

Sophie's Table Light Lunch

TOASTIES AND BURGER

Ham, cheese and tomato

220 Mzm

Tomato and pesto on Rye bread

260 Mzm

Chicken mayonnaise on Low GI bread

350 Mzm

Homemade beef burger

400 Mzm

Traditional prego roll

410 Mzm

SALADS

Chicken Caesar salad

410 Mzm

Blue crab, mango, and avocado salad
with a spicy dressing

500 Mzm

Calamari Nicoise salad

520 Mzm

Prawn salad

550 Mzm

**OUR TOASTIES AND BURGER ARE SERVED
WITH A CHOICE OF SALAD OR CHIPS**

Sophie's Table

STARTER

Duo of beef samoussa and vegetable spring roll (2 PCS)
240 Mzm

Asian style Tempura prawns
360 Mzm

Chicken satay kebabs
420 Mzm

Prawns and lobster avocado cocktail
540 Mzm

Ceviche with sweet potato puree
550 Mzm

SOUP

Caldo verde
Traditional Portuguese soup
made with cove, potato and chorizo
250 Mzm

Bahia Mar Prawn soup
290 Mzm

Sophie's Table

MAIN COURSE FISH & SEAFOOD

Fresh grilled fish of the day
700 Mzm

Sophie's seven spices Fish fillet cooked in coconut milk
790 Mzm

Bahia Mar prawn curry
800 Mzm

Grilled prawns
1,250Mzm

Seafood platter for 2
3,500 Mzm

Add Lobster (order in advance)
6,800 Mzm

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

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

Sophie's Table

MAIN COURSE CHICKEN & MEAT

Mozambican chicken cooked in a creamy peanut sauce
650 Mzm

Grilled Mozambican Piri Piri chicken (40 minutes preparation)
700 Mzm

Pork fillet with a whole grain mustard sauce
served with green beans and potatoes
650 Mzm

Sirloin steak with Sophie's pepper sauce
900 Mzm

Beef fillet espetada
1,100 Mzm

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VEGETABLES, RICE, CHIPS OR SALAD.**

Sophie's Table

PASTAS

Spaghetti bolognese
410 Mzm

Linguine pasta with grilled chicken strips, a touch of pesto
fresh tomatoes, parmesan, and a balsamic reduction
550 Mzm

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

Sophie's secret lobster pasta
in a homemade light creamy sauce
790 Mzm

Thai style seafood rice noodle
served in a spicy sauce
950 Mzm

Sophie's Table

DESSERTS

Vanilla ice cream

Homemade ice cream with our special chocolate sauce
260 Mzm

Butterscotch banana

Sun-ripened banana, shallow fried to create a crisp coating,
drizzled with a butterscotch sauce
and served with a spoon of homemade ice-cream
260 Mzm

House dessert

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

Dark Chocolate Mousse

Chocolate heaven - The trusted favorite.
320 Mzm

Tipsy Affogato

Chocolate ice-cream drenched with a shot of each dark rum
and espresso, sprinkled with cashew nuts.
360 Mzm

Mozambican ice cream pie

A rich peanut ice cream encased in a peanut
and coconut toasted crust
360Mzm



Sophie's Table

KID'S MENU

CHICKEN NUGGETS WITH CHIPS AND VEGETABLES
290 Mzm

FISH GOUJONS WITH CHIPS AND TARTAR SAUCE
290 Mzm

MARGARITA PIZZA
290 Mzm

KID'S SPECIAL DESSERT
Vanilla crepe with chocolate sauce
200 Mzm