

Starters

Bread Basket 4 Fresh rolls	R 15.00
Garlic Bread	R 27.00
Caldo Verde A traditional homemade Portuguese soup, with thinly sliced kale, olive oil, sliced Portuguese sausage and potato.	R 39.00
Clams Fresh ocean clams sautéed in white wine, chopped onions, green pepper with a hint of chilli and tomato.	R 59.00
Calamari Falklands calamari grilled in our delicious lemon butter sauce.	R 69.00
Chouriço Flambéed in firewater to further enhance the flavours of this very traditional Portuguese sausage.	R 72.00
Sliced Chouriço Spicy Portuguese sausage sliced and lightly grilled in a selection of herbs.	R 55.00
Chicken Livers Grilled the Portuguese way with onions and a hint of chilli.	R 49.00
Giblets These chicken delicacies are marinated and cooked in garlic, white wine and Portuguese spices.	R 47.00
Camarão Alinho Portuguese style garlic prawns.	R 79.00
Mussels Fresh mussels cooked in white wine, onions and a creamy garlic sauce.	R 69.00
Trinchado Rump steak cubes fried in garlic and white wine. Served with fresh bread.	R 66.00
Halloumi Cheese Fried goats milk cheese served with a wedge of lemon and sweet chilli sauce.	R 54.00
Snalle 6 Sizzling snails in our famous garlic and parsley sauce.	R 45.00
*Oysters Fresh ocean oysters.	R 21.00
Black Mushrooms Large black mushrooms oven baked with a fresh spinach, feta and mozzarella topping.	R 58.00
Prawn Rissoles Crumbed pastry pockets filled with prawns in a spicy and creamy sauce.	R 49.00
Chicken Rissoles Crumbed pastry pockets filled with chicken in a spicy and creamy sauce.	R 42.00
Stuffed Calamari Falklands calamari stuffed with prawns, feta and creamy sauce with a hint of chilli.	R 79.00

Tempura Combos

Tempura Platter Four large prawns and four pieces of vegetable fried golden brown in a light tempura batter	R 99.00
Tempura & California Rolls Your choice of Prawn or Chicken or Vegetable tempura served with salmon California rolls	R 84.00
Tempura - Sushi Platter Prawn and vegetable tempura served with assorted sushi rolls. A tantalising starter platter	R 169.00

Salmon Maki Platter (10 Pieces) 3 Salmon roses, 3 salmon nigiri, 4 cucumber	R 179.00
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Rainbow Rolls (8 Pieces) 3 Salmon roses, 3 salmon nigiri, 4 cucumber	R 95.00
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Smoked Salmon Cheese Rolls (8 Pieces) Smoked salmon, cucumber, Kiri cheese	R 90.00
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Hand Rolls 1 Piece	
Crab	R 44.00
Prawn	R 52.00
Salmon	R 51.00
Smoked Salmon	R 51.00
Tuna	R 46.00
Vegetable	R 40.00

Salmon Sushi Platter 4 Rainbow rolls, 1 salmon hand roll, 3 smoked salmon cheese rolls	R 129.00
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Assorted Rolls (12 pieces) 3 Salmon maki, 3 tuna maki, 6 smoked salmon California rolls	R 119.00
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Assorted Platter (21 pieces) 2 Prawn nigiri, 3 tuna sashimi, 3 salmon roses, 8 salmon maki, 2 salmon nigiri, 3 salmon sashimi	R 289.00
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Salmon Platter (16 pieces) 4 Salmon sashimi, 4 salmon nigiri, 8 salmon California rolls	R 239.00
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Assorted Combo (20 pieces) 2 Tuna nigiri, 4 salmon nigiri, 2 prawn nigiri, 4 tuna maki, 4 salmon maki, 4 West rolls	R 265.00
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Combo Roll (20 pieces) 4 Tuna maki, 4 salmon maki, 4 crab California rolls, 8 rainbow rolls	R 184.00
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The Adegas Sushi Platter (17 pieces) 2 Prawn nigiri, 4 rainbow rolls, 3 salmon nigiri, 6 smoked salmon cheese rolls, 2 salmon roses	R 275.00
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Sushi

Fashion Sandwiches

4 Pieces

Crab	R 39.00
Prawn	R 48.00
Salmon	R 46.00
Smoked Salmon	R 46.00
Tuna	R 42.00
Vegetable	R 39.00

California Rolls

4 Pieces

Crab	R 38.00
Prawn	R 46.00
Salmon	R 44.00
Smoked Salmon	R 44.00
Tuna	R 40.00
Vegetable	R 37.00
Spicy Salmon	R 44.00
Spicy Tuna	R 40.00

West Rolls (4 Pieces)

Smoked salmon, crab, avo, cucumber	R 65.00
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Spicy Salmon or Tuna Salad

Salmon or tuna. Served with sliced avo	R 116.00
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Fashion Platter (10 Pieces)

3 Salmon fashion sandwiches, 4 west rolls, 3 salmon California rolls	R 131.00
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Sashimi

3 Pieces

Salmon	R 65.00
Tuna	R 62.00

Assorted Sashimi (10 Pieces)

4 Salmon, 4 tuna, 2 prawn pieces	R 159.00
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Salmon Roses

2 Pieces	R 58.00
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Maki Rolls

4 Pieces

Cucumber	R 28.00
Prawn	R 40.00
Tuna	R 34.00
Salmon	R 40.00
Smoked Salmon	R 40.00
Avo	R 34.00
Crab	R 34.00

Nigiri

2 Pieces

Prawn	R 46.00
Salmon	R 44.00
Tuna	R 40.00

Assorted Nigiri (7 Pieces)

3 Salmon, 2 tuna, 2 prawn pieces	R 139.00
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Salads

Calamari Salad Tender calamari tubes grilled in lemon butter and garlic, served on a crisp garden salad.	R 79.00
Halloumi & Avo Salad Halloumi cheese, and sliced avo on a crisp garden salad, served with our homemade sweet chilli dressing	R 95.00
* Salmon Salad Smoked salmon, cottage cheese and sliced avo on a crisp garden salad served with our homemade dressing	R 99.00
Greek Salad Crispy lettuce, tomatoes, green pepper, onions, feta cheese and olives	
Price	R 66.00
Side portion	R 49.00
Chicken Salad Mixed salad greens topped with strips of grilled chicken, spicy sauce and thin slices of green apple	R 74.00
Portuguese Salad Crispy lettuce, tomato, green pepper, onions, carrots and Portuguese olives	
Price	R 59.00
Side portion	R 39.00
Seafood Salad Tempura prawns, mussels, crabsticks and calamari on a crisp garden salad, served with our homemade dressing	R 116.00
Extras	
Feta	R 19.00
*Avo	R 19.00
* Seasonal Subject to availability	

Pasta

Your choice of Penne or Linguine

Prawn Cream based sauce with fresh tomatoes, a hint of chilli and coriander. Topped with a generous serving of medium prawns	R 119.00
Chicken Grilled chicken strips tossed in a tomato based sauce and finished with a dash of garlic	R 98.00
Seafood Medium prawns, mussels, clams and calamari in a cream based sauce with a hint of garlic and olive oil	R 129.00
Vegetarian A unique medley of vegetables bound in a creamy cheese sauce with a hint of chilli and fresh parsley	R 76.00
Chouriço Chouriço slices carefully blended with tomato, spices, olives and a dash of cream	R 109.00
Tomato & Chilli A spicy, fresh tomato and herb sauce with a generous sprinkle of chillies	R 79.00

Fish

Grilled Calamari	R 139.00
Falklands calamari marinated in our secret spices and grilled in lemon butter, served with chips or rice	
Grilled Panga	R 149.00
A flavoursome deboned, filleted Delicacy. Served with boiled potatoes and vegetables	
Grilled Codfish	R 189.00
A generous portion of codfish topped with grilled green peppers, garlic, olive oil, sliced raw onion, boiled potatoes and olives	
Codfish à Braz	R 159.00
Shredded codfish with fried onion, chipped potatoes, garlic and egg, all carefully blended together and pan-fried. This is a tasty dish for the adventurous palate.	
Grilled Kingklip	R 175.00
Fresh and filleted, served with lemon butter and boiled potatoes and vegetables.(Slimmers option available, ask your waiter)	
Grilled Sole	R 164.00
Only the best soles are selected and grilled with lemon butter and served with boiled potatoes and vegetables	
* Scottish Salmon	R 219.00
Fresh, imported salmon grilled and served with boiled potatoes and vegetables	
Extras	
Chips	R 29.00
Rice	R 27.00
Vegetables	R 34.00
Side Salad	R 34.00
Mealie Patty (3)	R 23.00
Boiled Potatoes	R 31.00
Mashed Potatoes	R 33.00
Lemon Butter Garlic Butter Peri-Peri Sauce	R 15.00
* Subject to availability	

Shellfish

Lobster Grilled

Fresh lobster grilled with lemon and butter
Per kilo

R 549.00

Lobster Thermidor

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

R 569.00

Seafood Platter

A choice of a baby lobster or two *langoustines, six king prawns, eight queen prawns, kingklip, calamari and mussels. Served with chips and rice
Serves Two

R 589.00

Solteiro Platter

Prato do Monge! The monk's choice of prawns, kingklip, mussels and calamari. Served with chips or rice

R 249.00

Seafood Skewer

Prawns, calamari, kingklip, green peppers and onions skewered and drizzled with our famous lemon butter sauce. Served with chips or rice

R 179.00

Prawns

An Adega speciality! All our prawns are selected with great care and grilled to perfection

1Kg Tiger Giants

R 549.00

1Kg Kings

R 349.00

1Kg Queens

R 329.00

Prawns Naçional

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

R 179.00

Prawn Curry (Mild)

Shelled prawns cooked in our chef's spicy curry sauce. Served with white rice

R 179.00

Extras

Chips

R 29.00

Rice

R 27.00

Vegetables

R 34.00

Side Salad

R 34.00

Mealie Patty (3)

R 23.00

Boiled Potatoes

R 31.00

Mashed Potatoes

R 33.00

Lemon Butter | Garlic Butter | Peri-Peri Sauce

R 15.00

* Subject to availability

Combos

All combo's served with your choice of chips or rice

Surf and Turf

200g Rump or Fillet steak, grilled to your liking, complemented with your choice of five medium prawns or a portion of calamari

Rump Steak 200g

R 189.00

Fillet Steak 200g

R 219.00

Add Sauce: Mushroom / Cheese / Pepper

R 28.00

Calamari & 5 Prawns

R 169.00

Falklands calamari grilled in lemon butter complemented with five medium prawns

LM Style Chicken & 5 Prawns

Half a spring chicken and five medium prawns grilled in lemon butter

Price

R 169.00

Add Calamari

R 55.00

Panga & 5 Queen Prawns

Our famous queen prawns complemented with filleted panga

Price

R 189.00

Add Calamari

R 55.00

Familia Platter

R 529.00

This family feast will keep the whole family satisfied with our delicious selection of 1kg queen prawns, grilled calamari, full chicken, Portuguese or Greek salad, chips and rice

Solteiro Platter

R 249.00

Prato do Monge! The Monks choice of prawns, kingklip, mussels and calamari

Spare Ribs & 5 Prawns

250g of Succulent pork ribs and five grilled medium prawns

Price

R 179.00

Add Calamari

R 55.00

Combo Platter

R 249.00

A generous feast comprising of 200g rump steak, three king prawns, calamari and mussels in a white wine sauce

Vegetarian Platter

R 109.00

A variety of seasonal vegetables with halloumi cheese, grilled mushrooms, rice and a light cheese sauce

Extras

Chips

R 29.00

Rice

R 27.00

Vegetables

R 34.00

Side Salad

R 34.00

Mealie Patty (3)

R 23.00

Boiled Potatoes

R 31.00

Mashed Potatoes

R 33.00

Lemon Butter | Garlic Butter | Peri-Peri Sauce

R 15.00

Poultry

LM Style Chicken

Spring chicken marinated in true Mozambican fashion. Grilled whole or cut trinchado to your liking.

Served with chips or rice (Mild / Hot / Very Hot)

Full Chicken

R 143.00

Half Chicken

R 97.00

Add Calamari

R 55.00

Grilled Chicken Breasts

R 99.00

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

Chicken Espetada

R 119.00

Tender cubes of chicken breast marinated, grilled and skewered with onions and green peppers.

Served with chips or rice and vegetables

Chicken Curry

R 109.00

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

Extras

Chips

R 29.00

Rice

R 27.00

Vegetables

R 34.00

Side Salad

R 34.00

Mealie Patty (3)

R 23.00

Boiled Potatoes

R 31.00

Mashed Potatoes

R 33.00

Lemon Butter | Garlic Butter | Peri-Peri Sauce

R 15.00

Mushroom / Cheese / Pepper Sauce

R 28.00

Desserts

Crème Caramel

R 47.00

A traditional Portuguese pudding topped with caramel syrup

Monks Kisses

R 42.00

Four Portuguese kisses, chocolate or caramel flavours served with vanilla ice cream

Ice Cream

R 41.00

Vanilla ice cream served with delicious chocolate sauce

Granadilla Mousse

R 48.00

A fruity cool dessert mousse made with fresh granadilla

Chocolate Mousse

R 48.00

A decadent speciality for all lovers of chocolate

Malva Pudding

R 48.00

Traditional malva pudding made with butter, apricot jam and cream. Doused in a sticky toffee sauce and served with warm custard

Rice Pudding

R 42.00

An interesting combination of rice, cinnamon and milk with a hit of lemon

Meat

Portuguese Steak

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

Fillet 200g	R 138.00
Fillet 300g	R 165.00
Rump 200g	R 109.00
Rump 300g	R 143.00

Monk Style Steak

Your choice of rump or fillet steak grilled to your liking topped with a creamy mushroom sauce. Served with round chips.

Fillet 200g	R 143.00
Fillet 300g	R 171.00
Rump 200g	R 116.00
Rump 300g	R 154.00

Espetada

250g Grilled tender pork or rump cubes served with a mealie patties, chips or rice and vegetables

Pork	R 143.00
Rump	R 165.00

Trinchado

250g Pork or rump steak cubes fried in a our famous garlic and white wine sauce. Served with round chips

Pork	R 138.00
Rump	R 160.00

Oxtail Casserole

A hearty treat. Oxtail and chouriço cooked the traditional Portuguese way. Served with white rice

R 160.00

Spare Ribs

Pork ribs marinated and grilled in a sticky BBQ sauce. Served with chips or rice

500g	R 160.00
250g	R 105.00

Extras

Chips	R 29.00
Rice	R 27.00
Vegetables	R 34.00
Side Salad	R 34.00
Mealie Patty (3)	R 23.00
Boiled Potatoes	R 31.00
Mashed Potatoes	R 33.00
Lemon Butter Garlic Butter Peri-Peri Sauce	R 15.00
Mushroom / Cheese / Pepper Sauce	R 28.00

Cold Beverages

* Range may vary depending on availability. Please enquire with your waitron.

*Premium Milkshakes - Magnum Indulgences

Enquire about our range of flavours

*Milkshakes

Chocolate
Strawberry
Vanilla
Bubblegum
Lime

*Soft Drinks

Coca-Cola / Light / Zero
Tab
Fanta Orange / Grape
Crème Soda
Sprite / Zero
Grapetiser White / Red
Appletiser
Fuze Ice Tea (Lemon / Peach / Red Fruits / Apple & Lemongrass / Pear & Bergamot)
BOS Ice Tea (Lemon / Apple / Peach / Berry)

Juices

Orange
Fruit Cocktail
Cranberry
Apple
Strawberry
Mango
Pineapple
Granadilla

Chilla Frappés

Chilla Cappuccino
Toffee Caramel

Chilla Fruit Smoothies

Passion Fruit Smoothie
Mango Smoothie
Strawberry Smoothie

Chilla Craft Sodas

Red Strawberry
American Soda
Pomegranate Refresher
Green Apple Spritzer
Perfect Raspberry

Sparkling Water

Valpre 500ml / 750ml
S. Pellergino 750ml

Still Water

Valpre 500ml / 750ml
Aqua Panna 750ml

* Range may vary depending on availability.

Please enquire with your waitron