Prego Roll

Fried soya patty served in a prego roll with chips / side salad

R 135

## Veggie Chowmein

Freshly prepared Vegetables Fusion-Style with noodles

R 149

## Mediterranean Veg Tramezzini

Soft, crustless Italian bread with flavourful vegetable filling Served with chips / side salad

R 139

## Vegetarian Alfredo Pasta

A unique medley of vegetables bound in a creamy sauce

R 155



# adega



# Travessas / Platters

## Lovers Platter

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

R 539

R 99

## Couples Platter

8 Queen prawns, 1/2 spring chicken, 200G Monk's rump steak.

R 559

Swap rump for 200g chops or 200g fillet

R 49

## Combo Platter for 2

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

R 659

## Seafood Platter (Serves 2)

500g Lobster, 6 king prawns, 8 queen prawns, kingklip, calamari and mussels

R 1099

## Queens Feast

18 Queen prawns, 1 full chicken

R 699

## Adega Feast

400g grilled lamb chops or 300g Fillet steak, full chicken, portion calamari, 10 Queen Prawns

R 949

Upgrade to King prawns

R 99

## Familia Platter

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

R 899

## Summer Sizzler

15 King prawns, 1 full chicken, portion panga OR hake fish and stuffed calamari.  
Swap Panga / Hake for Kingklip

R 1199

R 79

## Meat lovers Platter

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

R 999

Swap rump for 200g fillet / 200g chops

R 49

## Seafood Feast

15 Kings, 18 Queens, 1 Kingklip 250g, 1 Hake 250g Main portion Calamari, Served with Chips/Rice /Veg

R 1499

Upgrade to chicken fillet ½ KG - R 39 | 1 KG - R 69

\*All dishes served with chips or rice unless otherwise stated / Images for reference purposes only.