



**WELCOME TO THE HOME OF
PORTUGUESE & MEDITERRANEAN FLAVOURS**

(Cash bar - Club Prices - Corkage R30)

TRADING HOURS:

Mo - Fri: 10h00 - 15h00

& 17h00 - 21h00

Sat: 09h00 - 21h00

Sun: 09h00 - 17h00

**072 232 3885 | 082 396 7643
bertie@lulasfood.com**



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EASY EATING

STARTERS & SALADS

CALAMARI RINGS	80
calamari rings deep-fried or grilled, served with lemon & lulas mayo	
RISSOIS de CAMARAO	90
the best ever creamy prawn cakes (3), served with lemon and lulas mayo	
TENTACLOS DAS LULAS	80
baby calamari tentacles deep-fried, served with lemon & lulas mayo	
WING IT	70
8 chicken winglets thea-tucky style deep-fried with a touch of portuguese spices	
LULAS CHICKEN STRIPS	70
deep-fried chicken strips tossed in spicy flour, served with sweet chili sauce & lulas mayo	
LULAS STICKY WINGS	60
succulent chicken wings in our secret sweet-chili sauce with ginger and sesame seeds	
PREGO TRINCHADO	90
beef strips cooked in a paprika wine sauce, served with a roll	
MOELAS	80
portuguese style chicken giblets, served with a roll	
PREGO ROLL	90
150g tender grilled fillet steak or chicken in a portuguese roll, served with chunky potato chips	
CHORIÇO ASADO	110
spicy Portuguese sausage, flame grilled & served with a soft roll or chips	
FIGADO DE GALINHA	80
portuguese style chicken livers, served with a roll	
GARLIC MUSSELS	70
mussels in creamy garlic sauce, served with a roll	
CHEESY / CHILLI-CHEESY CHIPS	45
potato chips covered in a cheesy or chili-cheesy sauce	
DEEP FRIED FETA	45
crumbed deep fried with feta served with mayo and sweet chili sauce	
CAPENTA	70
white-bait served with tartare sauce	
VILLAGE GREEK SALAD	70
salad leaves, romanito tomatoes, onions, peppers, pickled cucumbers, olives & feta cheese	
PORTUGUESE SALAD	55
salad leaves, romanito, tomatoes, onions, peppers, pickled cucumbers	



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ADD-ONS

ADD TO ANY MEAL

ADD 3 GRILLED PRAWNS	90
CHIPS/ MASHED POTATO/TOMATO RICE.....	40
SIDE SALAD	35
CREAMED SPINACH/ BUTTERNUT	40
PEPPER / MUSHROOM /GARLIC/ CHEESE/ CHILLI CHEESE/ PEPPADEW CHUTNEY/ JALAPENO CHUTNEY	30
HOMEMADE MAYO	18
HOMEMADE BEEF PATTY	30

PEIXE E MARISCO

SEAFOOD

Served with a choice of chips or rice, unless stated otherwise.

GRILLED PRAWNS	230
HAKE & CALAMARI COMBO	190
FRIED CALAMARI RINGS	160
GARLIC MUSSELS	140
SEAFOOD CALDEIRADA	220
(no additional side)	
CALAMARI & PRAWN COMBO	210
HAKE & CHIPS	120
LINE FISH GRILLED	SQ
KINGKLIP	170
BABY CALAMARI TUBES GRILLED/FRIED	145
SEAFOOD ESPETADA	230



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CARNE DE VACA & PORCO

BEEF, PORK & STEWS

Served with a choice of sauce - pepper, mushroom, cheese, chili cheese or garlic - unless stated otherwise.

SIRLOIN STEAK	180
300g sirloin basted with balsamic vinegar, olive oil, fresh garlic & herbs	
LULAS RACK OF RIBS	165
500g rack of spareribs in our secret lulas rib glaze, grilled to perfection {no additional sauce}	
OXTAIL	160
done in a rich tomato and herb sauce {no additional sauce}	
DOBRADA	140
portuguese tripe served with rice	
ESPETADA DE VACA	190
300g beef fillet, sweet peppers & onion kebab {no additional sauce}	
BIFE A PORTUGUESA	210
traditional pan-fried Fillet steak in a red wine sauce topped with a fried egg {no additional sauce}	
STEAK AND PRAWN COMBO	180
200g sirloin steak topped with three creamy garlic prawns	
SPAGHETTI BOLOGNAISE	95
spaghetti with traditional bolognese sauce {no additional sauce}	
RIBS AND WINGS COMBO	170
Lula ribs served with chargrilled chicken wings	

AVES CHICKEN

MEIO FRANGO A MOZAMBICANO	145
peri-peri or lemon half chicken grilled with spices, lemon & coconut	
CHICKEN SCHNITZEL	110
crumbed chicken fillet with a mushroom sauce	
ESPETADA DE GALINHA	155
300g chicken fillet, sweet peppers & onion kebab grilled with a peri-peri or lemon coconut sauce	



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CRAFT BURGERS

Flame-grilled beef or grilled chicken fillet served with potato chips & home-made onion rings

- PLAIN JANE** 90
 home-built, flame grilled beef patty or chicken fillet, layered with lettuce, tomato, onion & pickled cucumber inside a burger bun, served with lulas mayo
- SAUCY SUZIE** 115
 a plain jane craft burger with a choice of pepper or mushroom sauce
- NOORSIE** 110
 a plain jane craft burger with peppadew chutney & matured cheddar cheese & bacon
- JONTIE** 110
 a plain jane craft burger with matured cheddar cheese, bacon & caramelized onion
- MYLANIE** 110
 a plain jane craft burger with jalapeño chutney, matured cheddar cheese & bacon

KIDDIES

- KIDDIE CHEESE BURGER** 65
 served with potato chips
- SHREK BUBBLEBREAD** 50
 tomato base & mozzarella
- DRAGON BUBBLEBREAD** 55
 tomato base, ham, mushroom & mozzarella
- DONKEY BUBBLEBREAD** 55
 tomato base, ham, pineapple & mozzarella
- KIDDIE BEEF BURGER** 55
 served with potato chips
- FIONA BUBBLEBREAD** 55
 tomato base, bacon & mozzarella
- SMURF BUBBLEBREAD** 55
 tomato base, creamed spinach & mozzarella



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BUBBLEBREAD

All our flatbreads are made with fresh garlic & oreganum & only have cheese on when stated. Fresh rocket or basil will be added when available. We regret, toppings cannot be changed or swapped around, but add-ons can be added. Fresh green chili & garlic in olive oil is available as an add-on extra.

FOCACCIA PLAIN	65
fresh garlic, oreganum & grated parmesan	
FOCACCIA PLAIN WITH FETA	85
fresh garlic, oreganum, grated parmesan with feta	
MARGHERITA	80
tomato base, mozzarella & oreganum	
CHEDDA-MOZZA CHICKEN MAYO	140
margherita with lulas chicken mayo & mozzarella	
BICICLETTA	145
margherita with creamed spinach, bacon, feta & mozzarella	
CARNITO	170
margherita with steak-onion-mushroom strips, bacon, choriço, bolognaise mince, sweet peppers, roasted romanito tomatoes & mozzarella	
DELIZIOSO	100
margherita with bacon, pineapple & mozzarella	
WESKUS	160
margherita with creamy garlic mussels, calamari, romanitos & prawns	
NONNA MIA	120
margherita with bacon, feta, peppadew chutney & mozzarella	
POPEYE	110
margherita with creamy spinach, danish feta & mozzarella	
REGINA	90
margherita with ham, mushrooms & mozzarella	
CHRIS	130
margherita with mozzarella, avo, bacon, romanitos & feta	
CHICKEN TIKKA	130
margherita with mozzarella, chicken tikka, romanitos, peppadew chutney & feta	
SMOKEY CHICKEN	120
margherita with smokey chicken, peppers, caramelised onion & chedda/mozza cheese.	



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All served with your choice of either spaghetti or penne

PASTA

CREAMY PIRI-PIRI PRAWNS	140
served with potato chips	
PRAWN CURRY	140
tomato base & mozzarella	
CREAMY GARLIC MUSCLE & PRAWN	140
tomato base, ham, mushroom & mozzarella	
CREAMY CHICKEN & BACON PASTA	120
tomato base, ham, pineapple & mozzarella	
SPAGHETTI BOLOGNAISE	110
served with potato chips	
CREAMY LEMON-PEPPER SHRIMP	140
tomato base, bacon & mozzarella	
TOMATO AND BASIL PESTO	90
tomato base, creamed spinach & mozzarella	



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DESSERTS SOMETHING SWEET

All desserts are freshly baked in our kitchen and may contain traces of nuts

PASTEIS DE NATA	30
portuguese milk tart served with cream or ice cream	
AFFOGATO	65
layered vanilla ice-cream, single espresso & toasted almonds	
PEPPERMINT CRISP TART	45
VANILLA ICE-CREAM	45
served with a choice of chocolate or wild berry sauce	
CRÉMEBRÛLÉE	45
a delicious creamy dessert topped with caramel	
BAKED CHEESE CAKE	55
our notorious & decadent baked cheese cake	



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BEBIDA BEVERAGES

These are non-alcoholic drinks. Look at our cocktail menu for alcoholic drinks or add your favorite spirit at an additional cost

WATER	20
sparkling or still	
SODAS (340ml)	25
coca-cola, coke zero, coke light, tab, sprite, sprite zero, fanta orange, fanta grape, sparberry, cream-soda	
APPLETISER, GRAPETISER	25
FUZE TEA	25
peach, lemon	
JUST JUICE	25
Orange, Breakfast punch, orange and mango	
SODAS (200ml)	20
lemonade, soda water, dry lemon, tonic water, ginger ale	
TOMATO COCKTAIL	28
GOURMET MILKSHAKES	48
strawberry, vanilla, chocolate, lime, bubblegum, oreo, coffee, salted caramel	



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COFFEES & OTHER HOTTIES

ESPRESSO	22
DOUBLE ESPRESSO	34
ESPRESSO MACCHIATO	24
single espresso topped with frothed milk	
ESPRESSO CON PANNA	28
single espresso topped with whipped cream	
AFFOGATO	65
vanilla ice-cream, single espresso & toasted almonds	
CAPPUCCINO	28
topped with frothed milk	
RED CAPPUCCINO	28
red espresso cappuccino topped with frothed milk	
AMERICANO	25
CAFÉ LATTE	28
espresso with hot milk served in a mug	
CHOCOLACCINO	35
espresso, hot chocolate, frothed milk served in a mug	
WHITE CHOCOLACCINO	35
espresso, white hot chocolate, frothed milk served in a mug	
FLAVOURED LATTES [NO ESPRESSO]	32
coco mocha nut / chocolate decadence caramel / spicy chai white symphony / red latte	
IRISH, KAHLUA /LIQUEUR COFFEES	43
DOM PEDRO / KAHLUA PEDRO	45
ROOIBOS / EARL GREY / FIVE ROSES / CAMOMILE / GREEN TEA	20
HOT CHOCOLATE / MILO	28



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HOUSE WINE

TWO OCEANS SAUVIGNON BLANC

CLOOF RUBY RED

WHITE WINE

Subject to availability. Not for sale to persons under 18 Years of age. Enjoy responsibly.

DURBANVILLE HILLS

Sauvignon blanc

DARLING CELLARS

Sauvignon blanc

Chenin/ Sauvignon blanc

Rosé

GROOTE POST

Old man's blend

RIEBEECK CELLARS

Montino Sweet Rose

DU TOITSKLOOF

Chenin blanc

RED WINE

Subject to availability. Not for sale to persons under 18 Years of age. Enjoy responsibly.

DURBANVILLE HILLS

Cabernet Sauvignon

Shiraz

DARLING CELLARS

Six tonner Merlot

Darling Rosé

Cabernet/Sauv Merlot

GROOTTE POST

Old man's blend



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BEERS & CIDERS

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BLACK LABEL	22
HEINEKEN.....	25
CASTLE LAGER	22
CASTLE LIGHT	22
WINDHOEK LAGER.....	26
WINDHOEK DRAUGHT.....	28
WINDHOEK LIGHT.....	24
AMSTEL	24
HUNTER'S	28
dry or gold	
SAVANNA	28
light or dry	
FLYING FISH.....	28
STELLENBRAU	38
lager on tap	
SUPER BOCK	25
SAGGY STONE	40
lager on tap	
SAGGY STONE	45
craft gin on tap	