



MAREsOL

Forge Ferreira

OUR FRIEND & INSPIRATION

A legend in the Portuguese flavour game, Jorge Ferreira has been in the restaurant industry for over 36 years. Tapping into his wealth of knowledge we have asked Jorge to share some of his tips & tricks in our kitchen to help us create the most authentic Portuguese experience possible.

With his vast experience in running successful restaurants in Gauteng, he was nominated as the chairman of the Gauteng's wing of the Restaurant Association of South Africa (RASA). Born in Madeira, Jorge grew up in Joburg & moved to Cape Town with his family in 2007.

Everyone who has met Jorge knows you can't pass him by without a welcoming smile or a firm handshake. He is the ultimate host & firmly stands behind fresh, homemade & authentic Portuguese flavours for people to share & enjoy.

Charming & captivating Jorge knows Portuguese food better than most, which is why he has inspired many of the dishes on our menu & is much more than just "the man behind the mind blowing Jorge's Peri-Peri sauce"!



Hi there, I'm Jorge &
I wish you Bom Appetite

- enjoy the taste!

Jorge



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 blue cheese aoli	R 49
Prawn with a paprika 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 65
Chicken wings flame grilled with our spicy Piri Piri sauce	
Chouriço <i>Chouriço</i>	R 65
Spicy Portuguese sausage flambéed in Cognac	
Portuguese Sardines <i>Sardinhas</i>	R 65
Grilled the traditional way served with salsa verde	
Calamari <i>Lulas</i>	
Pan-fried sliced calamari steak & tentacles	
- Lemon & garlic butter sauce	R 65
- Chouriço, roasted cherry tomato, black olives & rocket	R 75
Calamari <i>Lulas</i>	
Grilled calamari tubes with	
- Lemon & garlic butter sauce	R 85
- Chouriço, roasted cherry tomato, black olives & rocket	R 105
Prawn & Bacon <i>Camarão com Bacon</i>	R 95
Prawns wrapped in bacon with a black fig, honey, apple & almond sauce	
Beef Trinchado <i>Trinchado Bife</i>	R 95
Choice cut fillet, pan fried in our famous red wine & chili sauce	
Fresh Oysters <i>Ostras</i>	
Served with lemon & Tabasco	(6) R 90
<i>(Ask for Jorge's sauce for an extra kick)</i>	(9) R 126
	(12) R 156

Salads / Saladas

	Small	Large
Mixed Salad <i>Salada Mista</i>	R 49	R 65
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		
Prawn & Guacamole <i>Guacamole com Camarão</i>		R 89
Dressed with sherry vinegar		
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		
Ceviche Salad (the MARE SOL) <i>Salada de Ceviche</i>		R 109
Fresh Norwegian 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 75
Delicately spiced chickpea & cauliflower curry.		
Spicy Kidney Bean Medley <i>Feijão Picante</i>		R 79
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 95
Flame grilled chicken breast with our Piri Piri sauce		
Beef Prego <i>Prego de Bife</i>		R 105
Marinated beef fillet with our Piri Piri sauce		

(Ask for Jorge's sauce for an extra kick)

Seafood / Peixe

Served with fries & MARESQL home slaw (which can be exchanged for any two other side orders)

Mussels *Mexilhoes*

- In a spicy tomato sauce R 139
- In a bacon, onion, garlic & Pernod cream sauce R 145

Catch of the Day *Peixe do Dia*

Prepared the chef's way (ask your waiter)

R 155

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 165

Whole Baby Kingklip *Bebê Kingklip*

Beautiful texture & intense flavour, grilled and topped with a tomato, caper, anchovi, basil & garlic sauce

R 189

Calamari *Lulas*

Pan-fried sliced calamari steak & tentacles with

- Lemon & garlic butter sauce R 155
- Chouriço, roasted cherry tomato, black olives & rocket R 165

Calamari *Lulas*

Grilled calamari tubes with

- Lemon & garlic butter sauce R 175
- Chouriço, roasted cherry tomato, black olives & rocket R 195

Cataplana *Cataplana*

(serves 2) R 350

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

Prawns & Shellfish / Camarão & Marisco

Grilled with garlic butter or Piri Piri sauce, served with fries & MARESQL home slaw (which can be exchanged for any two other side orders). Our shellfish is influenced by flavours & aromas from Mozambique

Queens (8) R 225

Kings (6) R 439

Langoustines (3) R 345

(6) R 595

Tiger Giants (3) R 525

Prawn Naçional *Camarão Naçional*

12 Queen prawns in a Mozambican beer sauce

R 245

Prawn Curry *Camarão de Caril*

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

R 255

Seafood Platters /

Frutos do mar Prato

Served with fries & MARESQL home slaw (which can be exchanged for any two other side orders) & a lemon garlic butter or Piri Piri sauce

Prawn & Catch of the Day <i>Camarão & Captura do Dia</i>	R 195
3 Queen prawns & catch of the day	
Calamari & Catch of the Day <i>Lulas & Captura do Dia</i>	R 235
Grilled calamari tubes & catch of the day	
Prawn & Calamari <i>Camarão & Lulas</i>	R 275
3 Queen prawns & grilled calamari tubes	
Prawn, Calamari & Catch <i>Camarão, Lulas & Captura do Dia</i>	R 275
Catch of the day, 3 Queen prawns & grilled calamari tubes	
Mercado Platter <i>Prato a Mercado</i>	R 195
3 Queen prawns, half portion catch of the day, sliced calamari steak & 3 mussels	
Beira Platter <i>Prato a Beira</i>	R 225
6 Queen prawns, half portion catch of the day, sliced calamari steak & 3 mussels	
Shellfish Platter <i>Prato do Marisco</i>	R 450
3 langoustines & 2 King prawns	
Bazaruto Platter <i>Prato a Bazaruto</i>	R 695
2 Tiger giants & 6 Queen prawns, 1 langoustines, & calamari tubes	
MARESQL Platter <i>MARESQL Prato</i>	R 975
2 Tiger giants & 2 King prawns, 2 langoustines, calamari tubes, 8 mussels & catch of the day	
MARESQL Spectacular <i>Espetacular MARESQL</i>	R 1850
4 Tiger giants & 4 King prawns, 4 langoustines, calamari tubes, 12 mussels & catch of the day	

Side Orders / Ordens de Lado

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

Meat / Carnes

Served with fries & MAREsOL home slaw (which can be exchanged for any two other side orders)

Chicken Trinchado *Trinchado Galinha* R 139

Tender chicken in a vinho tinto, garlic & chili sauce

Chicken Piri Piri *Galinha a Piri Piri* R 145

Free range chicken, mild or hot, whole or cut

Chicken Curry *Galinha de Caril* R 149

Tender chicken in a creamy Mozambican curry sauce

Portuguese Steak *Bife a Portuguesa* R 149

250g prime sirloin served with a fried egg & Portuguese sauce

Beef Trinchado *Trinchado Bife* R 155

Choice cut beef fillet in a red wine, garlic & chili sauce

MAREsOL Steak *Bife a MAREsOL* R 179

200g choice cut beef fillet pan-fried with butter, garlic & bay leaf & served with mustard & grape juice sauce

Grilled Beef Fillet *Filé Bife* 200g R 175

Char-grilled beef fillet served with a choice of

- Mushroom Sauce

- Pepper Sauce

- Portuguese Sauce

300g R 245

Roasted Pork Ribs *Costoletas de Porco* HALF R 145

Tender pork ribs basted & flame grilled

FULL R 230

Espetada / Espetada

Served with fries & MAREsOL home slaw (which can be exchanged for any two other side orders) with lemon garlic butter & Piri Piri sauce

Chicken Espetada *Espetada Frango* R 145

Marinated chicken breast with peppers & tomato

Beef Espetada *Espetada* R 165

Choice cut beef fillet rubbed with coarse salt, garlic & bay leaf. Served with peppers & tomato

Espetada Spectacular *Espetada Espetacular* R 455

Skewered bacon wrapped catch of the day & grilled King prawns

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 cinnamon ice cream	
Chocolate Tart <i>Tartaleta de Chocolate</i>	R 55
Decadent chocolate tart served with orange ice cream	
Cheesecake <i>Cheesecake</i>	R 59
Our chef's favourite sweet with a cinnamon ice cream & red berry sauce	
Almond Tart <i>Tarte de Amendoa</i>	R 59
Served with 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