

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

FULL OF SOL

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**

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

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



adega



Travessas / Platters

Lovers Platter

10 Queen prawns, 1/2 spring chicken, portion calamari

R 539

Upgrade to King prawns

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.

R 1199

Swap Panga / Hake for Kingklip

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 1/2 KG - R 39 | 1 KG - R 69

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

R 289

Fillet Steak 200g

R 325

Add Pepper / Mushroom Sauce

R 47

Calamari & 5 Prawns

Falklands calamari grilled in lemon butter complemented with five queen prawns

R 269

Upgrade to King prawns

R 59

LM Style Chicken & 5 Prawns

Half a chicken and five queen prawns

R 289

Add Calamari

R 99

Upgrade to chicken fillet

R 39

Upgrade to King prawns

R 59

Kingklip & 4 Prawns

Fresh grilled Kingklip served with four succulent Queen prawns

R 349

Upgrade to King prawns

R 49

Marisco Medley

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

R 259

Upgrade to King prawns

R 39

Combo Platter (Rump)

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

R 345

Swap rump for 200g lamb chops or 200g fillet

R 49

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

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