



Fair Trade Tourism

WHAT ARE FAIR TRADE IN TOURISM PRINCIPLES?

Membership of Fair Trade Tourism (FTT) is only awarded to establishments adhering to specific criteria which includes fair wages and working conditions, fair distribution of benefits, ethical business practice, and respect for human rights, culture, community and the environment.

Bahia Mar has been a proud member of FTT since our first year of operation and accordingly support our local community and traders as much as possible.

Purchasing seasonal fruits and vegetables ensures the products we serve are fresh and the local growers have a viable operation. For some, this is their only way to generate or supplement their income.

Fresh fish and seafood are always popular, however Mozambican law restricts net fishing during breeding season (December to March) which Bahia Mar is pleased to support.

Due to this our menu selection will change with the seasons and around product availability, which we hope you will understand, as we support our environment and everything that encompasses.

GRATUITY

Tips for good service are much appreciated but not mandatory! All tips, even those added to a card payment, are converted to cash and placed in the tip box on reception. The box is under the sole control of staff and the contents are shared with everyone, since all contribute to your experience. In this way, gardeners, maintenance workers, scullery cleaners etc, can all benefit.

Thank you for your generosity it is very much appreciated.

Light Snacks

Original samoussa platter
Chicken, beef, vegetables and crab (4 PCS)  **400 Mzm**

Vegetable springrolls (4 PCS)   **400 Mzm**

Prawn Rissois (3 PCS)  **400 Mzm**

Stuffed blue crab (2 PCS)  **500 Mzm**

Prawn Tempura (5 PCS)  **600 Mzm**

Starters

Greek salad  **600 Mzm**

Season Salad  **500 Mzm**

Chicken Caesar salad  **750 Mzm**

Blue Crab Salad
750 Mzm

Ceviche
750 Mzm

Soup of the Day
400 Mzm

Pastas & Others

Chickpea, spinach, cashew nuts
and coconut milk curry

800 Mzm

Bahia Mar Prawn Curry

1000 Mzm



Pasta of the Day

A choice of chicken, crab or vegetables

750 Mzm



A choice of Crayfish or Prawns

1000 Mzm

Our very FAMOUS homemade crab ravioli
served in a fresh tomato sauce

750 Mzm



 *May contain gluten in the spices

V - VEGETARIAN
V - VEGAN

Our dishes are garnished with fresh herbs.
Please inform the waiter if you have any allergies or preferences.



Fish and Seafood

Fresh grilled fish of the day

900 Mzm

Grilled calamari

1200 Mzm

Grilled prawns

1,400 Mzm

Seafood platter for 2

3,550 Mzm

Seafood platter for 2 with crayfish

(order in advance)

6,850 Mzm

Chicken and Meat

Grilled Chicken

(1/2 chicken - 40 minutes preparation)

800 Mzm

Sirloin steak or Beef Fillet with our Chef's pepper sauce



1200 Mzm

Home made Beef or Chicken Burger

800 Mzm



**OUR DISHES ARE SERVED WITH A CHOICE OF
VEGETABLES, RICE, CHIPS OR SALAD.**

**OUR FISH AND SEAFOOD IS DONE WITH
LEMON & GARLIC SAUCE**

**Our dishes are garnished with fresh herbs.
Please inform the waiter if you have any allergies or preferences.**



Desserts

Vanilla ice cream

Homemade ice cream with our special chocolate sauce

300 Mzm

Butterscotch banana

Sun-ripened banana, shallow fried and drizzled with a butterscotch sauce served with homemade ice-cream



400 Mzm

House dessert

A delicious and refreshing three layer dessert with vanilla ice cream, caramel and fruit

400 Mzm

Topsy Affogato

Chocolate ice-cream drenched with a shot of dark rum and expresso, sprinkled with cashew nuts.

450 Mzm

Mozambican ice cream pie

A rich peanut ice cream encased in a peanut and coconut toasted crust

450 Mzm

Chocolate Volcano

Warm chocolate cake with a fondant center served with vanilla ice cream



500 Mzm

Seasonal Fruit Platter

300 Mzm



Kids Menu

MARGARITA PIZZA

400 Mzm



CHICKEN NUGGETS WITH CHIPS

450 Mzm



FISH GOJONS WITH CHIPS

450 Mzm



SPAGHETTI BOLOGNESE

450 Mzm

