

VEGETARIANO VEGETARIAN

Massa Com Legumes | Vegetable Pasta

PIZZA

GTB - Gorgonzola, Tomato, Rocket & Balsamic Reduction

Margherita - Mozzarella, Tomato, Fresh Sweet Basil Leaves, Origanum & Parmigiano

Regina - Mozzarella, Tomato, Origanum, Ham & Mushroom

Padovana - Mozzarella, Tomato, Origanum, Artisanal Salame & Olives

Quattro Stagioni - Mozzarella, Tomato, Origanum, Ham, Mushroom, Olive & Artichoke

La Siciliana - Mozzarella, Tomato, Origanum, Anchovy, Olives & Capers

Frutti di Mare - Mozzarella, Tomato, Origanum, Prawn, Calamari, Mussels, Clams, Chilli & Garlic

La Vegeteriana - Mozzarella, Tomato, Origanum, Balsamic Caramelised Onion, Roast Artichoke, Roasted Red & Yellow Peppers, Garlic Roast Tomato & EVO

Mortadella & Burrata - Mozzarella, Tomato, Origanum, Thinly Sliced, Pistachio Mortadella, Creamy Stracciatella Filled Mozzarella & Fresh Sweet Basil Leaves

Coppata - Mozzarella, Tomato, Origanum, Thinly Sliced Cured Pork Neck, Basil Pesto, Fresh Rosa Tomatoes, Parmigiano Shavings, Rocket & EVO

Tuga - Mozzarella, Tomato, Origanum, Chorizo, Olive, Red Onion, Sun Dried Tomato, Soft Egg, Rocket & EVO

SOBREMESA DESSERTS

Leite Creme | Crème Brûlée

Torta de Rolo | Portuguese Swiss Roll - Light, Soft Sponge Cake rolled with Chantilly Cream & served with a Strawberry Compote

Fondant de Chocolate | Chocolate Fondant

Bolo Gelado | Ice Cream Nut Cake - With Chocolate Sauce

R165

R150

R120

R145

R145

R169

R169

R239

R199

R219

R219

R199

R95

R90

R110

R110



TUGA PORTUGUESA MENU

BEM-VINDOS TO TUGA PORTUGUESA

TUGA. That's what we are — Portuguese, proud and home. After 45 years of family kitchens, from the first Longhorn Steakhouse to O Galito, Vilamoura and Pigalle. Naldo's legacy continues with his son Ryan and now Luca joining the fire. This is our newest chapter in Paarl. We bring the same bold, honest Portuguese cooking that's been passed down for generations to your table. Come for the peri-peri. Stay for the stories.

AT TUGA, YOU TOO ARE FAMILY.



PETISCOS SMALL PLATES

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| Fígados de Galinha Chicken Livers - Grilled with Sauteed Onions & Mild Peri-Peri | R80 |
| Trinchado Steak Cubes - Prepared in White Wine & Garlic | R130 |
| Lulas Calamari - Prepared in a Garlic & Lemon Sauce | R115 |
| Camarão à guilho Prawn Aguilho - Olive Oil, Garlic, White Wine & Chilli | R130 |
| Mexilhões Mussels - Creamy White Wine & Garlic | R125 |
| Amêijoas Clams - Cooked with Tomato, Garlic & Olive Oil | R130 |
| Pastéis de Bacalhau Bacalhau Croquettes - Soft Savoury Interior & Crispy Outside | R95 |
| Sardinha Assada Grilled Sardines - Grilled and Served with Roasted Peppers, Fresh Onion & Olives | R120 |
| Moelas de Galinha Chicken Giblets - Rich Hearty & Savoury Sauce | R95 |
| Chouriço Grilled Sausage - Cured Pork Sausage Bold with Flavour | R95 |
| Morcela Portuguese Blood Sausage - Rich & Savoury | R135 |
| Alheira Smoked Sausage - A Mix of Chicken & Pork with Garlic & Olive Oil | R145 |

PREGOS

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| Prego de Bife Beef Prego - Served with Chips | R130 |
| Prego de Frango Chicken Prego - Served with Chips | R115 |
| Bifana Pork Fillet Prego - Served with Chips | R115 |

SALADAS SALADS

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| Salada do Naldo Naldo's Salad - Chopped Tomato & Onion with Olive Oil, Vinegar & Oreganum | R95 |
| Pera é Amêndoa Pear & Almond - Poached Pear, Caramelised Almonds, Salad Greens, Blue Cheese & Honey Mustard Dressing | R145 |
| Salada do Luca Luca Salad - Greens with Avo, Egg, Rabiola Cheese, & Honey Mustard Dressing | R130 |

SOPA SOUPS

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| Sopa de Abobora Butternut Soup - Smooth Creamy Soup, blended with Onions, Garlic & Mild Curry | R110 |
| Caldo Verde Portuguese Green Soup - Potato Base with shredded Kale, Onions & Garlic with Chouriço | R110 |

ACOMPANHAMENTO SIDES

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| Batata Frita Potato Chips | R50 |
| Arroz de Tomate Tomato Rice | R50 |
| Milho Frito Portuguese Style Fried Polenta | R50 |
| Peixinhos da Horta Tempura Long Green Beans | R50 |

COMIDA DE PANELA POT FOOD

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| Caldeirada de Lulas Calamari Stew - A Rich Slow-Cooked Stew with Calamari & Potato in a Tomato, Onion & Garlic Sauce | R195 |
| Feijoada Bean & Pork Stew - A Deep Smoky Savoury Dish with Beans & Various Cuts of Pork & Chouriço | R160 |
| Vovo's Carne Assada Granny's Portuguese Roast Beef - Thinly sliced Roast Beef with classic Portuguese Spices | R170 |
| Arroz de Marisco Seafood Rice - Clams, Mussels, Prawns & Calamari cooked in Olive Oil, Tomato, Onion & White Wine | R195 |

PRATOS LARGE PLATES ALL SERVED WITH A SIDE OF YOUR CHOICE

OUR PRAWNS ARE PREPARED IN TWO DIFFERENT STYLES:

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| GRILLED - with Lemon Butter & Garlic | |
| NACIONAL - prepared in Beer, Garlic & Cream | Add R75 |

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| Camarão Queen Queen Prawns (7) | R275 |
| Camarão King King Prawns (6) | R375 |
| Tigre Gigante Tiger Giant Prawns (per Piece) | R295 |

LAGOSTA - LOBSTER

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| Grilled - with Lemon Butter & Garlic | per 100g R100 |
| Thermidor - Baked in the Shell with Cream, Dijon Mustard, Cognac, & gratinated with Parmesan | Add R95 |

PRATOS COMBINADOS - PLATTERS

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| Lobster, Prawns, Calamari, Mussels, & Kingklip (2 pax) | R995 |
| Prawns & Chicken | R295 |

PEIXE - FISH

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| Kingklip Pequeno Baby Kingklip - Grilled in Lemon & Butter | R280 |
| Bacalhau Assado - Grilled Salted Cod | R240 |
| Bacalhau à Gomes de Sá - Oven Baked Salted Cod with Potatoes, Onions & Olive Oil | R185 |
| Bacalhau à Brás - Flaked Salted Cod, Caramelised Onion & Shoestring Potatoes | R185 |

CARNE - MEAT

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| Bife da Casa Portuguese Steak - Prepared in a White Wine & Garlic Sauce served with a Fried Egg | R275 |
| Corte do Dia Cut of the Day - 600g Striploin on the Bone, Grilled with a Light Basting | R345 |
| Espetada de Picanha Picanha Espetada - Marinated with Olive Oil, Garlic, Salt, Pepper & Bay Leaves, served on a Skewer | R250 |
| Frango Baby Chicken - Marinated in Olive Oil, Garlic, Fresh Lemon & Maldon Salt | R195 |