



**MAREsOL**

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# Forge Ferreira

## OUR FRIEND & INSPIRATION

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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*



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## Starters / Entradas

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

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<b>Soup of the day</b> <i>Sopa do Dia</i>	R 49
Ask your waiter about the soup for today	
<b>Kale Soup</b> <i>Caldo Verde</i>	R 49
Authentic Portuguese kale soup with chouriço to warm the soul	
<b>Rissole</b> <i>Rissois</i>	
Rissole with salada pequena	
Vegetable	R 49
Ham / Jamon Serrano	R 65
Prawn / Camarão	R 69
Bacalhau	R 75
<b>GIBLETS</b> <i>Moelas</i>	R 59
With our famous Piri Piri & wine sauce	
<b>Mussels</b> <i>Mexilhão</i>	
- In a spicy tomato sauce	R 65
- In a bacon, onion, garlic & Pernod cream sauce	R 69
<b>Chicken Livers</b> <i>Figados de Frango</i>	R 59
Mind blowing livers with onion & Piri Piri	
<b>Hot Wings</b> <i>Asas de Frango</i>	R 65
Chicken wings flame grilled with our spicy Piri Piri sauce	
<b>Chouriço</b> <i>Chouriço</i>	R 65
Spicy Portuguese sausage served with peppers marinated in garlic, thyme & sherry vinegar	
<b>Portuguese Sardines</b> <i>Sardinhas</i>	R 65
Grilled the traditional way served with salsa verde	
<b>Calamari</b> <i>Lulas</i>	
Pan-fried sliced calamari steak & tentacles	
- Lemon & garlic butter sauce	R 65
- Chouriço, roasted cherry tomato, black olives & rocket	R 75
<b>Calamari</b> <i>Lulas</i>	
Grilled calamari tubes with	
- Lemon & garlic butter sauce	R 85
- Chouriço, roasted cherry tomato, black olives & rocket	R 105
<b>Prawn &amp; Bacon</b> <i>Camarão com Bacon</i>	R 95
Prawns wrapped in bacon with a black fig, honey, apple & almond sauce, served with a salada pequena	
<b>Beef Trinchado</b> <i>Trinchado Bife</i>	R 95
Choice cut fillet, pan fried in our famous red wine & chili sauce	
<b>Fresh Oysters</b> <i>Ostras</i>	
Served with lemon & Tabasco	( 6 ) R 90
(Ask for Jorge's sauce for an extra kick)	( 9 ) R 126
	( 12 ) R 156

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## Salads / Saladas

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	Small	Large
<b>Mixed Salad</b> <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		
<b>Chickpea Salad</b> <i>Salada de Grão-de-bico</i>		R 79
Chickpeas marinated in paprika, cumin & olive oil with feta cheese, wild rocket, black olives & radish		
<b>Prawn &amp; Guacamole</b> <i>Guacamole com Camarão</i>		R 89
Dressed with sherry vinegar		
<b>Cous Cous with Chicken</b> <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		
<b>Octopus Salad</b> <i>Salada com Polvo</i>		R 105
With tomato, red onion, red peppers & molho verde		
<b>Ceviche Salad (the MAREsOL)</b> <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		

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## Vegetarian/ Vegetariano

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<b>Penne Pesto</b> <i>Penne Pesto</i>		R 89
A fresh flavour fusion of garlic, chili, olives, lemon zest, capers & fresh mint		
<b>Mozambican Vegetable Curry</b> <i>Vegetais de Caril</i>		R 95
Kale, squash & green beans in a creamy Mozambican curry sauce		
<b>Vegetable Platter</b> <i>Prato de Vegetais</i>		R 95
Slow cooked rice with runner beans, mushrooms, chickpeas & fresh tomato seasoned with smoked paprika & saffron		

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## Prego / Prego

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

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<b>Chicken Prego</b> <i>Prego de Galinha</i>		R 95
Flame grilled chicken breast with our famous Piri Piri sauce		
<b>Beef Prego</b> <i>Prego de Bife</i>		R 105
Marinated beef fillet with chili & garlic		

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

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## Seafood / Peixe

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

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### 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

### Bacalhau à Brás *Bacalhau à Brás*

From the legendary island of Bacalhau. A timbale of pulled Cod with creamy potato & a red pepper & cognac reduction

R 159

### Whole Baby Kingklip *Bebê Kingklip*

Beautiful texture & intense flavour with a garlic & vinho branco sauce served with roasted vegetables

R 189

### Calamari *Lulas*

Pan-fried sliced calamari steak & tentacles

- 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*

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 295

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## Prawns & Shellfish / Camarão & Marisco

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

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*Queen* ( 8 ) R 225

*King* ( 6 ) R 475

*Langoustines* ( 3 ) R 385

( 6 ) R 740

*Crayfish* Medium R 395

Large R 595

### 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

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## Side Orders / Ordens de Lado

Brazilian Rice | MAREsOL side salad | Roasted Vegetables R 22 each

Milho Frito | MAREsOL home slaw | Onion Rings | Fries

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## Seafood Platters /

### Frutos do mar Prato

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

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

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## Side Orders / Ordens de Lado

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

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## Meat / Carnes

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

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### 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 300g R 245

- Mushroom Sauce

- Pepper Sauce

- Portuguese Sauce

### Roasted Pork Ribs *Costoletas de Porco* HALF R 145

Tender pork ribs marinated with cloves, bay leaf & garlic FULL R 230

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## Espetada / Espetada

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

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### Chicken Espetada *Espetada Frango* R 145

Marinated chicken breast, peppers, tomato & onion

### Beef Espetada *Espetada* R 165

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

### Espetada Spectacular *Espetada Espetacular* R 455

Skewered bacon wrapped catch of the day & grilled King prawns

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## Side Orders / Ordens de Lado

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Brazilian Rice | MAREsOL side salad | Roasted Vegetables R 22 each

Milho Frito | MAREsOL home slaw | Onion Rings | Fries

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## *Sweets / Sobremesa*

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

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## *Kiddies / Crianças*

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<b>Calamari Strips &amp; Chips</b>	R 45
<b>Fish Cakes &amp; Chips</b>	R 45
<b>Chicken Nuggets &amp; Chips</b>	R 45
<b>Chicken Livers (not spicy)</b>	R 45
<b>Kiddies Prego &amp; Chips (not spicy)</b>	R 59