

Entradas (Starters)

Pastéis De Bacalhau

R49

Traditional homemade fishcakes served with olives and garlic aioli.



Figados De Galinha

R54

Chicken livers sautéed in a wine, herb & mild peri-peri sauce



Chouriço

R54

Traditional spicy sausage served either: Sliced & sautéed in garlic, wine & mild peri-peri sauce.

OR

Flame grilled.

R69

Lulas

R62

Calamari rings grilled or deep fried served with lemon & garlic or peri-peri sauce

Mexilhões Fresco

R59

Fresh Saldanha Bay mussels steamed & served in a white wine & cream broth



Tentáculos De Lulas

R55

Squid heads grilled or deep fried served with lemon & garlic or peri-peri sauce

Queijo Assado

R69

Traditional Portuguese cheese baked with garlic, thyme & chilli served with crispy Portuguese bread

Trinchado

R59

Cubed fillet flash grilled and sautéed in our traditional mild peri-peri sauce.

Coquetel de Camarão

R89

Plump prawns served in a 1000 Island dressing



Camarão Boca

R89

Prawn tails baked in a creamy garlic & herb sauce.

Petiscos (To Share)

Marinated olives, spicy feta and chouriço.

R105

Chicken livers, calamari and chouriço

R145

Saladas (Available In Full Or Half Portions)



Portuguesa

R59

Fresh greens topped with rosa tomatoes, cucumber, red onion, olives & our famous dressing.

Grega

R65

Mixed greens topped with rosa tomatoes, cucumber, peppers, red onion, feta & olives.

Gorgonzola

R69

Mixed greens topped with rosa tomatoes, cucumber, red onion & grated gorgonzola.

Galinha

R79

Mixed greens topped with peri-peri chicken strips, avo & feta.

Prato Da Cassa (House Specialty)



Sardinhas Assadas

R145

Grilled Portuguese sardines topped with roasted peppers & served with boiled baby potato & salad.

Bacalhau Assado

R189

Traditional salted codfish, roasted and topped with olive oil, garlic and peppers. Served with boiled baby potato and salad.

Camarão National

R189

Plump prawns panfried in herbs, garlic, a touch of paprika & beer, a dash of cream & served with sticky rice.



Bacalhau À Bras

R149

Salted flaked cod, onions, thin slices of potato, scrambled eggs, black olives and parsley.

(Cristiano Ronaldo's favourite)

Pot Quente

SQ

Chef's casserole of the day.

Massas & Legumes

Pilha de Cogumelos

R82

Garlic field mushrooms topped with rocket, mediterranean veg, feta, crispy onions & a balsamic glaze.

Fettucine Primavera

R85

Fettucine tossed with fresh carrots, olives, spinach, mushrooms & chilli, prepared in creamy napoletana.

Espinatres e Tortelli de Ricotta

R85

Tortelli spinach & ricotta, served in a tomato & cinnamon reduction with rocket & shavings of pecorino.

Bandeja de Vegetais

R89

Roasted mediterranean vegetables, napoletana & chilli mushrooms, crumbed mozzarella, creamed spinach, baby potatoes & crispy onion rings.

Penne Com Galinha Peri-Peri

R98

Onion, mushroom & chicken tossed in our famous peri-peri sauce with a touch of cream.

Bolonhesa é Atasca

R85

Fettucine tossed with homemade Bolognese & touch of chilli.

Marisco (Seafood)

Lulas

R145

Calamari grilled or deep fried served with our traditional lemon & garlic or peri-peri sauce.



Camarão Frito

R195

Deep fried scampi served with tartar sauce, Portuguese salad & homemade chips.

Linguado

R175

West coast sole grilled in lemon & garlic or peri-peri sauce.



Camarões Grelhados

Grilled prawns in lemon garlic or peri-peri sauce



Kingklip Grelhado

R179

Fillet of kingklip grilled in lemon & garlic or peri-peri sauce.

6 Grilled queen prawns.

R210

Marisco (Seafood)

Lulas

R145

Calamari grilled or deep fried served with our traditional lemon & garlic or peri-peri sauce.

Linguado

R175

West coast sole grilled in lemon & garlic or peri-peri sauce.



Kingklip Grelhado

R179

Fillet of kingklip grilled in lemon & garlic or peri-peri sauce.

Peixe Fresco do Dia

SQ

Linefish served filleted or baked whole.

Ask your waitron what the chef is serving today.



Caril de Camarão

R155

Mozambican style chicken & prawn curry served with sticky rice & sambals.

Fettuccine de Frutos do mar

R147

Tossed with prawns & calamari in a creamy white wine & chilli sauce.

Lulas E Camarões

R169

Prawn & calamari combo with your choice of grilled or deep-fried calamari.



Camarão Frito

R195

Deep fried scampi served with tartar sauce, Portuguese salad & homemade chips.



Camarões Grelhados

Grilled prawns in lemon garlic or peri-peri sauce

6 Grilled queen prawns.

R210

8 Grilled queen prawns.

R259

Combo de Frutos do mar

R219

Crayfish, calamari & squid with your choice of lemon & garlic or peri-peri.

Lagostins

R320

Langoustines grilled in lemon & garlic or peri-peri sauce.

Mariscada Para Dois (for two)

R599

Crayfish, prawns, langoustines, calamari and squid heads.

Galinha (Chicken)

Prego Roll

R75

Grilled chicken fillets basted in our secret prego sauce served with home cut chips.

Meia Galinha L.M.

R89

Half chicken flame-grilled with your choice of lemon and garlic, mild peri-peri or hot peri-peri sauce.

Galinha L.M.

R135

Flame-grilled chicken prepared in our secret marinade and finished off with lemon and garlic, mild peri-peri or hot peri-peri sauce.

Espetada de Galinha

R119

Chicken kebab stuffed with Peppadews, brushed with a sweet chilli marinade and grilled to perfection, finished with your choice of garlic or peri-peri sauce.

Galinha E Lulas

R149

Grilled half chicken with your choice of grilled or deep-fried calamari with lemon and garlic or peri-peri sauce.



Galinha E Camarão

R196

Grilled half chicken and queen prawns prepared in lemon & garlic or peri-peri sauce.

Galinha E Lagostins

R245

Grilled half chicken and langoustines prepared in lemon and garlic or peri-peri sauce.

Carne Grelhada (Meat)

Prego Roll

R109

200g rump pan-fried in our secret prego sauce served in a crispy portuguese roll with chips.

Filete Grelhado

200g Fillet steak flame-grilled to your specification.

R149

300g Fillet steak flame-grilled to your specification.

R189

Ponta D'ouro Filete

R169

200g Fillet steak filled with cheddar cheese & chopped chilli, grilled to your liking & topped with a mushroom, wine, garlic & mild peri-peri sauce.

Bife de Alcátra

R159

300g Matured A-grade rump flame-grilled to your specification.



Bife À Portuguesa

R174

300g Rump served the traditional way, topped with an egg & covered in a mushroom, garlic, wine & mild peri-peri sauce



Espetada

R175

Skewer of 350g rump rubbed with coarse salt and bay leaves, flame grilled and finished with a garlic or peri-peri sauce.

Bifes de Olno de Costela de Porco

R135

Marinated pork rib-eye grilled and served with veg and our home cut chips.

Costeletas de Carneiro

R179

Marinated lamb chops flame-grilled to specification and finished with a peri-peri basting.

Sauces served on the side (optional extra)

R29

Mushroom, Pepper, Cheese, Creamy Garlic, Gorgonzola, Peri-Peri, Port.

Sobremesas (Desserts)

Vanilla Ice Cream

R45

Served with Bar-One sauce.

Torta de Chocolate

R48

Chocolate brownie smothered in Bar-One sauce with ice-cream.

Served with sour cherries and cinnamon.

R49

Bolinhos de Requeijão

R49

Cottage style cheesecake topped with fresh fruit.



Leite – Creme

R49

Vanilla custard topped with caramelised sugar.

Crepe de lavanjae amendoa

R52

Orange and almond pancakes served with vanilla ice cream.

Dieta Frita Banana Doce

R48

Banana filled with chocolate coated in coconut deepfried and served with vanilla ice cream.

Kids Menu (All served with a complimentary milkshake.)

Chicken Nuggets

R50

Served with cheese sauce and chips.

Lulas and Chips

R50

Macaroni Cheese

R50

Bolognaise fettucine

R50

Chicken Espetada

R50

Served with chips