

Pela

CONTEMPORARY PORTUGUESE

The Vela *LA Família Story*

Every successful restaurant has a “behind the scenes” story to tell. The story of the origin of Vela – La Familia is so heartwarming we thought we should share it with you... It is the story of a small matter of principle that turned into something far bigger than envisioned.

Avril was trying to find employment for some loyal ex-employees who were in need of a job in 2018. While en-route from her home at Hartbeespoort Dam to Fourways, she drove passed The Fat Olive Country Restaurant and decided to contact the owner, Milan who as fate had it was looking to appoint a Mozambiquean, Portuguese speaking chef.

An appointment was made that same day, which was to be an appointment of destiny. Avril met with Milan, a Serbian with over 20 years' experience in the restaurant industry and during the meeting, mentioned that she was thinking about opening a small Portuguese restaurant in Hartbeespoort within the near future. This immediately piqued Milan's interest as he has an absolute passion for executing new, fresh and flavourful food backed by excellent service delivery.

Not even a week later Milan and Avril were scouting the area for a location and started plotting their “little prawn and Portuguese chicken shop”, which today has evolved into Vela – LA Familia – Contemporary Portuguese.

Avril and Milan, personally facilitated every inch of design, layout and the menu creation to ensure that each guest is made to feel right at home. Both extremely family orientated individuals, each family's thoughts and inputs were considered and executed within every aspect of the creation of this “quite a lot larger than envisioned” Contemporary Portuguese Eatery.

The menu, although traditional Portuguese, reflects the passions and participation of both partners and has a local and original twist with fresh, warm flavours and textures that offer something for every palette.

Avril, Milan and the Vela Team invite you to taste a little part of their world through this menu...



Starters / Entrada

TRINCHADO R89

200g of Rump cubes in a rich gravy

CHOURICO Half • R65 | Full • R95

Grilled slices of traditional Portuguese sausage

FIGADOS DE GALINHA..... R65

Seared peri-peri chicken livers served in sautéed onion olio

MOELAS R70

Giblets cooked in a traditional Portuguese sauce served with bread

MEXILHOES..... R90

Fresh mussels steamed and infused with a creamy dry white wine sauce

OSTRAS SQ

Ask your waitron for our oyster selection

AMEIJOA..... R82

Clams served in a dry white wine, parsley, garlic and olive oil sauce

SOPA DE DIA..... SQ

Ask your waitron for soup of the day

VIEIRAS E NABO MOSTO..... SQ

Scallops seared in butter sage served on course turnip mash

LULA E LULA..... R75

Deep-fried calamari and squid heads served in a garlic olio sauce

Salads / Saladas

CALAMARI PEPINO SALADA QUENTER80

Grilled cucumber served with calamari, fresh crisp ingredients with a hint of peri-peri

SALADA DE FRANGO PERI PERIR90

Fresh cucumber, tomato, butter lettuce, onion, avocado, served with chicken livers, chourico and grilled peri-peri chicken

SALADA PORTUGUESE DE BATATAR80

Baby potatoes tossed with fresh celery, parsley, red onion and dressed with red wine vinegar and olive oil

SALADA DE CASA VELAR90

Seared slivers of beef prime cuts, tossed with butter lettuce, red cabbage, cucumber, tomato, onion, carrots, chickpeas, brinjals with a dollop of humus and an olive oil vinaigrette



Grill / Grelhados

FRANGO PERI PERI..... R130

Baby chicken grilled in a secret Vela peri-peri sauce

BIFE PORTUGUES R195

21-day old matured 300g Rump grilled and topped with parma ham and a soft egg, covered with bitoque sauce

ESPETADA..... R185

3 x 150g Picanha rump covered in bay leaves and rock salt dust, served with deep fried milho frito

Extra 150g rump espatada.....R45

SALSICHAS MEDITERRANEANAS

Pork neck and pork belly sausage cold smoked and served on a bed of raw onion

½ Kg..... R170

1 Kg..... R330

FILE R170

200g AAA fillet grilled to your perfection

File 300g R199

CAVALHEIRO T R195

600g Mr T-Bone grilled to your perfection

RIB-EYE SQ

45-Day old, cut to your size

GARUPA..... R180

400g dry- aged rump grilled to your perfection

PEITO DE FRANGO GRELHADO R120

Succulently grilled chicken breast

COSTOLETAS CROCANTES

60g x 5 paper thin chops, flavoured with salt, pepper and paprika – your choice of pork or lamb

Lamb R185

Pork.....R135

COSTELAS.....R420

45-day old matured 1kg prime rib grilled to your perfection

FILE NO OSSO..... R225

450g Fillet on the bone, grilled to your perfection

CARNE BOVINA OU COSTELINHA DE PORCO R190

Pork or Beef ribs marinated in our secret BBQ sauce

HAMBURGUER DE CARNE DE WAGYU SQ

250g Wagyu Beef burger



Fruto Do Mar / Seafood

SARDINASR75

3 X Sardines with rock salt, served with boiled potatoes, olive oil, grilled peppers and garlic

Extra sardine R25

CAMARAO PRINCIPE

Prince prawns grilled to perfection and served with lemon and garlic butter

½ Kg..... R180

1 Kg..... R320

CAMARAO DA RAINHA

Queen Prawns grilled to perfection and served with lemon and garlic butter

6 Queen prawns..... R150

8 Queen prawns..... R170

10 Queen prawns R190

CAMARAO REI.....SQ EA

King prawns grilled to perfection and served with lemon and garlic butter

CAMAROS MEDIOS TIGRESQ EA

Medium tiger prawns grilled to perfection and served with lemon and garlic butter

CAMAROS GIGANTE TIGRE.....SQ EA

Giant tiger prawns grilled to perfection and served with lemon and garlic butter

LAGOSTA.....SQ

Your choice of grilled or thermidor styled lobster

Thermidor.....R35

LAGOSTIM.....SQ

Langoustines grilled to perfection and served with lemon and garlic butter

ARROZ DE FRUTOS DO MAR R220

Portuguese style paella with shellfish, fish, calamari, chourico and infused with saffron juice

BACALHAU GRELHADOSQ

Salted codfish, grilled to a juicy perfection, served with boiled potatoes, roasted peppers and burnt garlic

BACALHAU A BRASSQ

Salted codfish flakes pan-fried with onion, garlic, parsley, potato strings and egg

PEIXE DE LINHASQ

Selection of fresh line fish – ask your waitron

CALAMARI GRELHADO..... R130

Falkland calamari tubes grilled and served with a lemon butter sauce



Tradicional / Traditional

BARRIGA DE PORCO E AMEIJOAR230

Slow roasted blocks of pork belly served with poached clams in a dry white wine, olive oil and garlic sauce

GUISADO DE FELIJAO SALSICHA R170

Slow cooked butter beans and smoked pork ribs in a onion and paprika sauce

PRATO DO DIASQ

Special of the day - ask your waitron

PERNIL DE CARNEIRO R195

Slow roasted lamb shank seasoned with rosemary, salt and garlic

CARIL DE FRANGO R150

Succulent deboned chicken in a traditional creamy coconut sauce

CARIL DE CAMARAO R170

Spicy prawn meat cooked in a traditional creamy coconut sauce

CARIL DE CARANGUEIJO SQ

Spicy crab curry cooked in a traditional creamy coconut sauce

ASSADOS SQ

1kg lamb or pork roast served for a table of 8 or more – by arrangement only - 24-hour notice.

Acompanhamentos / Sides

BATATAS FRITAS R30

Fried Chips

RROZ DA TERRA R30

Dirty Rice

SALADAR35

Side Salad

AZEINTONAS GRELHADAS R45

Grilled Olives

LEGUMES ASSADOS R38

Roast vegetables

MILHO FRITO R30

Fried Pap

PURE DE BATATA R40

Mashed Potato



Molhos / Sauces

MOLHO DE COGUMELO..... R25

Mushroom sauce

MOLHO DE PIMENTO COM JACK DANIELS R25

Jack Daniels sauce

MOLHO DE QUEIJO DEFUMADO..... R25

Smoked cheese sauce

BITOQUE SAUCE R25

Portuguese Steak Sauce

Desserts / Sobremesa

Traditional Portuguese Desserts Of The Day

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