

MAReSOL



<i>Rabanadas</i>	45
egg dipped Portuguese roll, pan fried & rolled in sugar & cinnamon	
<i>Health Breakfast</i>	55
muesli, yoghurt, fresh fruit & honey	
<i>3 Scrambled Eggs on Toast</i>	35
- with spicy potato	45
- with chouriço & roasted cherry tomato	55
- with smoked salmon	69
<i>3 Egg Omelette</i>	35
a light & fluffy three egg omelette with freshly chopped herbs & a choice of the following fillings:	
- tomato	9
- spring onion	9
- spicy potato	12
- cheddar cheese	15
- roasted peppers	15
- sautéed mushroom	19
- chicken livers	19
- bacon	22
- chouriço (spicy Portuguese sausage)	25
<i>Croissant</i>	
- butter & preserves	35
- chocolate	35
- benedict	69
- smoked salmon, cream cheese & capers	89
<i>Beira</i>	45
2 eggs (fried, scrambled or poached), bacon, tomato & a toasted Portuguese roll	
<i>Dorto</i>	59
2 eggs (fried, scrambled or poached), spicy chicken liver, grilled tomato, sautéed potatoes & a toasted Portuguese roll	
<i>The MAReSOL</i>	89
2 eggs (fried, scrambled or poached), char-grilled 125g sirloin steak, grilled tomato, sautéed potatoes, mushrooms & a toasted Portuguese roll	
<i>Portuguese Breakfast Pan</i>	89
a medley of jalapenos, fresh basil, garlic, chouriço, cheese & two baked eggs	
<i>Breakfast Prego</i>	99
spicy Prego fillet steak on a Portuguese roll with a fried egg, served with fries	
<i>Pasteis De Nata</i>	29
insist on one of these delicious Portuguese custard tarts to enjoy with your coffee	



Starters / Entradas

Why not order a selection of starters for the table to share?

Soup of the day <i>Sopa do Dia</i>	R 49
Ask your waiter about the soup for today	
Kale Soup <i>Caldo Verde</i>	R 49
Authentic Portuguese kale soup with chouriço to warm the soul	
Rissole <i>Rissóis</i>	
Rissole with salada pequena	
Vegetable with a peri aoli	R 49
Prawn with a peri aoli	R 69
GIBLETS <i>Moelas</i>	R 59
With our famous Piri Piri & wine sauce	
Mussels <i>Mexilhão</i>	
- In a spicy tomato sauce	R 65
- In a bacon, onion, garlic & Pernod cream sauce	R 69
Chicken Livers <i>Figados de Frango</i>	R 59
Mind blowing livers with onion & Piri Piri	
Hot Wings <i>Asas de Frango</i>	R 69
Chicken wings flame grilled with our spicy Piri Piri sauce	
Chouriço <i>Chouriço</i>	R 69
Spicy Portuguese sausage flambéed in brandy	
Portuguese Sardines <i>Sardinhas</i>	R 69
Grilled the traditional way served with salsa verde	
Calamari <i>Lulas</i>	
Pan-fried sliced calamari steak & tentacles	
- Lemon & garlic butter sauce	R 69
- Chouriço, roasted cherry tomato, black olives & rocket	R 89
Calamari <i>Lulas</i>	
Grilled calamari tubes with	
- Lemon & garlic butter sauce	R 89
- Chouriço, roasted cherry tomato, black olives & rocket	R 109
Prawn & Bacon <i>Camarão com Bacon</i>	R 99
Prawns wrapped in bacon with a honey, apple & almond sauce	
Beef Trinchado <i>Trinchado Bife</i>	R 99
Choice cut fillet, pan fried in our signature red wine & chili sauce	
Fresh Oysters <i>Ostras</i>	
Served with lemon & Tabasco	(6) R 90
	(9) R 126
	(12) R 156

Salads / Saladas

	Small	Large
Mixed Salad <i>Salada Mista</i>	R 49	R 69
Roasted tomatoes & peppers with cucumber, olives & baby leaves. Dressed with chili, olive oil, coriander & red wine vinegar		
Chickpea Salad <i>Salada de Grão-de-bico</i>		R 79
Chickpeas marinated in paprika, cumin & olive oil with feta cheese, wild rocket, black olives & radish		
Cous Cous with Chicken <i>Cous Cous com galinha</i>		R 89
Roasted chicken breast & avocado puree with Cous Cous marinated in olive oil, peppers & cardamom with baby leaves, red onion & tomato		
Prawn & Guacamole <i>Guacamole com Camarão</i>		R 99
Dressed with sherry vinegar		
Smoked Salmon (the MARE SOL) <i>Salada de Salmão fumado</i>		R 109
Smoked salmon marinated in lemon juice, coriander, chili & crushed orange. Served with fresh baby leaves, red onion & tomato, finished with a lime & orange citrus dressing		

Vegetarian / Vegetariano

Spicy Tomato Soup <i>Sopa de Tomate Picante</i>		R 65
A fresh flavour fusion of cherry tomatoes, onions & sweetcorn.		
Chickpea Curry <i>Curry de Grão-de-bico</i>		R 69
Delicately spiced chickpea & cauliflower curry.		
Spicy Kidney Bean Medley <i>Feijão Picante</i>		R 85
Kidney beans, peppers, red radish, tomato & carrots, served with rice & crushed avocado.		

Prego / Prego

Served on a fresh Portuguese Roll or 'no prato' (no roll) with fries

Chicken Prego <i>Prego de Galinha</i>		R 99
Flame grilled chicken breast with our homemade prego sauce		
Beef Prego <i>Prego de Bife</i>		R 109
Marinated beef fillet with our homemade prego sauce		

Seafood / Peixe

Served with any two sides of your choice.

Mussels *Mexilhoes*

- In a spicy tomato sauce R 139
- In a bacon, onion, garlic & Pernod cream sauce R 149

Catch of the Day *Peixe do Dia*

Prepared the chef's way (ask your waiter)

R 159

Sole *Solha*

Served with a lemon butter cream sauce

R 159

Bacalhau à Brás *Bacalhau à Brás*

From the legendary island of Bacalhau. Pulled Cod with potato, eggs, onion, garlic & black olives

R 185

Whole Baby Kingklip *Bebê Kingklip*

Beautiful texture & intense flavour – grilled & served with a tomato, caper, anchovi, basil & garlic sauce

R 199

Calamari *Lulas*

Pan-fried sliced calamari steak & tentacles with

- Lemon & garlic butter sauce R 159
- Chouriço, roasted cherry tomato, black olives & rocket R 179

Calamari *Lulas*

Grilled calamari tubes with

- Lemon & garlic butter sauce R 179
- Chouriço, roasted cherry tomato, black olives & rocket R 199

Cataplana *Cataplana (serves 2)*

A fragrant combination of the finest selection of prawns, mussels, catch of the day, chourico, calamari & rice, made famous by the pan in which it is prepared

R 350

Shellfish / Marisco

Grilled & served with a lemon garlic butter or Piri Piri sauce & any two sides of your choice

Queens (8) R 225
Kings (6) R 449

Langoustines (3) R 345
(6) R 595

Tiger Giants (3) R 525

Prawn Naçional *Camarão Naçional*

12 Queen prawns in a creamy Mozambican beer sauce

R 255

Prawn Curry *Camarão de Caril*

12 de-shelled Queen prawns in a creamy Mozambican curry sauce

R 265

Seafood Platters / Frutos do mar Prato

Served with a lemon garlic butter or Piri Piri sauce & any two sides of your choice

Prawn & Catch of the Day <i>Camarão & Captura do Dia</i> 3 Queen prawns & catch of the day	R 195
Calamari & Catch of the Day <i>Lulas & Captura do Dia</i> Grilled calamari tubes & catch of the day	R 235
Prawn & Calamari <i>Camarão & Lulas</i> 3 Queen prawns & grilled calamari tubes	R 255
Prawn, Calamari & Catch <i>Camarão, Lulas & Captura do Dia</i> Catch of the day, 3 Queen prawns & grilled calamari tubes	R 275
Mercado Platter <i>Prato a Mercado</i> 3 Queen prawns, half portion catch of the day, calamari steak & 3 mussels	R 195
Porto Platter <i>Prato do Marisco</i> 3 Queen prawns, half portion catch of the day, grilled calamari tubes & 3 mussels	R 215
Beira Platter <i>Prato a Beira</i> 6 Queen prawns, half portion catch of the day, calamari steak & 3 mussels	R 225
Prawn Platter <i>Prato do Camarão</i> 1/2 kg prawns	R 295
Shellfish Platter <i>Prato do Marisco</i> 1 langoustine, 1 Tiger giant, 1 King prawn & 3 Queen prawns	R 495
Bazaruto Platter <i>Prato a Bazaruto</i> 2 Tiger giants & 6 Queen prawns, 1 langoustine, & calamari tubes	R 695
MAReSOL Platter <i>MAReSOL Prato</i> 2 Tiger giants & 2 King prawns, 2 langoustines, calamari tubes, 8 mussels & catch of the day	R 975
MAReSOL Spectacular <i>Espetacular MAReSOL</i> 4 Tiger giants & 4 King prawns, 4 langoustines, calamari tubes, 12 mussels & catch of the day	R 1850

Side Orders / Ordens de Lado

Brazilian Rice MAReSOL side salad Roasted Vegetables	R 22 each
Milho Frito MAReSOL home slaw Onion Rings Fries	

Meat / Carnes

Served with any two sides of your choice.

Chicken Trinchado <i>Trinchado Galinha</i>		R 139
Tender chicken in a our signature red wine, garlic & chili sauce		
Chicken Piri Piri <i>Galinha a Piri Piri</i>		R 145
A Piri Piri marinated free range baby chicken served mild or hot		
Chicken Curry <i>Galinha de Caril</i>		R 149
Tender chicken breast in a creamy Mozambican curry sauce		
Portuguese Steak <i>Bife a Portuguesa</i>		R 155
250g prime sirloin served with a fried egg & Portuguese sauce		
MAReSOL Steak <i>Bife a MAReSOL</i>		R 179
200g choice cut beef fillet grilled & served with a butter, garlic, mustard & grape juice sauce		
Beef Trinchado <i>Trinchado Bife</i>		R 195
300g Choice cut beef fillet in our signature red wine, garlic & chili sauce		
Grilled Beef Fillet <i>Filé Bife</i>	200g	R 175
Char-grilled beef fillet served with a choice of		
- Mushroom Sauce	300g	R 195
- Pepper Sauce		
- Portuguese Sauce		
Roasted Pork Ribs <i>Costoletas de Porco</i>	HALF	R 165
Tender pork loin ribs basted & flame grilled		
	FULL	R 255

Espetada / Espetada

Served with any two sides of your choice.

Chicken Espetada <i>Espetada Frango</i>		R 145
Marinated Piri Piri deboned chicken thighs with peppers & tomato		
Beef Espetada <i>Espetada Carne</i>		R 195
300g Choice cut beef fillet rubbed with coarse salt & garlic, served with peppers & tomato		
Seafood Espetada <i>Espetada Frutos do Mar</i>		R 235
Hake, wrapped in bacon & skewered with 3 Queen prawns in a lemon garlic butter sauce		
Espetada Spectacular <i>Espetada Espetacular</i>		R 455
Catch of the day, wrapped in bacon & skewered with 3 King prawns in a lemon garlic butter sauce		

Side Orders / Ordens de Lado

Brazilian Rice		MAReSOL side salad		Roasted Vegetables		R 22 each
Milho Frito		MAReSOL home slaw		Onion Rings		Fries

Sweets / Sobremesa

Rice Pudding <i>Arroz Doce</i>	R 49
Creamy rice pudding infused with vanilla, lemon & cinnamon	
Crème Brûlée <i>Leite Creme</i>	R 49
Baked custard with a glazed sugar crust	
Portuguese Pastry Tart <i>Pasteis de Nata</i>	R 55
Served with a vanilla ice cream	
Chocolate Tart <i>Tartaleta de Chocolate</i>	R 55
Decadent chocolate tart served with a vanilla ice cream	
Cheesecake <i>Cheesecake</i>	R 59
Served with a vanilla ice cream & berry coulis	
Almond Tart <i>Tarte de Amendoa</i>	R 59
Served with a vanilla ice cream	

Kiddies / Crianças

Calamari Strips & Chips	R 45
Fish Cakes & Chips	R 45
Chicken Nuggets & Chips	R 45
Chicken Livers (not spicy)	R 45
Kiddies Prego & Chips (not spicy)	R 59



Modern Gin & Tonic 45

Gin & Schweppes Tonic Water
Infused with a garnish of your choice:

- Green pepper & fresh basil
- Jalapeno & lime
- Thyme & Lemon
- Mint & Strawberry
- Orange

Classic Mojito 55

Bacardi rum muddled with fresh lime, mint & sugar & a splash of Schweppes Soda Water.

Margarita 55

Order this classic "on the rocks" or "straight up"

Lisbon Mule 55

Gin, squeezed lemon & Stoney Ginger Beer

Cosmopolitan 55

Citrus Vodka shaken with orange liqueur & cranberry juice

Caipirinha 55

Brazil's national cocktail. Cachaca muddled with lime & sugar

The MAREsOL 55

Tequila Blanco & Blue Caracao with Schweppes Dry Lemon & Lemonade

Pineapple, Orange & Mint & Play 55

Vodka, pineapple & orange juice, mint & PowerPlay

Gentleman's Dash 55

Whiskey, Appletiser, lemon & lime

Drunken Peach Iced Tea 59

Spiced rum, vodka & peach schnapps with Fuze Ice Tea

Basil Bloody Mary 59

Fresh basil muddled with lemon & topped up with tomato juice, vodka, Tabasco & Worcestershire sauce. Garnished with black olives & mozzarella cheese

Pina Colada 59

Bacardi rum with coconut cream & pineapple juice

Katamba

Half Coca-Cola/Half Red Wine	250ml	39
	500ml	69
	1L	139

Champagne & Sparkling Wine

These wines are produced in the method called Champenoise, where secondary fermentation takes place inside the bottle. These wines have a delicious biscuit character with a delicate sparkle. The wines tend to be full bodied & will complement most dishes - delightful with fresh oysters as well as possibly the best combination with a decadent chocolate dessert.

Pongracz Stellenbosch glass bottle
R69 R295
Bright, busy bubbles with Granny Smith flavours.

Pongracz Rosé Stellenbosch R79 R335
Wonderful foamy mouthful of black berry fruit flavours with a lingering brut aftertaste.

Moët & Chandon Brut Imperial N/V 750ml Epernay, France R190 R795
Pale yellow with fresh fruit aromas, buttery & creamy notes.

Dom Pérignon Epernay, France R2300
This silky-textured Champagne reveals elegance & clarity in its perfumed bouquet, with delicate notes of pears & roasted nuts.

Sauvignon Blanc

These wines make a statement of freshness. Gooseberry, green pepper, cut grass, flint & asparagus are all the delicious crisp flavours associated with this fruity wine. Best enjoyed when the fresh crisp flavours complement catch of the day, mussels & prawns. They partner chicken & curry dishes excellently.

Indaba Stellenbosch glass carafe bottle
R29 R39 R105
Fruity & rich with a clean finish.

Place in The Sun Stellenbosch R35 R49 R135
Well-balanced with good structure, lots of passion fruit & hints of guava on the palate.

Durbanville Hills Durbanville R45 R65 R159
Green aromatics showing distinctive Durbanville health pungency followed by a racy acidity & clean finish.

Diemersdal Durbanville R55 R69 R189
The nose is complex with an array of tropical fruit, ripe figs & gooseberries. These crisp flavours repeat in the mouth, along with a mineral character followed by a long fruity finish.

Springfield (Life from Stone) Robertson R249
Brilliant greenish appearance, this a dramatic wine full of ripe red peppers & passion fruit, maturing to perfection into flavours of mineral & flint.

Iona Elgin R319
One of the best, classically styled cool climate examples, fine herbaceous notes. Award winning & a show pony for South African Sauvignon Blanc's.

Chardonnay

Possibly one of the most sought after white wines for the past two decades. The wines tend to be barrel matured to varying degrees, ranging from light delicate wines to powerful blockbuster wines. Delicate flavours of vanilla & citrus are the most stand out flavours, but sometimes tropical pineapple can be found. Having a rounder fuller mouth feel, they tend to be best partnered with white meat dishes & rich sauces.

	glass	carafe	bottle
Indaba Stellenbosch Medium bodied, with pear & pineapple aromas & a hint of butterscotch.	R29	R39	R105
Durbanville Hills Durbanville Soft & easy, with melon & lightly-buttered toast notes. Stave fermented.	R45	R65	R159
Nederburg Paarl Vibrant grassy & apricot aromas with vanilla oak in the background.	R49	R69	R185
Bouchard Finlayson Hemel-en-Aarde Valley One of the Cape's best Chardonnays, intense & full of flavour.			R359
Hamilton Russell Hemel-En-Aarde An elegant, yet textured & intense wine with a strong personality of both place & vintage.			R645

Chenin Blanc

The most widely grown variety in South Africa, used in varying products such as sherry, brandy & most importantly wine. This varietal is enjoying a great comeback into fine wines with excellent aging potential. The wines can be wooded or un-wooded & tend to have delicious tropical fruit flavours, as well as apricots & butterscotch. Delicious with seafood, chicken as well as spicy food.

	glass	carafe	bottle
Indaba Stellenbosch Ripe delicious apple, melon & citrus flavours with a touch of spice.	R29	R39	R105
Fleur Du Cap Stellenbosch Intense fruit & subtle oak.			R165

Blanc De Noir | Rosé

This literally means white from black. These wines are made from red grape varieties where only a small amount of skin contact has been allowed. The resulting wine is a delicious looking light salmon colour. Complementing most seafood dishes & making an excellent summer wine. This wine is made entirely from Pinotage grapes for everyday enjoyment.

	glass	carafe	bottle
Nederburg Rosé <i>Paarl</i> A semi sweet light blend with clean, fruity & refreshing flavours.	R35	R45	R119
Boschendal Blanc De Noir <i>Franschhoek</i> Light, pretty & uncomplicated, pale salmon pink colour just off-dry.	R41	R59	R155
Mateus Rosé <i>Portugal</i> Medium bodied rose, pale pink in colour with ripe fruit flavours.			R195

Dry White Blends

These wines, a blend of two or more varietals, are crisp, fruit driven wines with a light easy drinking character. Complementing most seafood & poultry dishes.

	glass	carafe	bottle
MAReSOL House White <i>Western Cape</i> A delicate fruity dry white wine.	R29	R39	R105
Buitenverwachting Buiten Blanc <i>Constantia</i> Off dry Sauvignon Blanc & Chenin Blanc blend with a touch of Riesling showing tropical fruits.	R41	R59	R159
Casal Garcia Vinho Verde <i>Portugal</i> Notes of citrus are amongst the fruity aromas that define the freshness & youth of this limpid and delicate wine.			R195
Haute Cabrière Chardonnay/Pinot Noir <i>Franschhoek</i> Just-dry from Chardonnay & Pinot Noir, un-wooded & delicate.			R225
Aveleda Vinho Verde <i>Portugal</i> Light & well balanced with apple & pear undertones. Medium bodied.			R265

Red Blends

This blend usually contains Cabernet Sauvignon to provide the structure & then blended with Pinotage, Shiraz, Merlot, Cinsaut, etc. The wines are usually medium to full bodied. Delicious with red meat dishes or just a great evening.

	glass	carafe	bottle
MAReSOL House Red <i>Western Cape</i> An easy drinking red blend.	R29	R39	R105
Nederburg Baronne <i>Paarl</i> Blend of Cabernet Sauvignon & Shiraz, notes of blackcurrant fruit with a hint of chocolate & berry, smoky & savoury flavours	R39	R55	R149
Alianca Foral <i>Douro, Portugal</i> Medium bodied red. Ripe cherry & plum flavours with a spicy finish.			R195
La Motte Millennium <i>Franschhoek</i> A classic Bordeaux blend with hints of cassis, violet & lead pencil.			R229
Grao Vasco <i>Dão, Portugal</i> Full-bodied with red berry flavours and well balanced finish			R235
Meerlust Rubicon <i>Stellenbosch</i> Iconic, Claret style, elegant & expressive.			R495

Merlot

Merlot matures quicker than Cabernet Sauvignon thus often being used as a blending partner. As a single varietal it is quite full-bodied with velvety texture, it has a deep red colour & flavours of blackberries & youngberries. Best partnered with red meat & possibly poultry with rich sauces.

	glass	carafe	bottle
Indaba <i>Stellenbosch</i> A crowd pleasing & juicy wine, with blueberries & vanilla.	R29	R39	R105
Durbanville Hills <i>Durbanville</i> Svelte, well crafted & perfect for drinking.	R49	R69	R179
Thelema - <i>Stellenbosch</i> Bright, upfront red fruit & concentrated flavours, backed up with surprisingly firm tannins.			R330

Cabernet Sauvignon

The most widely planted red grape varietal in the world. Forms the backbone of many famous wines of the world. As a single varietal they are full bodied, well wooded wines with flavours of Cassis. These rich wines are made to last & are best enjoyed a few years after release. These wines will compliment rich red meat dishes.

	glass	carafe	bottle
Neil Joubert <i>Paarl</i> A friendly, easy wine, light with melon & guava.	R49	R69	R179
Nederburg <i>Paarl</i> A spicy, fruity nose & a decent, firm palate for everyday drinking.	R55	R79	R205
Fleur Du Cap - <i>Stellenbosch</i> Barrel-aged, well packed with honest fruit tones.			R215
Springfield Whole Berry <i>Robertson</i> The cellar's quest for the gentlest possible extraction, with melt in mouth softness. As the name suggests, packed full of berries.			R329
Plaisir De Merle <i>Paarl</i> Classic dark fruits, cassis & sweet notes of vanilla & blackberries. Rich & concentrated with ripe tannins that leads to a long soft & elegant finish on the palate.			R420
Thelema <i>Stellenbosch</i> Complex & stylish, with bags of ripe blackcurrant & coffee flavours. This wine is bone dry, yet exhibits a lovely sweet fruit character on the palate.			R495

Pinotage

A South African contribution to the wine world. A cross between Pinot Noir & Cinsaut (then Hermitage). Light berry fruit such as strawberry & raspberry are the full flavours associated with this varietal. Being light, medium or full bodied, they can become quite elegant with age. Combine it with Rump or Fillet for a taste sensation.

	glass	carafe	bottle
Beyerskloof <i>Stellenbosch</i> Extraordinary, with cherries, banana & light tannins.	R49	R69	R189
Durbanville Hills <i>Durbanville</i> Ripe berry aromas with dark chocolate & faint vanilla in the background.	R49	R69	R179
Diemersfontein <i>Wellington</i> Packed with deep chocolate & coffee aromas. Not a shy bone in its body. Incredibly complex while remaining easy & moorish.			R269
Southern Right <i>Hemel-En-Aarde</i> Lots of ripe sweet fruit with dry tannins.			R359

Shiraz

Otherwise known as Syrah, a big bold wine with flavours of rich berry fruit overlaid with black pepper. Very full bodied in the best examples that needs time to bear. Excellent with meat dishes.

	glass	carafe	bottle
Durbanville Hills <i>Durbanville</i> A soft-textured but mouth filling wine with spicy & smoky oak flavours that lingers on the aftertaste.	R49	R69	R179
Nederburg <i>Paarl</i> Aromas of ripe fruit & berries, oak spice, cinnamon, cloves & a hint of dark chocolate.	R55	R75	R195
Zandvliet <i>Robertson</i> Exotic perfume, elegant & smooth.			R245
Saxenburg Private Collection <i>Stellenbosch</i> Consistently excellent with hints of coffee.			R399

Pinot Noir

Unlike the French Pinot Noir, the South African version of this famous grape is softer & lighter. Pinot Noirs from this region can vary but most are so light that they can be enjoyed with seafood or just on its own.

	glass	carafe	bottle
Haute Cabrière (Unwooded) <i>Franschhoek</i> Fragile & elegant, juicy & accessible.			R235
Strandveld First Sighting <i>Elim</i> Complex wine, vibrant ruby red colour, with classic elegance. Exuberant cherry fruit flavours with a fragrant spiciness complemented by ripe tannis & a long finish.			R255
Hamilton Russell <i>Hemel-En-Aarde</i> Shows hints of that alluring savoury "primal" character along with a dark, spicy, complex primary fruit perfume.			R595