



**TRADITIONAL
PORTUGUESE
RESTAURANT**



PEQUENO-ALMOÇO BREAKFAST

ONLY AVAILABLE MORNINGS UNTIL MIDDAY.
LAST ORDERS 11:30.

105 LISBOA BAKED EGGS

Three softly poached eggs nestled in baked ricotta cheese with a spicy tomato refugado sauce. Served with a papo seco roll and butter.

25 Add bacon pieces **35** Add chouriço pieces

125 PORTUGUESE EGGS BENEDICT

Two softly poached eggs covered in our made-from-scratch hollandaise sauce, placed on top of crispy milho frito with chouriço sausage slices.

85 PORTO OATS

A bowl of piping hot whole rolled oats, made with milk and butter. Topped with your choice of any two toppings: Honey, Peanut Butter, Walnuts, Almonds, Pumpkin/Sunflower seed mix, Banana

10 Add any extra topping

100 PIZZA Á ALGARVIO

Our Portuguese breakfast flat bread! A flat bread covered with tomato molho, mozzarella cheese, sliced chouriço and two sunnyside-up eggs, with black olives and oregano.

95 PORTUGUESE CHOURIÇO BREAKFAST HASH

Scrambled eggs, chouriço, onion and peppers with soft potato cubes in a pan topped with melted cheese. Drizzle with olive oil and grind black pepper and salt for an authentic Portuguese touch. Add chopped chilli and/or sourdough toast on request.

12 Add chopped chillies **10** Add sourdough toast slice

135 O CARNÍVORO

150g grilled sirloin prego steak, chouriço slices, bacon and two eggs fried in butter.

25 Add avocado **12** Add mushrooms

90 TRADITIONAL EGGS BENEDICT

Two softly poached eggs covered in our made-from-scratch velvety hollandaise sauce, placed on top of a sourdough toast.

25 Add bacon **40** Add salmon
25 Add gypsy ham **12** Add mushrooms

95 CLASSIC BREAKFAST

Two "fried-as-you-like-it" eggs, slices of streaky bacon, roasted cherry tomatoes & mushrooms with a slice of sourdough toast.

25 Add avocado **30** Add chips

80 OMELETTA TRADIZIONALE

Three-egg fluffy omelette with standard base of cheese, tomato and red onion. Served with sourdough toast. Add extra's as required:

25 Add bacon **25** Add avocado
25 Add gypsy ham **12** Add mushrooms
35 Add chouriço pieces **18** Add extra cheese

95 CROISSANT BREAKFAST

Freshly baked croissant with scrambled eggs and bacon slices.

25 Add avocado **12** Add mushrooms

Menu items are subject to change according to seasonality & availability. Please advise us of food intolerances to see if we can accommodate your request (which is sometimes not possible due to the dish, but we will do our best.)

A discretionary 10% service charge will be added to all bills of 8 pax and over. VAT is included.

PLEASE NOTE: To optimise our kitchen prep for lunchtime, the above breakfast meals are only orderable until 11:30 to be served before 12:00 noon. No breakfast meals can be ordered after 11:30. Please respect our kitchen protocols.

PEQUENO-ALMOÇO
BREAKFAST

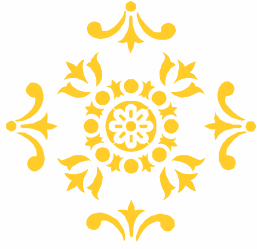




*SANDUÍCHES,
BOLOS E DOCES*

*SANDWICHES, CAKES &
PASTRIES*

AVAILABLE ALL DAY



CAKES

We offer a variety of freshly baked cakes and cheesecakes.
Please have a look at our display fridge and make your selection.

- 65** Carrot Cake
- 60** All tarts (Lemon Meringue, Apple Crumble, Pecan, Fabiola etc)
- 75** All cheesecakes

PASTRIES

We offer a variety of pastries. Please have a look in our display stand for our daily production.

- 45** Macadamia Chocolate Brownie
- 30** Various Muffins
- 25** Butter Croissant
- 30** Danish (when available)
- 30** Palmier (when available)

GOURMET SANDWICHES

Available Toasted or not.

THE BREAD

- 20** Sourdough
- 18** Ciabatta
- 18** Bagel
- 15** Portuguese Papo Seco

THE BASE

- 3** Tomato, Cucumber, Lettuce or Red Onion
- 6** Gherkin slices
- 25** Avocado

THE CHEESE

- 14** Emmental, White Cheddar
- 20** Mozzarella, Brie

THE MEAT

- 25** Salami, Gypsy Ham
- 30** Roast Beef
- 25** Bacon
- 35** Chouriço
- 45** Imported Prosciutto, Mortadella (when available)
- 40** Chicken

THE CONDIMENT

- 5** Mayonnaise, Mustard
- 8** Sweet Chilli, Basil Pesto

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VAT is included.

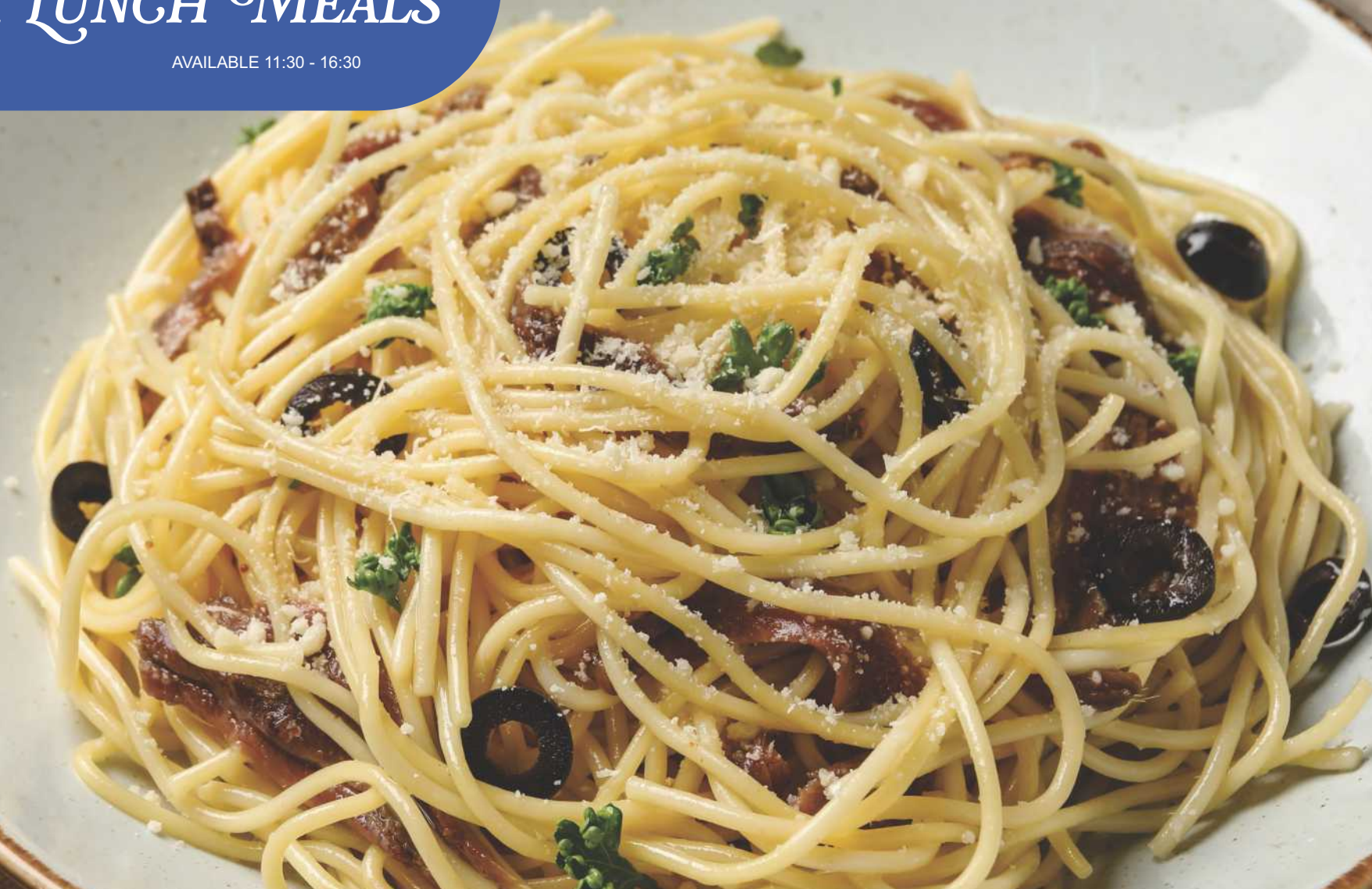
SANDUÍCHES, BOLOS E DOGES
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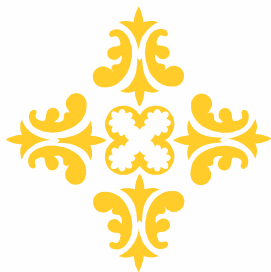




*ALMOÇO LEVES /
LIGHT LUNCH MEALS*

AVAILABLE 11:30 - 16:30





105 SALMON TROUT & CREAM CHEESE BAGEL

Slices of pink salmon trout on a bed of cream cheese served on a New York style bagel with a small side salad.

- 40** Add extra salmon **15** Add gherkins
25 Add avocado **10** Add chopped spring onion

95 CRUMBED CHICKEN WRAP

A tender crumbed chicken breast sliced and rolled up in a tortilla with lettuce, tomato & red onion with our handcrafted mayo. Can be served toasted on request.

- 25** Add avocado **30** Add chips
20 Add feta cheese

PREGO ATREVIDO

Mild or Spicy saucy prego on a fresh papo seco roll. Served with side chips or side salad.

- 135** Chicken
145 Beef
165 Tuna

145 BIFANA PORTO

A typical Lisbon street food dish.

Tender pork slices in a rich & spicy tomato & beer sauce served on a papo seco bread roll, with a side of chips

120 ESPAGUETE LIMÃO E ANCHOVAS

A mouth-watering bowl of al dente spaghetti with anchovies, olives, lemon, garlic & an olive oil drizzle, topped with Parmesan cheese.

120 ESPAGUETE FIGADOS DE GALINHA

A delicious bowl of al dente spaghetti with peri-peri chicken livers topped with spring onion.

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A discretionary 10% service charge will be added to all bills of 8 pax and over. VAT is included.

PLEASE NOTE: To optimise our kitchen prep for dinner time, the above lunchtime meals are only orderable from 11:30 until 16:00 to be served before 17:00. No lunch meals can be ordered after 15:45. Please respect our kitchen protocols.

**ALMOÇOS LEVES |
LIGHT LUNCH MEALS**





ENTRADA STARTERS

AVAILABLE DURING LUNCH & DINNER TIMES



- 70 SOUP OF THE DAY**
PLEASE ASK YOUR WAITER.
Portuguese Chicken soup / Butternut & Coriander / Vegetable
Served with a papo seco roll.
- 85 CALDO VERDE**
KALE & CHOURIÇO SOUP
A traditional creamy Portuguese green soup
Served with a papo seco roll.
- 85 TRÊS RISSOIS**
THREE DEEP FRIED CROQUETTES
Choose from the following
- Rissóis de camarão (prawns)
 - Rissóis de espinafre e feta (spinach & feta)
- 95 CHOURIÇO ASSADO**
FLAME-GRILLED CHOURIÇO
Grilled Portuguese chouriço scored for extra crispiness.
Served in a flaming 'assador'.
- 85 TRÊS BOLINHAS DE ALHEIRA**
THREE ALHEIRA BALLS
Creamy breaded alheira sausage balls made from chicken, beef,
onion, herbs and a hint of chilli, deep fried on mustard béchamel

OLD ROAD WINE CO

- 95 MEXILHÕES À PORTUGUESA**
PORTUGUESE MUSSELS
A bowl of fresh mussels drenched in an out-of-this world sauce
made from garlic, bay leaves, and tomato molho.
- 95 BIFE TRINCHADO ENTRADA**
BEEF CUBED RUMP STEW, STARTER PORTION
A Portuguese-inspired, traditionally South African dish, made with
tender Karan rump cubes in a delicious garlic & red wine jus.
- 95 PASTEIS DE BACALHAU E AIOLI**
SALTED COD CROQUETTES
Deep fried salted cod & potato croquettes with a garlic mayo dip.
- 75 FIGADOS DE GALINHA**
PERI-PERI CHICKEN LIVERS
Our gloriously tasty paprika-infused livers in a mild spicy sauce.
- 95 LULAS E TENTÁCULOS**
CALAMARI & TENTACLES
Portuguese style grilled calamari & tentacles in a lemon garlic butter.
- 75 MOELAS DE GALINHA**
CHICKEN GIZZARDS
A traditional dish of simmering tender chicken gizzards with onions,
garlic, tomatoes and spices until tender

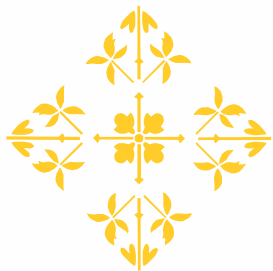
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ENTRADA | STARTERS

A close-up photograph of a dark brown bowl filled with a vibrant vegetable soup. The soup contains chunks of bright green broccoli, orange carrot slices, sliced mushrooms, and small pieces of white rice. Fresh green herbs are scattered on top. The background is softly blurred, showing more of the bowl and some greenery.

HORTA GARDEN

AVAILABLE DURING LUNCH & DINNER



105 GRÃO DE BICO E SALADA DE PIMENTÃO VERMELHO
CHICKPEA & RED BELL PEPPER SALAD

A fresh and firm salad of chickpeas, red bell peppers, olives, tomato, red onion and cucumber, served with a light vinaigrette dressing.

20 Add feta cheese

25 Add avocado

149 CARIL DE LEGUMES MOÇAMBICANOS
MOZAMBICAN VEGETABLE CURRY

An aromatic typically Mozambican curry sauce with a medley of vegetables, served with rice.

169 LEGUMES DE COCO PORTUGUÊS
PORTUGUESE COCONUT VEGETABLES

Roasted vegetable medley in our spicy coconut milk sauce, served with rice.

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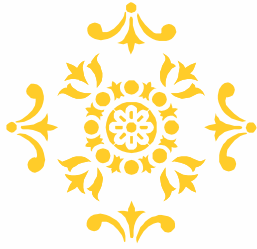
HORTA | GARDEN



PEIXE / FISH
MAR
SEA

AVAILABLE DURING LUNCH & DINNER





FRYER'S COVE

Bamboes Bay

210 PEIXE FRESCO DO DIA

CHEF'S CHOICE FISH OF THE DAY

Ask your waiter for the catch of the day. Served with chips or rice, and a choice of lemon butter or garlic butter sauce.

180 SARDINHA PORTUGUESA

PORTUGUESE SARDINES

Flame grilled Sardines from Portugal served with roasted green peppers, black olives and caramelised onions.

145 TRINCHADO DE ATUM

SPICY TUNA TRINCHADO

Seared 200g tuna steak cubes with our spicy wine and garlic sauce, served with a soft papo secos. Choice of spicy mild or spicy strong.

359 BACALHAU GRELHADO

SALTED COD GRILLED

A traditional grilled salted cod served with green beans, carrots, roasted green peppers, onion and black olives, with boiled potatoes. Drizzle with olive oil and vinegar before enjoying.

325 BACALHAU COM NATAS

CREAMY SALTED COD & POTATO BAKE

A delicious salted cod baked dish with caramelised onions, potatoes and cream topped with cheese and baked.

325 BACALHAU À GOMES SÁ

SALTED COD CASSEROLE

Salted Codfish with caramelised onions, potatoes, black olives and slices of boiled egg. Drizzle with extra virgin olive oil before enjoying.

325 BACALHAU À BRAS

SALTED COD, STRAW POTATO & EGG

Shreds of salted cod, onions and finely chopped fried potatoes, all bound with egg, olives and fresh parsley.

Menu items are subject to change according to seasonality & availability.
PLEASE NOTE : Fish dishes may contain small bones. Our cheese may be unpasteurised.
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PEIXE / FISH

MAR | SEA





MARISCO / SEAFOOD

MAR SEA

AVAILABLE DURING LUNCH & DINNER





255 CAMARÃO NACIONAL

MOZAMBICAN DRUNKEN PRAWNS

Queen prawns in a delicious creamy beer sauce, a firm Mozambican favourite. Expect between 6 to 8 prawns, depending on size

235 CAMARÃO GRELHADO

GRILLED PRAWNS

Grilled Queen Prawns served with either a lemon butter or garlic Butter sauce. Expect between 6 to 8 prawns, depending on size

PRATO DE MARISCO

SEAFOOD PLATTER

Our seafood platter includes Queen Prawns, Calamari, Tentacles, Black Mussels and Line fish. Served with either plain rice, Portuguese rice or Garlic Butter rice. Add chips for an extra R30.

295 Prato for One (3 prawns)

495 Prato for Two (6 prawns)

25 Add an extra Queen prawn (per)



BOSCHENDAL

FOUNDED 1685

225 CARIL DE MARISCO

SEAFOOD CURRY (MILD & AROMATIC)

A delicious Shellfish, Calamari and Line fish Mozambican curry. Served with plain rice or Garlic Butter rice.

225 ARROZ DE MARISCO

PORTUGUESE SEAFOOD PAELLA-STYLE

A wonderful Portuguese take on a Spanish favourite! Calamari, Mussels, Prawns and Line fish in a flavourful rice and spicy seafood broth sauce

185 LULAS E TENTÁCULOS

CALAMARI & TENTACLES

A main-sized portion of Portuguese-style grilled calamari and tentacles. Served in Lemon and Garlic butter.

LULAS RECHEADAS

195 STUFFED CALAMARI STEW

Chouriço, chicken, bell pepper and onion stuffed calamari, gently simmered in an olive oil and spicy tomato onion sauce.

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MARISCO / SEAFOOD

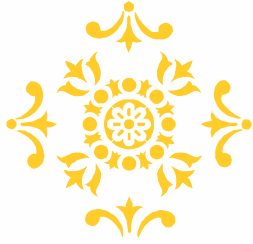
MAR | SEA





*TERRA
LAND*

AVAILABLE DURING LUNCH & DINNER



BELLINGHAM

FOUNDED IN 1693

190 ESPETADA DE GALINHA

CHICKEN ESPETADA SKEWERS (300G)

Moist butter-basted deboned chicken thighs skewered, flame-grilled, with whole onion and peppers, served with chips and milho frito. Choose from a Peri Peri or a Lemon & Herb basting

180 CARIL DE GALINHA

PORTUGUESE MILD CHICKEN CURRY

A comfort food favourite. Tender chicken pieces in a mild but Falvorsome Mozambican curry sauce. Served with rice.

150 GALINHA TRINCHADO

MILD OR SPICY CHICKEN TRINCHADO

Tender cubes of grilled chicken breast in a creamy paprika sauce. Served with a papa seco roll.

27 Swap bread for chips

EXTRAS

30 Side portion of chips

35 Side of Roasted Vegetables

35 Side of Milho Frito

35 Bolo de Caco with garlic butter

35 Side Salad

170 GALINHA ZAMBEZIANA

COCONUT CHICKEN

Grilled chicken pieces, marinated in a Mozambican-inspired coconut milk sauce with parsley and red bell peppers. Served with rice.

GALINHA MARINADA

MARINADED SPATCHCOCK CHICKEN

Flame grilled, tender spatchcock chicken, marinated in one of our delicious in-house sauces. Choose from mild or hot peri peri, or alternatively a herby lemon marinade

170 Half Chicken (500g)

280 Full Chicken (1kg)

Our famous grilled chicken is served with a side choice of garlic butter rice, Portuguese tomato rice, chips or a Portuguese salad. Alternatively, add R20 to upgrade your side to our much loved seasonal roast vegetables.

Menu items are subject to change according to seasonality & availability.
PLEASE NOTE : Our chicken is free-range and never frozen. Note that it is acceptable if slightly pink close to the bone. Color alone is not a reliable indicator of doneness.
Safely cooked poultry must be at least 76°C inside, which our kitchen adheres to.

GALINHA / CHICKEN

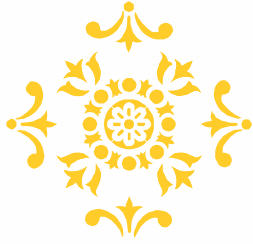
TERRA | LAND





*TERRA
LAND*

AVAILABLE DURING LUNCH & DINNER



BAIA GRANDE STEAK
OUR HOUSE SPECIALITY

Your choice of a Karan Rump or Sirloin steak with our special Portuguese Porcini Mushroom sauce.

- 265** 300g Rump Steak
- 280** 300g Sirloin Steak

245 BITOQUE
LISBON STYLE PORTUGUESE STEAK

Karan Rump Steak with a rich wine sauce topped with a gently fried egg.

265 BIFE COM CHOURIÇO
PORTUGUESE STEAK WITH CHOURIÇO

Karan Sirloin Steak with a wine sauce topped with a gently fried egg and slices of chouriço.

The above Karan beef steak dishes are served with a side of roasted vegetables and your choice of starch from: chips, plain rice, garlic butter rice, Portuguese tomato rice, or milho frito.

A side salad can replace the roasted vegetables, if preferred.



ESPETADA DE CARNE
MEAT ESPETADA SKEWER

Flame grilled Karan rump cubes on a skewer topped with a garlic butter pellet, hanging over a plate of chips and milho frito

- 230** 250g portion
- 280** 330g portion

210 CARNE DE PORCO VINHA DE ALHOS
PORK NECK IN WINE & GARLIC

A traditional Madeiran dish of slow cooked pork cubes marinated in garlic, bay leaves, white wine and vinegar, boiled potato & onions. Can be served with optional rice at no extra charge.

180 BIFE TRINCHADO REFEIÇÃO
BEEF TRINCHADO MAIN

A traditional South African dish, inspired by Portuguese cuisine, made with tender rump steak in a sea of rich gravy made with chilli, garlic and wine. Served with a papo secos roll.

EXTRAS	
30 Side portion of chips	35 Extra Mushroom Sauce
35 Side of Milho Frito	35 Side of Roasted Vegetables
35 Side Salad	20 Extra Egg
	35 Bolo de Caco with garlic butter

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CARNE / MEAT

TERRA | LAND



SOBREMESAS *DESSERTS*

AVAILABLE DURING LUNCH & DINNER



75 FABIOLA BAUNILHA

VANILLA FABIOLA

A delectable vanilla custard & cream tart with an ever so light hint of cinnamon

75 SALAME DE CHOCOLATE

CHOCOLATE SALAMI

Decadent chocolate biscuit dessert slices.

70 PASTEL DE NATA

TRADITIONAL PORTUGUESE CUSTARD TART

Portuguese custard tart pastry dusted with cinnamon served with ball of ice cream, and an espresso or port wine.

75 BAIA GRANDE CHEESECAKE

OUR FAMOUS AWARD WINNING RECIPE

Check the available flavours.

75 MOUSSE DE CHOCOLATE

PORTUGUESE CHOCOLATE MOUSSE

Velvety smooth dark chocolate mousse made with cream And a touch of rum.

15 Extra boozy option, add an Aguardente-infused cherry

75 LEITE CREME

A PORTUGUESE TAKE OF CRÈME BRÛLÉE

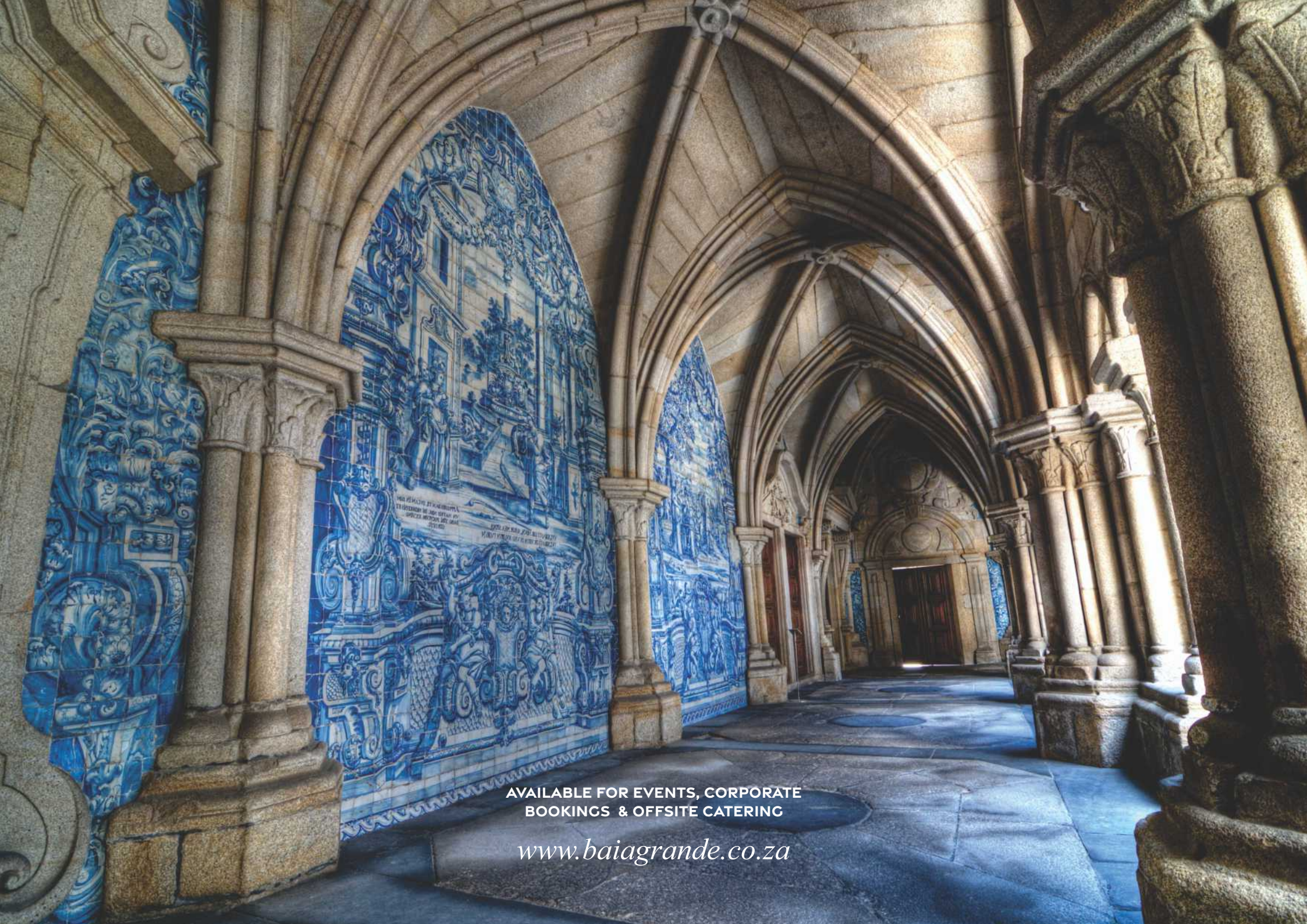
A traditional egg custard made with cinnamon & lemon zest and a light burnt sugar crust.

55 SORVETE E CALDA DE CHOCOLATE

ICE CREAM & CHOCOLATE SAUCE

Vanilla ice cream scoops with a rich craft chocolate dressing.





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