



FULL OF SOL



adega



adega

- lounge -

Meet Adegas new kid on the block – the Adegas Lounge. The Adegas Lounge is an upmarket, trendy, and chic place to join old friends (and meet new ones) for a bite to eat or simply just for sundowners in a thoughtfully, and beautifully designed environment.

You'll find a mix of Portuguese-inspired petiscos and a wide selection of classic and high-end cocktails from around the globe. These range from floral mixes to fruity sips, as well as a fabulous range of local, and international wines.

Adegas Lounge is totally unique, and bound to be your new favourite! Regardless of the time of day, the atmosphere's likely to be the same: friendly, comfortable, intimate. So come enjoy our killer cuisine, world-class curated cocktails, friendly staff, and stylish interior.

Bem Vindo!

The Adegas App

Imagine ordering your favourite Adegas meals, and earning loyalty points, when ordering online or dining in? The Adegas loyalty mobile app incorporates a tier-based system - with silver, gold, platinum and diamond status.

Earn loyalty points

The Adegas Loyalty Club's tier-based system allows you to earn points, and enjoy great discounts at your favourite participating Adegas restaurant.

Place Orders

You can't have too much of a good thing, but sometimes even the biggest Adegas restaurant fan wants to snuggle into a pair of slippers, and call in takeaways. With our easy-to-use app you can order your favourite meal delivered straight to your door. Hungry?

Let us take care of your foodie needs.

Reservations

You can now make a reservation directly through the app and we will confirm your booking.



Scan Here to Download & Earn





Welcome



to our new table - take a
seat, and dine with us!



You've read about the legends, heard about the adventures, and now you're hungry for an authentic food quest of your own. Welcome to the world of **Adega!** Today we welcome you to Adega with our fresh, contemporary, stylish setting, that still maintains its strong heritage of great food and hospitality. We want you to have an experience like no other. Our restaurant, and newly launched Adega Lounge, with its signature scintillating cocktails, and delicious petiscos, is more than just a place to eat out, but a destination that allows you to be yourself, among special friends.

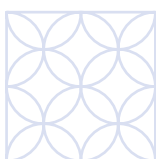
We have gone out of our way to make our delicious, traditional, Portuguese cuisine available to you whenever you want. That is why we have developed our own take-out, and delivery system. Not only can you order our restaurants' delicious food, but you can now **earn loyalty points every time you eat with us.**



Entradas / Starters R23

Oysters

Fresh Ocean Oysters



R23

Caldo Verde

A traditional Portuguese soup with thinly sliced kale, olive oil, chourico, and potato

R49

Calamari

Tender calamari tubes grilled in our delicious lemon butter sauce

R69

Chouriço

Flambéed in firewater to further enhance the flavour of this Portuguese delicacy

R89

Sliced Chouriço

Spicy Portuguese sausage sliced, and lightly grilled in herbs

R69

Chicken Livers

Grilled the Portuguese way with onions, and a hint of chilli

R59

Giblets

Chicken delicacies marinated, and cooked in garlic, white wine, and Portuguese spices

R59

Camarão Alinho

Portuguese style garlic prawns

R129

Trinchado

Rump steak cubes fried in garlic, and white wine, served with crostini

R69

Snails

6 Sizzling snails in our famous garlic, and parsley sauce

R59



Prawn Rissoles

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

R59

Chicken Rissoles

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

R59

Stuffed Calamari

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

R89

Portuguese Starter Platter

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

R189

Prawn Tempura

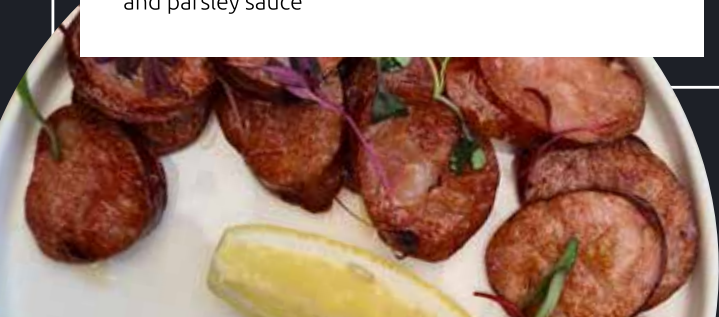
4 Prawns fried golden brown in a light tempura batter, and served with sweet chilli sauce

R84

Vegetarian prawns

Prawn flavoured vegetable bites in a light tempura style batter, served with hummus, and tzatziki

R79



Saladas / Salads

Greek salad

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

Side portion

R74



R49

Portuguese salad

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

Side portion

R75

R49



Favas

=

Sweet, tender
beans harvested
from thick pods



Vegan / Vegetarian

Broad bean stew/ Favas

Adega-style broad bean stew with an eclectic mix of tomato, beans, garlic, and coriander

R89

Vegetarian pasta

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

R99

Vegetarian prawns

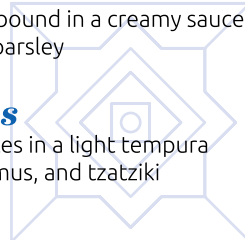
Prawn flavoured vegetable bites in a light tempura style batter, served with hummus, and tzatziki

R79

Vegan platter

Vegan prawns, vegetable schnitzel, grilled mushrooms, tomato, cucumber, and dills with hummus, and olives

R129





Massa / Pasta

Your choice of penne or linguine

Prawn

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

R 149

Vegetarian

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

R 99

Chicken

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

R 119

Seafood

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

R 149

Did you know?

There are 350 different shapes of pasta around the world.



Seafood pasta

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

minimum



Seafood / Frutos do mar

Grilled Calamari

R 149

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

Grilled Bacalhau

R 249

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 179

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 199

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

Grilled Sole

R 219

Grilled with lemon butter, served with boiled potatoes, and vegetables

Lobster Grilled

(per kilo) R 649

Freshly grilled with a lemon butter sauce

Langoustines 1kg

SQ

An authentic Adega experience!

Lobster Thermidor

(per kilo) R 699

Diced lobster prepared in a homemade mushroom and brandy sauce, topped with cheese, and oven baked in the shell

Seafood Platter

R 699

A choice of a baby lobster or 2 langoustines,* 6 king prawns, 8 queen prawns, kingklip, calamari, and mussels
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 699

1 kg kings

R 399

1 kg queens

R 389

Prawn Naçional

R 199

Prawns, pan-fried with bay leaves, garlic, cream, portuguese spices, and a hint of beer
Served with white rice

Prawn Curry (mild)

R 199

De-shelled prawns cooked in our chefs' spicy curry sauce
Served with white rice

*Subject to availability



Combinações / Combos

LM style chicken & 5 prawns

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

R 199

Marisco Platter

Our monks choice of prawns, kingklip, and calamari

Served with a side of your choice

R 189

Familia Platter

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

R 599

Combo Platter

200g Juicy rump steak topped with 2 queen prawns, served with tender calamari tubes, and a side of your choice

R 229

LM style chicken
& prawns



Frango / Chicken

LM Style Chicken

Spring 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
Half Chicken

R 159

R 109

Grilled Chicken Breast

R 119

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

Chicken Curry

R 119

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

Extras

Chips
Rice
Vegetables
Milho frito (3 pieces)
Boiled otatoes
Mashed potatoes
Lemon butter sauce
Garlic butter sauce
Peri-peri sauce

R 29

R 27

R 34

R 23

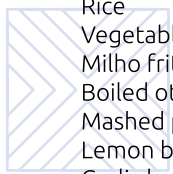
R 29

R 29

R 19

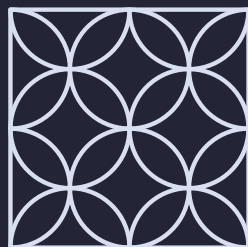
R 19

R 19





Carne / Meat



Picanha Steak

R 189

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!**

Portuguese Steak

Your choice of rump or fillet steak, marinated in olive oil, bay leaves, and coarse salt. Grilled to your liking, and topped with a fried egg

Served with round chips

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

- R 169
- R 219
- R 139
- R 179



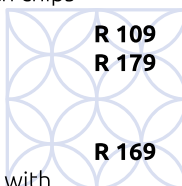
Bitoque

Our favourite Portuguese steak!

Rump steak cooked in our secret sauce, topped with an egg. Served with chips

- 150g
- 300g

- R 109
- R 179



Trinchado

250g Rump steak cubes served with mealie patties and chips or rice or vegetables

R 169



Bitoque

topped with an egg, and served with chips





Seafood espetada

Fun Fact:

The espetada is a dish originating from the island of Madeira



Flaming Espetada

Seafood Espetada

R 219

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 169

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

Pork Espetada

R 159

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

Chicken Espetada

R 159

Tender cubes of chicken breast marinated, grilled, and skewered with onions and green peppers. Served with your choice of chips, rice or vegetables

Picanha Espetada

R 179

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





Sobremesa/ Dessert



Berry Pavlova

R 79

Crispy, delicate pavlova base topped with fresh strawberries, blueberries, and drenched in a raspberry sauce reduction

Cheesecake

R 69

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

Crème Caramel

R 49

Traditional Portuguese pudding topped with caramel syrup

Chocolate Mousse

R 59

A decadent speciality for all lovers of chocolate

Rice Pudding

R 46

A unique combination of rice, cinnamon and milk with a hint of lemon

Ice-cream

R 46

Vanilla ice-cream served with delicious chocolate sauce



Decadent
chocolate
mousse

The secret ingredient
is always chocolate!

Felicidade
=
Happiness

B

Beverages



Bebidas/ Beverages

Hot Beverages

Double Espresso

Americano

Cappuccino

Tea

Hot Chocolate

Milo



Alcoholic Coffees

Elephant Tusk

A fusion of warmed milk and Amarula, mixed with coffee

Afro-wild

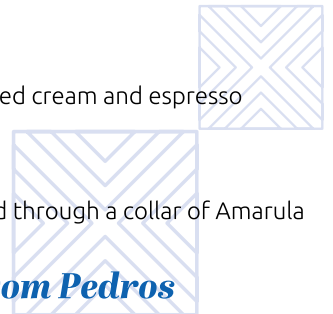
A cultural exchange of Amarula infused cream and espresso

African Bullet

An energetic shot of espresso, sipped through a collar of Amarula

Irish Coffee

Dom Pedros



Hot chocolate

Did You Know?

Hot chocolate was invented around 2000 years ago in Mexico. Delectable!



Cold Beverages

Milkshakes

Chocolate, Strawberry, Vanilla, Chocolate Hazelnut, Lime

Soft Drinks

Coke/ Coke Zero / Coke Light

Tab

Fanta Orange

Fanta Grape

Crème Soda

Sprite

Sprite Zero

Tisers

