



**Bembom**

PORTUGUESE CAFE

*Live the moment. Vive o momento*

## IMPORTANT FACTS:

All our breads and pastries are made from original recipes and freshly baked on a daily basis.

ALMOFADINHAS / Similar to tramezzini

BOLO DO CACO / Flat bread from the Madeira Islands

BOLO DE SERTA / Flat bread originally from the Azores Islands (used for wraps)

CARÇAÇA / Soft textured loafed bread

CARÇAÇAINHA / Soft textured mini loafed bread

PÃO CASEIRO / Homemade sourdough bread

PÃO DE CENTEIO / Rye bread

PÃO DE LEITE / Sweet dough bread

## PEQUENO ALMOÇO / BREAKFAST

### SERVED ALL DAY

#### WAKE UP SHAKE UP / R42

Egg, bacon & carcaça.

#### WAKE UP SHAKE UP VEGETARIAN / R52

Egg, avocado or mushrooms & carcaça.

#### BUDGET / R49

Egg, bacon, baked beans & carcaça.

#### PROVINCIAL / R76

Egg, bacon, beef or pork sausage, baked beans, grilled tomato, onion & toast.

#### RABANADAS / R35 SINGLE SLICE / R18      ADD BACON / R26

Two slices of carcaça, dipped in milk & eggs, cinnamon, sugar & lemon zest.

#### PÃO DE LEITE BREAKFAST / R79

Egg, bacon, baked beans, avocado, mushrooms, tomato & pão de leite.

#### ANJO / R69

Two fried eggs, avocado, cherry tomatoes, cottage cheese, pepperdew mix & two slices of toast.

#### CROISSANT BREAKFAST BOAT / R89

Bembom scrambled eggs, bacon, baked beans, mozzarella, cherry tomatoes & a Portuguese croissant.

#### SUNNY SIDE UP / R79

Two fried eggs, spicy mince, tomato salsa, cheddar & a mini bolo do caco.

#### HALF PORTION / R45

## THE HEALTHIER OPTIONS

#### AVEIA / R46

Oats, banana, roasted almonds, raisins, cinnamon & honey.

#### HALF PORTION / R32

#### PAPAS DE MILHO AMARELO / R72

Poached egg, bacon, polenta, spinach & mushroom mix, cherry tomatoes & parmesan shavings.

#### HALF PORTION / R44

#### ESCALOPE DE FRANGO GRELHADO / R89

Grilled chicken fillets, avocado, spinach & mushroom mix, feta, rocket & sweet chilli.

#### NAKED BUNLESS BURGER / R109

200g beef patty, bacon, avocado, spinach & feta mix, tomato, lettuce, rocket & basil mayo & pesto.

Seasonal fruits & vegetables are subject to availability. Some food items have traces of nuts & sesame seeds. All visuals are suggested servings only. All extras & changes will be charged for accordingly. No splitting of bills is allowed.

#### EXTRAS:

Buttered toast / R7

Butter / R7

Jam / R8

## OMELETTES & SCRAMBLED EGGS

Served with a choice of pão caseiro, white, rye or brown bread.

### CREATE YOUR OWN OMELETTE WITH THE FILLINGS BELOW:

Parsley / tomato / onion / R7

Egg / peppers / jalapeños / olives / capers / R9

Avocado / bacon / continental ham / salsichão  / cheese / mushrooms / R26

Spicy mince / chicken or prego strips / beef or pork sausage / R38

Parma ham / R59

### MINI BEMBOM / R52

Two egg omelette or scrambled eggs, tomato, onion & parsley.

### TRADITIONAL / R52

Three egg omelette or scrambled eggs.

### EGG WHITE OMELETTE / R49

Four egg white omelette.

### TERRA OMELETTE / R109

Traditional omelette, spinach & feta mix, mushrooms, cherry tomatoes, pitted black olives & pesto.

## CHEF'S RECOMMENDATIONS

### FUNCHAL COMBO / R59

Small beef or chicken bolo do caco prego & a half portion soup of the day.

### FRANCESINHA

Beef or chicken, ham, salsichão, mozzarella & 2 slices of bread baked in the oven & served with spicy beer gravy.

**EXTRAS:** Chips / R20    Egg / R9

**BEEF** / R159

**HALF PORTION** / R104

**CHICKEN** / R149

**HALF PORTION** / R96

## BOLO DE SERTA / WHOLE WHEAT WRAPS

### WRAPPED SUNRISE / R89

Scrambled eggs, bacon, avocado, mozzarella, pepperdews & bruchetta mix.

### PORTUGUESE CHICKEN / R72

Portuguese chicken strips, mozzarella, basil mayo, rocket & bruchetta mix.

## PORTUGUESE TOAST

Thick slice of toasted, buttered carcaça bread.

**MEIA TORRADA / 1 SLICE** / R16

**TORRADA Á PORTUGUESA** / R30



## PORTUGUESE SPECIALITY BREADS, TOASTED SANDWICHES & FILLERS

Fill our speciality breads or croissants with the below. Served with freshly cut chips, tossed in a salt, garlic, oregano & homemade pickle mix or a side salad.

**CHEESE CHOICE:** Gouda, cheddar or mozzarella.

### CHOICE OF BREADS & CROISSANTS:

Carcasinha / R8

Toasted pão caseiro, white, rye or brown / R12

Medium bolo do caco / R14

Pão de leite / R14

Butter croissant / R18

### CHOICE OF FILLINGS

Two eggs / R28

Bacon & egg / R45

Bacon & cheese / R49

Bacon, egg & cheese / R66

Cheese / R34

Continental ham / R34

Cheese & continental ham / R54

Chicken mayo / R49

Tuna mayo / R56

Parma ham / R62

Parma ham & cheese / R72

Salsichão, cheese & egg / R68 

## ALMOFADINHAS / TOASTED FLAT BREAD

Served with freshly cut chips, tossed in a salt, garlic, oregano & homemade pickle mix or a side salad.

### CAPOEIRA / R99

Chicken mayo, mozzarella & gherkins.

HALF PORTION / R59

### RUSTICO / R99

Bacon, mozzarella & avocado.

HALF PORTION / R59

### AÇORIANO / R119

Beef fillet, mozzarella, caramelised onions, fig aioli & rocket.

HALF PORTION / R74

## PREGOS

Choice of our marinated beef or chicken prego, prepared on a Carcasinha or mini bolo do caco. Served with freshly cut chips, tossed in a salt, garlic, oregano & homemade pickle mix or a side salad.

**CHEESE CHOICE:** Gouda, cheddar or mozzarella.

### BEMBOM ROLL

Beef or Chicken

TRADITIONAL / R69

TRADITIONAL WITH EGG / R78

ESPECIAL CHEESE & HAM / R99

SUPER CHEESE, HAM & EGG / R108

### MINI BOLO DO CACO

Beef or Chicken

TRADITIONAL / R44

TRADITIONAL WITH EGG / R52

ESPECIAL CHEESE & HAM / R59

SUPER CHEESE, HAM & EGG / R65



## STEAK ROLL

Served with freshly cup chips, tossed in a salt, garlic, oregano & homemade pickle mix or a side salad.

## CANICENSE HALF PORTION / R95

100g beef fillet, mini bolo do caco, caramelised onions, grained mustard & rocket.

## HAMBÚRGUERS / HAMBURGERS

Served with freshly cup chips, tossed in a salt, garlic, oregano & homemade pickle mix or a side salad.

## PÃO DE LEITE BURGER / R99

Chicken fillet or pure beef burger patty, seeded pão de leite, tomato, lettuce, cheddar, battered onion rings, gherkins & basil mayo.

## CHEESE SLIDER / R59

Mini beef burger patty, mini seeded pão de leite, tomato, lettuce, cheddar, battered onion ring, gherkin & basil mayo.

## MINI PEROLA DO ATLANTICO / R72

Beef patty stuffed with cheddar, mini bolo do caco, bacon, lettuce, gherkins, rocket & basil mayo.

## PETISCOS / LIGHT MEALS

Served with toasted carcaça bread.

### TRINCHADO

FILLET / R159

HALF PORTION / R99

200g fillet, creamy wine sauce with garlic, bay leaf & mustard, tomato, olives & seasoned chips.

### CHICKEN TRINCHADO / R99

HALF PORTION / R59

Chicken fillets, creamy wine sauce with garlic, onion, peppers & mustard, tomato, olives & seasoned chips.

## MINI PRATOS / MINI PLATES (Allow 20 min to prepare)

Served with freshly cup chips, tossed in a salt, garlic, oregano & homemade pickle mix or a side salad.

## FRANGO / CHICKEN

### PANADINHOS DE FRANGO / R69

Crumbed chicken fillet, avocado, spinach & mushroom mix, feta rocket & sweet chilli sauce.

### BIFINHOS DE FRANGO / R70

Grilled marinated chicken fillet, salad & seasoned chips.

## CARNE / MEAT

### PREGO NO PRATO COM OVO / R79

Beef or chicken prego steak & a fried egg.

### BIFE NO PRATO COM OVO / R145

200g Fillet steak, coarse salt, bay leaf & garlic rub & a fried egg.



## SALGADOS / SAVOURIES

Please visit our savoury deli display.

## SOPA / SOUP

Our soups are prepared daily & served with a slice of carcaça bread.

### CALDO VERDE / R48

Chorizo, kale cabbage, potatoes & onion.

## SALADAS / SALADS

### VERDE / R36

Mixed lettuce, cherry tomatoes, cucumber, onions, carrots & peppers.

### FRANGO / R99

Verde salad, marinated chicken strips, avocado & cashews.

### TUNA AND CHICKPEA / R99

Verde salad, tuna, chickpeas, poached egg, avocado, olives, feta, toasted sesame seeds & lemon dressing.

## CANTINHO DA CRIANÇA / KIDDIES CORNER (12 years & under)

### BABYCCINO / R12

### KIDDIES MILKSHAKE / R16

### CHICKEN STRIPS / R59

Battered chicken strips, chips & bembom mayo dip.

### KIDDIES BURGER / R52

100g beef patty or chicken fillet, mini seeded sweet dough bun, lettuce, tomato, chips & bembom mayo dip.

### ICE CREAM / R14

Two balls of vanilla ice cream & chocolate sauce.

## PASTELARIA / PASTRIES

Please visit our pastry deli display.

## PLATTERS

Ask your friendly waiter for the platter menu.



## HOT BEVERAGES

COFFEE **LAVAZZA** SUPER CREMA

60% arabica & 40% robusta blend with pleasantly balanced aromas of brown sugar & roasted hazelnut.

### BEMBOM CONDENSED MILK COFFEE

Small / R34 Large / R42 Latte / R48

### BICA

Espresso / R26 Double / R32

### ITALIANA

Short espresso / R26

### GAROTO

Short espresso & steamed milk / R26

### CORTADO

Double espresso & steamed milk / R39

### PINGO / Macchiato

Short espresso & frothed milk / R28

### CAFÉ MOCHA

Hot chocolate, espresso & texturized milk / R49

### MEIA DE LEITE / Flat white

Single espresso, steamed milk & a thin layer of foam / R35

### CAPPUCCINO

Single espresso, steamed milk & a thick layer of foam / R37 Double / R43

### GALÃO / Latte

Double espresso & steamed milk / R45

### AMERICANO

Double espresso & hot water / R36

### CARIOCA DE LIMÃO COM MEL

Boiling water, lemon peels & honey / R15

## CHÁ / TEA

ROOIBOS | FIVE ROSES / R25

GREEN TEA | CHAMOMILE | EARL GREY / R32

RED CAPPUCCINO / R44

RED LATTE / R49

### EXTRAS

DECAF / R5

MILK / R6

WHIPPED CREAM / R10

MILK ALTERNATIVE / R10



## HOTTIES

EXTRA: Whipped cream & garnish / R10

HOT CHOCOLATE / R42

MILO | MILKY BAR | BAR ONE / R47

CHAI LATTE / R49

## FRAPPE

CHOCOLATE / R42

CAFE MOCHA / R49

## FREEZOS

EXTRA: Whipped cream & garnish / R10

COFFEE | BAR ONE | MILKY BAR / R62

DOUBLE COFFEE - Shot of espresso / R70

CHOC ROSE / R60

## FRUIT CRUSHERS

PASSION FRUIT | MANGO | RASPBERRY | CHERRY / R50

## FRUIT SMOOTHIES

GO GREEN / R56

Pineapple, kiwi, spinach, apple juice & mint.

PEANUT BUTTER BOOSTER / R60

Banana, peanut butter, yoghurt, cacao powder & honey.

TROPICAL TANGO / R56

Pineapple, mango, passion fruit & orange juice.

VERY BERRY / R56

Banana, mixed berries, yoghurt & berry juice.

## BATIDOS / MILK SHAKES

VANILLA | CHOCOLATE | STRAWBERRY | LIME / R45

COFFEE / R50

## SUMOS / SODAS & JUICES

100% SIR FRUIT JUICE / R38

FRESHLY SQUEEZED ORANGE JUICE / R42

MIXER CANS 200ML / R26

SODA DRINK CAN / R29

TIZERS / R44

LIPTON ICED TEA / R35

CORDIALS / R10

## IMPORTED SOFT DRINKS (Subject to availability)

SUMOL CAN 330ML / SQ

COMPAL 200ML / SQ

UCAL DE CHOCOLATE / SQ

BRISA MARACUJA / SQ

## AGUAS / WATER

BEMBOM STILL | SPARKLING 500ML / R20

## IMPORTED PORTUGUESE WATERS

AGUA DO LUSO 500ML / SQ

AGUA DAS PEDRAS SPARKLING 250ML / SQ