

COFFEE BEANS iced tea CHOCOLATE QUENTE leite quentes  
coffee Portuguese Rolls espresso with milk CAPPUCIN  
LATTES REFRESHMENTS BEMBOM CAFE  
regio enjoy bica  
ASTRIESTOASTED SANDWICHES cafe gelados  
umo Nectar www.bembom.co.za smoothie Compa  
vouries  
savouries BEMBOM CAFE SANDWICHES plates  
salads CROISSANTS matabicho com ovo breadbakery  
ao de leite maracujá e limonada mini plates  
BREAKFAST leites quentes PINGO SANDES  
savour the taste and perfection muffins CAFÉ  
BEMBOM CAFE SANDWICHES cream  
COFFEE BEANS ice tea CHOCOLATE QUENTE leites quentes

*bembom*

coffee • deli • bakery



# OUR MENU

live the moment • vive o momento



## PEQUENO ALMOÇO // BREAKFAST

PREPARED WITH TOAST (WHITE, BROWN, RYE OR SEEDED) BUTTER & JAM  
EGGS MAY BE ORDERED POACHED, FRIED OR SCRAMBLED. EXTRAS: BUTTER OR JAM // R5

RABANADAS / FRENCH TOAST // R24 *Vegetarian*

TWO SLICES OF CARÇAÇA BREAD, DIPPED IN MILK & EGGS, FRIED, TOSSED IN CINNAMON,  
LEMON ZEST & SUGAR

WAKE UP SHAKE UP - 7AM - 11AM // R32 

A SLICE OF TOASTED CARÇAÇA BREAD TOPPED WITH BACON,  
FRIED EGG & A COMPLEMENTARY FLAT WHITE

BUDGET - 7AM - 11AM // R45 

ONE EGG WITH TWO RASHERS OF BACON ON A CARÇAÇA TOAST, BAKED BEANS & A  
COMPLEMENTARY FLAT WHITE

PÃO DE LEITE BREAKFAST // R59

TOASTED PÃO DE LEITE (A PORTUGUESE SWEET BREAD) BACON, GRILLED MUSHROOMS,  
SLICED TOMATO, AVOCADO, FRIED EGG

BEMBOM // R66

TWO EGGS, GRILLED HICKORY HAM, SALSICHÃO & A SLICE OF CARÇAÇA TOAST TOPPED  
WITH COTTAGE CHEESE OR RICOTTA CHEESE

NACIONAL // R76

TWO EGGS, BACON, TWO BEEF BREAKFAST SAUSAGES, BAKED BEANS,  
GRILLED TOMATO & ONION

## OVOS MEXIDOS E OMELETS // SCRAMBLED EGGS & OMELETTES

PREPARED WITH TOAST (WHITE, BROWN, RYE OR SEEDED) BUTTER & JAM  
CREATE YOUR OWN OMELETTE WITH THE FILLINGS BELOW

PARSLEY / TOMATO / ONION // R5

EXTRA EGG / PEPPERS / JALAPEÑO / OLIVES / CAPERS / HONEY // R6

HALF AVO / 80G MUSHROOMS / 50G GRATED CHEESE (MOZZARELLA,  
GOUDA, CHEDDAR) / 50G CONTINENTAL HAM // R15

CHICKEN STRIPS / PREGO STRIPS / 3 RASHERS BACK BACON

2 BEEF BREAKFAST SAUSAGES / SALSICHÃO // R24

40G SLICED PARMA HAM / 40G SMOKED SALMON // R58

EGG WHITE OMELETTE // R24

FOUR-EGG TRADITIONAL WHITE OMELETTE

MINI BB // R31 *Vegetarian*

TWO-EGG OMELETTE OR SCRAMBLED WITH PARSLEY, GRILLED TOMATO & ONION

SIMPLES / PLAIN // R38

THREE EGG OMELETTE OR SCRAMBLED EGGS

O ITALIANO // R66 **NEW**

BASIC OMELETTE, TOPPED WITH BACON, SLICED FRESH TOMATO, AVO, DRIZZLED WITH  
OLIVE OIL & OREGANO

VEGETARIANO // R79 **NEW** *Vegetarian*

BASIC OMELETTE FILLED WITH SPINACH, COTTAGE CHEESE, SLICED BUTTON MUSHROOMS,  
TOPPED WITH PAN FRIED CHERRY TOMATOES & DRIZZLED WITH BASIL PESTO

 CROISSANT BREAKFAST BOAT // R59 **NEW**

PORTUGUESE CROISSANT FILLED WITH MINI *bembom* SCRAMBLED EGGS

GRATED MOZZARELLA, BACON, GRILLED CHERRY TOMATOES DUSTED WITH OREGANO,  
SERVED WITH BAKED BEANS ON THE SIDE

CROISSANT BREAKFAST BOAT



 CHEF'S RECOMMENDATION

## THE HEALTHIER OPTION

AVEIA // R37 HALF PORTION // R22 *Vegetarian*

OATS, BANANA, SLICED ROASTED ALMONDS WITH CINNAMON & HONEY ON THE SIDE

ESCALFADINHO SIMPLES - 7AM - 11AM // R32 *Vegetarian*

POACHED EGG ON RYE OR SEEDED BREAD & A COMPLEMENTARY FLAT WHITE

CLÁSSICO COM FRUTA // R45 *Vegetarian*

LAYERED MUESLI, FAT FREE YOGURT, HONEY & FRUIT (PLEASE ASK THE WAITER)

ESCALFADINHO FLORENTINO - 7AM - 11AM // R63

POACHED EGG, MUSHROOMS, HICKORY HAM, FRESH TOMATO SALSA  
& A COMPLEMENTARY FLAT WHITE

OPEN B & A // R63 *Vegetarian*

TOASTED SEEDED OR RYE BREAD, AVO, BACON, COTTAGE CHEESE, CHERRY TOMATOES,  
BASIL PESTO & ROCKET

O PICO // R62 **NEW**

SAUTÉED SPINACH & FETA, GRATED MOZZARELLA CHEESE, AVO, BACON,  
POACHED OR FRIED EGG, WITH A HOT FRESH TOMATO SALSA

 NAKED BUN LESS BURGER // R79 **NEW RECIPE**

SAUTÉED SPINACH & FETA, LETTUCE, FRESH TOMATO, BASIL MAYO, BEEF BURGER, AVO,  
BACON, ROCKET & PESTO

NAKED BUN LESS BURGER

## PÃO DE DEUS // PÃO DE LEITE // CROISSANTS

PREPARED WITH FRESH HAND CUT CHIPS & PICKLES

PORTUGUESE CROISSANT (SWEET BREAD) // PÃO DE LEITE // R8

PÃO DE DEUS (SWEET BREAD TOPPED WITH COCONUT) // R10

CHEESE OR CONTINENTAL HAM // R38

CHEESE & CONTINENTAL HAM // R53

PRESUNTO / PARMA HAM // R69

PRESUNTO / PARMA HAM & CHEESE // R79

SEASONAL FRUITS AND VEGETABLES SUBJECT TO AVAILABILITY. SOME FOOD ITEMS HAVE TRACES OF NUTS AND SESAME SEEDS.  
ALL VISUALS ARE SUGGESTED SERVINGS ONLY. ALL EXTRAS AND CHANGES WILL BE CHARGED FOR ACCORDINGLY. MOST OF THE  
ITEMS ON THIS MENU ARE AVAILABLE AS A TAKE-AWAY. NO SPLITTING OF BILLS IS ALLOWED. ALL MEAT WEIGHTS ARE RAW  
WEIGHTS. PICTURES SHOWN ARE FOR ILLUSTRATION PURPOSE ONLY. ACTUAL PRODUCT MAY VARY.

 CHEF'S RECOMMENDATION

## TORRADAS // TOAST

THICK SLICE OF TOASTED CARÇAÇA BREAD WITH BUTTER

MEIA TORRADA À PORTUGUESA / HALF PORTION // R10

TORRADA À PORTUGUESA / FULL PORTION // R17

## TOSTAS // TOASTED TREATS

AVAILABLE ON BROWN OR WHITE BREAD GARNISHED WITH FRESH HAND CUT CHIPS

& PICKLES. ADD TOMATO // R5

CHEESE OR CONTINENTAL HAM // R37

BACON & CHEESE // R52

CHEESE & CONTINENTAL HAM // R49

BACON, CHEESE & EGG // R57

BACON & EGG // R46

TUNA OR CHICKEN & MAYO // R52

## TOSTAS GRELHADAS // GRILLED TOASTED SANDWICHES

PREPARED WITH FINGER CHIPS, SPRINKLED WITH SALT, GARLIC & OREGANO, PICKLES

👍 MONTECRISTO // R62 **NEW**

TWO SLICES OF BATTERED SOURDOUGH BREAD, GRAINED MUSTARD, CONTINENTAL HAM & CHEDDAR CHEESE GRILLED ON A SKITTLE WITH BUTTER, SPRINKLED WITH ICING SUGAR

FUNDÃO // R69 **NEW**

TWO SLICES OF SOURDOUGH BREAD, MOZZARELLA CHEESE, CHOURIÇÃO & GRILLED TOMATO, GRILLED ON A SKITTLE WITH BUTTER



MONTECRISTO

## ALMOFADINHAS

BITE SIZE HOME-MADE FLAT BREAD - TOASTED, FILLED WITH MOZZARELLA CHEESE & BRUSHED WITH EXTRA VIRGIN PORTUGUESE OLIVE OIL & HERBS

CAPOEIRA // R39

MOZZARELLA CHEESE, CHICKEN MAYO, GHERKINS

RUSTICO // R44

MOZZARELLA CHEESE, AVO, BACON

VEGETARIAN // R44 *Vegetarian*

MOZZARELLA CHEESE, SPINACH, MUSHROOMS & DANISH FETA

MEXICANO // R47

MOZZARELLA CHEESE, SPICY MINCE WITH KIDNEY BEANS & GRATED CHEDDER (JALAPEÑO OPTIONAL) // R6

## SANDES // SANDWICHES

AVAILABLE ON A PORTUGUESE ROLL GARNISHED WITH FRESH HAND CUT CHIPS & PICKLES

BACON & EGG // R39

PANADINHOS DE FRANGO / CHICKEN SCHNITZELS // R64

PRESUNTO/PARMA HAM // R69

BIFANAS DE PORCO / THINLY SLICED MARINATED PORK LOIN STEAKS // R59

PRESUNTO & CHEESE // R79

👍 BACALHAU DE ESCABECHE / VINAIGRETTE COD FISH // R69 **NEW**

UNSALTED FLAKED COD FISH TOSSED IN VINAIGRETTE MARINADE, SERVED IN A PORTUGUESE ROLL WITH FINGER CHIPS, OREGANO & GARLIC

CARNE ASSADA / SLOW COOKED BRAISED BIEF // R56

## PREGO

MARINATED BEEF OR CHICKEN PREGO PREPARED ON A PLAIN PORTUGUESE ROLL GARNISHED WITH FRESH HAND CUT CHIPS & PICKLES

PLAIN // R46

PREGO EM BOLO DO CACO // R52

CREATE YOUR OWN PREGO WITH THE FILLINGS BELOW

TOMATO / ONION / LETTUCE // R5

EGG / JALAPEÑO // R6

25G CHEESE (MOZZARELLA, GOUDA, CHEDDAR) / 25G CONTINENTAL HAM // R7

PLATE OF CHIPS // R15

LOUREIRO // R52 **NEW**

100G RUMP STEAK SEASONED WITH GARLIC, BAY LEAF & COARSE SALT IN A GARLIC BUTTERED MINI BOLO DO CACO, SERVED WITH FINGER CHIPS WITH OREGANO & GARLIC

👍 CANICENSE // R54 **NEW**

100G RUMP STEAK WITH CARAMELIZED ONION, GRAINED MUSTARD & ROCKET IN A MINI BOLO DO CACO, SERVED WITH FINGER CHIPS WITH OREGANO & GARLIC



CANICENSE

## FRANCESINHAS

NORTHERN PORTUGUESE DISH

MEIA / HALF FRANCESINHA // R69

TWO SLICES OF BREAD, BEEF PREGO, HAM, SLICED SALSICHA (BREAKFAST SAUSAGE), BAKED IN THE OVEN TOPPED WITH CHEESE & A BEER GRAVY SERVED WITH CHIPS

EXTRA EGG // R6      EXTRA CHIPS // R10

## HAMBURGUERS // BURGERS

PLAIN JANE // R62

TOASTED BUN, PURE BURGER PATTY, LETTUCE, TOMATO, ONION, *bembom* MAYO, SERVED WITH FINGER CHIPS, SPRINKLED WITH SALT, GARLIC & OREGANO FINGER CHIPS, PICKLES

👍 METRO DE LISBOA // R79 **NEW**

TOASTED LONG BUN, THREE MINI BEEF BURGERS TOPPED WITH A TRIO OF CHEESES (MOZZARELLA, GOUDA & CHEDDAR) LETTUCE, TOMATO, ONION, PESTO MAYO, SERVED WITH FINGER CHIPS, SPRINKLED WITH SALT, GARLIC & OREGANO

PAO DE LEITE BURGER // R69

TOASTED BRIOCHE BUN, BEEF BURGER PATTY, CHEDDAR CHEESE, LETTUCE, TOMATO, GHERKINS, BASIL MAYO, FINGER CHIPS & PICKLES, GARNISHED WITH A BATTERED ONION RING



METRO DE LISBOA

## SOPAS // SOUP

OUR SOUPS ARE PREPARED DAILY & SERVED WITH BREAD & BUTTER ON THE SIDE

CALDO VERDE // R35

KALE CABBAGE, POTATOES, ONION, OLIVE OIL & CHOURIÇO

SOUP OF THE DAY // R33

PLEASE CONSULT YOUR WAITER

## SALADAS // SALADS

SIDE SALAD // R15 *Vegetarian*

SALADA VERDE // R22 *Vegetarian*

MIXED LETTUCE, CHERRY TOMATOES, CUCUMBER, ONIONS, CARROTS & PEPPERS

SALADA DE FRANGO // R59

SALADA VERDE, GRILLED MARINATED CHICKEN FILLET STRIPS, CASHEW NUTS & AVO

SALADA DE ATUM C/GRÃO // R64

SALADA VERDE, TUNA, CHICKPEAS, CAPERS, BAKED SESAME SEEDS, OLIVES, BOILED EGG & FETA

👍 ROASTED BUTTERNUT & FETA SALAD // R59 **NEW**

MIXED LETTUCE, ROAST BUTTERNUT WITH CINNAMON & HONEY, AVO, CUCUMBER, ONION, PUMPKIN SEEDS, FETA & ROCKET *Vegetarian*

👍 CHEFS RECOMMENDATION

## MINI PRATOS // MINI PLATES

SERVED WITH FRESHLY CUT FINGER FRIES SEASONED WITH GARLIC & OREGANO (OPTIONAL) & SALAD. ALLOW 20 MIN TO PREPARE  
EXTRAS: PORTION CHIPS OR SIDE SALAD // R15

### PEIXE // FISH

👍 BACALHAU COM NATAS // R79

OVEN BAKED FLAKED SALTED COD FISH WITH FRESH CREAM, POTATOES & ONION SERVED WITH A SMALL SIDE SALAD

FILETE PESCADA GRELHADA / GRILLED OR FRIED HAKE FILLET // R79

180G HAKE FILLET GRILLED OR FRIED SERVED WITH BUTTER & LEMON SAUCE ON THE SIDE

DEDINHOS DE FILETE DE PEASCADA SRIRACHA

SRIRACHA FINGER BATTERED HAKE FILLETS // R79 **NEW**

180G BATTERED HAKE FINGER FILLETS DEEP FRIED SERVED WITH A SRIRACHA MAYO DIP SAUCE ON THE SIDE

### CARNE // MEAT

PANADINHOS / SCHNITZELS // R62

150G SEASONED CHICKEN PREGO, DIPPED IN BREAD CRUMB & PARMESAN MIX, FRIED TO A GOLDEN BROWN COLOUR

BIFINHOS DE FRANGO // R55

150G GRILLED MARINATED CHICKEN FILLET

BIFANAS DE PORCO / PORK LOIN // R62

140G THINLY CUT MARINATED PORK LOIN STEAKS GRILLED OR FRIED

PREGO NO PRATO C/OVO // R59

130G BEEF PREGO, FRIED EGG, FRESHLY FRIED CHIPS, PICKLES & SALAD

BIFE NO PRATO C/OVO // R72

200G RUMP STEAK, FRIED EGG, FRESHLY FRIED CHIPS, PICKLES & SALAD

### BITOQUES

RUMP // R89

200G RUMP WITH A CHOICE OF SAUCE, TOPPED WITH AN EGG, SERVED WITH FRESHLY CUT CHIPS & BREAD ROLL

👍 BITOQUE À *bembom*

GARLIC, MUSTARD, WINE & FRESH CREAM SAUCE

BITOQUE À CERVEJARIA

BUTTER, GARLIC, BEER, MUSTARD & FRESH CREAM SAUCE

BITOQUE À PORTUGUESA

HICKORY HAM, GARLIC, MUSTARD, WINE & FRESH CREAM SAUCE



BITOQUE À *bembom*

👍 CHEFS RECOMMENDATION



TRINCHADINHO

## PETISCOS // FINGER SNACKS

**MOELAS DE GALINHA // R42**

250G GIBLETS SERVED IN A TOMATO, ONION WINE SAUCE WITH A SLICE OF CARÇAÇA BREAD (PIRI PIRI SAUCE OPTIONAL)

**FIGADO DE GALINHA // R42**

200G GRILLED SAUTÉED LIVERS SAUTÉED WITH ONIONS SERVED IN A LIVER SAUCE WITH A SLICE OF CARÇAÇA BREAD



**TRINCHADINHO // R62 NEW**

100G CUBED RUMP STEAK PAN-FRIED WITH GARLIC, BAY LEAF, BUTTER, WINE & MUSTARD PREPARED WITH FRESH HAND CUT FRIES, TOMATO & OLIVES

## SALGADOS // SAVOURIES

## PASTELARIA // PASTRIES

FOR A VARIETY OF THE ABOVE, PLEASE HAVE A LOOK AT OUR DISPLAY CABINETS OR ASK YOUR FRIENDLY WAITER

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CHEF'S RECOMMENDATION





## PLATTERS

CREATE OR ASK FOR OUR PLATTER MENU

LA... REFRESHMENTS... espresso with milk... CAPPUCIN...  
regio... enic... CAKE... BEMBOM CAFE...  
ASTRIES... SANDWICHES... cafe gela...  
umc... Nectar... www.bembom.co.za...  
savouries... Maracuja e limonada... mini plates...  
posteis... coffee deli bake...



## CAFÉ E OUTROS // HOT BEVERAGES

DESCAFINADO EXT / DECAF // R2 NATAS / CREAM // R4 EXT SHOT ESPRESSO // R5

☺ **bembom** COFFEE (WITH CONDENSE MILK)

SMALL // R19 LARGE // R25 LATTE // R30

BICA / ESPRESSO // R16 BICA DUPLA / DOUBLE ESPRESSO // R21

ITALIANO / SHORT ESPRESSO // R16

CARIOCA DE CAFÉ / MILD ESPRESSO // R16

GAROTO / SHORT ESPRESSO WITH MILK // R16

MEIA DE LEITE / FLAT WHITE CAPPUCINO 180ML // R20

CAPPUCINO 180ML (SINGLE SHOT) // R23

CAPPUCINO 200ML (DOUBLE SHOT ESPRESSO) // R27

RED CAPPUCINO // R26 RED LATTE // R29

GALÃO / LATTE (SINGLE SHOT ESPRESSO) // R26

GALÃO FORTE / LATTE (DOUBLE SHOT ESPRESSO) // R32

AMERICANO

(DOUBLE SHOT TALL BLACK COFFEE SERVED WITH MILK ON THE SIDE) // R22

HOT CHOCOLATE | MILO | HORLICKS // R26

## CHA // TEA

ROOIBOS | FIVE ROSES | GREEN TEA | EARL GREY & CAMOMILE // R17

## GOURMET LATTES / SMOOTHIES / FREEZOS

SPICED CHAI | CHOCOLATE DECADENCE | CAPPUCINO // R32

☺ MARSHMALLOW S'MORES // R34

## FRUIT CRUSHERS

ADD PLAIN YOGHURT TO MAKE IT A SMOOTHIE // R6

MIXED BERRY | MANGO | GREEN APPLE

RED PEACH & APRICOT | GRANADILLA // R32

## BATIDOS // MILK SHAKES

VANILLA | CHOCOLATE | STRAWBERRY | LIME // R33

## SUMOS // COLD BEVERAGES

SIR JUICE 350ML // R26

FRESHLY SQUEEZED ORANGE JUICE // R30

MIXER CAN 200ML // R20

SODA DRINKS CAN 330ML // R22

ICE TEA LIPTON 340ML // R26

TISERS // R27

CORDIALS - LIME | PASSION FRUIT | KOLA TONIC // R8

ROCK SHANDY // R30

## IMPORTED SOFT DRINKS

SUMOL CAN 330ML - LARANJA | ANANAS E MARACUJA // R22

COMPAL 200ML - ANANAS | MARACUJA | PERA | MAÇA E LARANJA // R20

UCAL DE CHOCOLATE // R30

## AGUAS // WATER

*Bembom* STILL / SPARKLING 500ML // R17

## IMPORTED WATER

AGUA DO LUSO/ESTRELA 300ML // R15 AGUA DAS PEDRAS SPARKLING 250ML // R22

## AGUARDENTE E OUTROS // BRANDY & OTHERS

AGUARDENTE 1920 // R24

BELLS // R19

MACIEIRA // R16

JOHNNY WALKER BLACK // R33

## CERVEJA // BEER

IMPORTED PORTUGUESE BEERS & CIDER.

SUPER BOCK MINI // R18

SUPER BOCK 330ML | 2M 330ML // R27

## LOCAL BEERS

CASTLE LAGER | CASTLE LITE | BLACK LABEL // R24

## VINHOS // WINES

CATEMBA (250ML RED WINE WITH 200ML COCA COLA) // R32

WHITE (DOUGLAS GREEN CHENIN BLANC / SAUVIGNON BLANC)

GLASS // R36 BOTTLE // R96

RED (DOUGLAS GREEN MELBEC / MERLOT)

GLASS // R36 BOTTLE // R96

SANGRIA - SANGRIA CARAFE 0.25LT // R20 SANGRIA CARAFE 1LT // R76





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