

Massa / Pasta

Your choice of penne or linguine

Prawn

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

R 219

Chicken

Grilled chicken cubes tossed in a tomato based sauce, complemented with a dash of cream

R 169

Vegetarian

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

R 139

Seafood

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

R 229

Crayfish

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

SQ

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 239

Half Chicken

R 169

Add extra sauce

R 33

Grilled Chicken Breast

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

R 169

Chicken Curry

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

R 169

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 35

Mashed potatoes

R 35

Lemon butter sauce

R 29

Garlic butter sauce

R 29

Peri-peri sauce

R 29

Sobremesa / Dessert

Chocolate Meltdown

A decadent chocolate brownie enveloped in a rich chocolate sphere. Served with a sizzling lush caramel sauce

R 149

Chocolate Mousse

A decadent speciality for all lovers of chocolate

R 79

Peppermint Crisp

A minty delight

R 59

Cheesecake

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

R 89

Chocolate Brownie

A luscious chocolate brownie served with ice-cream

R 85

Crème Caramel

Traditional Portuguese pudding topped with caramel syrup

R 63

Ice-cream & Choc Sauce

Vanilla ice-cream served with delicious chocolate sauce

R 59

Entradas / Starters

Cheesy Garlic Roll

R42

Oysters

Fresh Ocean Oysters

R39 each

Calamari

Tender calamari tubes grilled in our delicious lemon butter sauce

R109

Mussels

Fresh half shell mussels sautéed in a creamy garlic sauce

R139

Chicken Livers

Grilled the Portuguese way with onions and a hint of chilli

R84

Giblets

Chicken delicacies marinated and cooked in garlic, and Portuguese spices

R79

Garlic Prawns

Portuguese style garlic prawns

R159

Trinchado

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

R99

Chicken Rissoles

3 Crumbed pastry pockets filled with chicken in a spicy creamy sauce

R75

Prawn Rissoles

3 Crumbed pastry pockets filled with prawn in a spicy creamy sauce

R79

Stuffed Calamari

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

R135

Portuguese Starter Platter

Trinchado, calamari, chicken livers and giblets is an excellent choice for a group of 3 or more

R289

Prawn Tempura

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

R125

Halloumi Cheese

R79



adega

Saladas / Salads

Greek salad

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

R89

Side portion

R59

Portuguese salad

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

R85

Side portion

R55

Add Ons:

Feta Cheese R25

Halloumi R49

Avocado R29

Vegan / Vegetarian

Vegetarian pasta

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

R139

Vegan platter

Golden crumbed Vegan schnitzel, Vegan meatballs, chicken-style nuggets, mushrooms, and selected vegetables

R225

*Items subject to availability

Seafood / Frutos do mar

Grilled Calamari

R 219

Falklands calamari marinated in our secret spices, then grilled in lemon butter
Served with chips or rice

Grilled Bacalhau

R 369

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 289

Fresh, and filleted kingklip, served with lemon butter, boiled potatoes and vegetables

Grilled Sole

R 289

Grilled with lemon butter, served with boiled potatoes and vegetables

Lobster Grilled

Freshly grilled with a lemon butter sauce

SQ

Langoustines 1kg*

An authentic Adega experience!

SQ

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

16 King prawns

10 King prawns

20 Queen prawns

10 Queen prawns

Add extra sauce

SQ

R 789

R 589

R 599

R 325

R 33

Prawn Naçional

R 299

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

Seafood Rice **TRY ME - I'M NEW!**

Fragrant Portuguese-style rice simmered in a rich tomato and garlic sauce, loaded with succulent prawns, calamari, mussels, and fish.

Single Portion

R 329

Table Portion

R 699

*Subject to availability

Carne / Meat

Picanha Steak

R 249

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 219

Rump 200g

R 179

Rump 300g

R 239

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 179

300g

R 249

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

Millionaires Platters

Seafood Millionaires

R 2650

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

Meat Millionaires

R 2200

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

Travessas / Platters

Lovers Platter

R 449

10 Queen prawns, half chicken, portion calamari

Couples Platter

R 529

8 Queen prawns, half chicken, 200G Monk's rump steak. Swop rump for chops **R 29**

Oceans Platter

R 529

8 Queen prawns, grilled kingklip, portion calamari

Queens Feast

R 599

18 Queen prawns, full chicken

Adega Feast

R 949

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

Kings Feast

R 1049

1/2KG Grilled lobster, 8 king prawns, half chicken, grilled kingklip, portion calamari. Served with chips, rice & vegetables

Meat lovers Platter

R 949

1 full chicken, 400g lamb chops, 200g rump steak, 500g Tomahawk steak. Served with chips, rice & vegetables
Swop rump for 200g fillet / 200g chops **R 29**

**(All platters served with chips & rice)
(Upgrade to chicken fillet for R40)**

Combinações / Combos

LM style chicken

& 5 prawns

R 299

Half a spring chicken and 5 queen prawns grilled in lemon butter

Família Platter

R 949

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 999

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

Algarve's Edge

R 339

1/4 Chicken, 250g beef ribs and 5 queen prawns. Served with a side of your choice.

Solteiro Sizzler

R 339

Monks choice of 5 prawns, kingklip, mussels and calamari

Served with a side of your choice

Marisco Medley

R 299

Our monks choice of 2 prawns, kingklip, and calamari

Served with a side of your choice

Sintra's Bounty

R 319

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

Espetadas

Seafood Espetada

R 315

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 229

Grilled tender rump cubes served with mealie patties and your choice of chips, rice or vegetables

Picanha Espetada

R 245

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