



LA FAMILIA MENU

# The Vela

## LA Familia 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...





## LA FAMILIA MENU

### Entrada / Starters

**TRINCHADO** R95

200g of Rump cubes in a rich gravy

**FILLET** R120

**CHOURICO**

Grilled slices of traditional Portuguese sausage

**HALF** R72

**FULL** R99

**FIGADOS DE GALINHA** R78

Seared peri-peri chicken livers served in sautéed onion olio

**MOELAS** R78

Giblets cooked in a traditional Portuguese sauce served with bread

**MEXILHOES** R120

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

**OSTRAS** SQ

Ask your waitron for our oyster selection

**AMEIJOA** R89

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

**LULA E LULA** R85

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

**RISSOLES** R75

Moon-shaped parcels stuffed with fresh Mozambican fish served with fresh greens

**FISH CAKES** R85

Combination of 2/3 types of fish, mixed with coriander and fresh herbs, shallow-fried served with mixed greens

**LANGOUSTINE RITZ** SQ

Avocado pear mixed with purple mayo and mixed greens and a Mozambican Langoustine

**SNAIL VOULE VON** R95

Voule Von pastry filled with snails in a creamy garlic butter and pepper sauce

**SPRINGBOK CARPACCIO** R120

Slivens of fresh springbok carpaccio, micro herbs, parmasean, purple mayo

**BONE MARROW CANOE** R82

Roasted with olive oil, garlic, black pepper

### Salads / Saladas

**CALAMARI PEPINO SALADA QUENTE** R90

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

**SALADA DE FRANGO PERI PERI** R105

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

**SALADA PORTUGUESE DE BATATA** R85

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

**SALADA DE CASA VELA** R105

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

**PANZANELA SALAD** R130

Cubed bread, squashed tomatoes, basil, mint, chickpeas, carrots, red onion and garlic

**CHICKEN AND PRAWN SALAD** R135

6 prince prawns, 1/4 chicken and chourico served with mixed greens

---

## Grill / Grelhados

---

**FRANGO PERI PERI R140**

Baby chicken grilled in our secret Vela peri-peri sauce

**BIFE PORTUGUES R205**

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

**ESPETADA**

3 x 150g pieces of meat covered in bay leaves and rock salt dust, served with deep fried milho frito

**RUMP R185**

**PORK R175**

**CHICKEN R165**

**FILE**

200g AAA fillet grilled to your perfection **R180**

300g AAA fillet grilled to your perfection **R245**

**CAVALHEIRO T R205**

600g Mr T-Bone grilled to your perfection

**PEITO DE FRANGO GRELHADO R145**

Succulently grilled chicken breast

**COSTOLETAS CROCANTES**

**PAPER THIN CHOPS:** Salt, pepper and paprika dry rub

**THICK CUT CHOPS:** Salt, pepper and origanum spice

**LAMB PER kg SQ**

**PORK PER kg SQ**

**FILE NO OSSO R235**

450g Fillet on the bone, grilled to your perfection

**CARNE BOVINA OU**

**COSTELINHA DE PORCO R220**

Pork or Beef ribs marinated in our secret BBQ sauce

**CHEESE BURGER R120**

250g Pattie served with a slice of cheese, lettuce, tomato and onion

**GRAND CANYON BURGER R240**

2 X 250g Patties, 150g cheddar, 3 eggs, 3 slices of bacon, lettuce, tomato and onions

**FILLET ROSSINNI R280**

French toast with duck liver pate topped with a middle cut fillet served in a red wine, marrow sauce and chicken livers

---

## Tradicional / Traditional

---

**BARRIGA DE PORCO E AMEIJOS R230**

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

**GUISADO DE FEIJAO SALSICHA R170**

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

**PRATO DO DIA - SPECIAL OF THE DAY SQ**

Ask your waitron

**PERNIL DE CARNEIRO R225**

Slow roasted lamb shank seasoned with rosemary, salt and garlic

**CARIL DE FRANGO R170**

Succulent cubes of chicken breast cooked in a spicy traditional creamy coconut sauce

**CARIL DE CAMARAO R190**

Spicy prawn meat cooked in a traditional creamy coconut sauce

**CARIL DE CARANGUEIJO SQ**

Spicy crab curry cooked in a traditional creamy coconut sauce

**FREE RANGE RABBIT SQ**

Cooked for four hours in a red wine sauce with green madagascan peppercorns served on paprika mash and poached peas

**DUCK ALA VELA SQ**

Perfectly seared medium-rare duck breast with a cherry compote served with fresh greens

---

## Combo's

---

**CHICKEN AND PRAWN COMBO R170**

1/2 Chicken, 6 prync prawns and two sides

**CALAMARI AND CHICKEN COMBO R140**

1/2 Chicken, 150g grilled calamari served with two sides

**PRAWN AND CALAMARI COMBO R165**

150g Grilled calamari, 6 prync prawns, served with two sides

---

# Fruto Do Mar / Seafood

---

## SARDINAS - SARDINES

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

R75

## EXTRA SARDINE

R25

## CAMARAO PRINCIPE

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

½ kg

R190

1 kg

R340

## CAMARAO DA RAINHA

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

6 QUEEN PRAWNS

R170

8 QUEEN PRAWNS

R190

10 QUEEN PRAWNS

R210

## CAMARAO REI

SQ EA

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

## CAMAROS MEDIOS TIGRE

SQ EA

Tiger Medium Prawns grilled to perfection and served with lemon and garlic butter

## CAMAROS GIGANTE TIGRE

SQ EA

Tiger Giant Prawns grilled to perfection and served with lemon and garlic butter

## LAGOSTA

SQ

Your choice of grilled Lobster or Lobster thermidor

## THERMIDOR

R35

## LAGOSTIM

SQ

Langoustines grilled to perfection and served with lemon and garlic butter

## MUSSEL BOWL

SQ

Creamy garlic mussels served in a bacon and beer sauce, served with mayonnaise and chips

## ARROZ DE FRUTOS DO MAR

R220

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

## BACALHAU GRELHADO

SQ

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

## BACALHAU A BRAS

SQ

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

## PEIXE DE LINHA

SQ

Selection of fresh line fish – ask your waitron

## CALAMARI GRELHADO

R140

Falkland calamari tubes grilled and served with a lemon butter sauce

## VELA'S SOL

R280

Perfectly grilled Sol, Prawns cooked in dry white wine, garlic reduced sauce, topped with cheese

## STUFFED CALAMARI

R180

Calamari tubes stuffed with chicken livers, chourico, prawn, rice, tomato and peri-peri served in a slow cooked tomato and white wine sauce

## PRAWNS IN BEER SAUCE

Cooked in beer, garlic, peri-peri served with chips and bread

½ kg

R240

1 kg

R400

---

## Platters

---

**ANTIPASTO PLATTER R450**

Chicken livers, squid heads, chourico, giblets, fish cakes and mussels

**2 - 4 PAX R850**

6 Queen prawns  
4 King prawns  
1 portion Squid heads  
1 x Baby Calamari  
1 x Chourico  
400g Line Fish  
1 portion Mussels

**6 - 8 PAX R2500.00**

2 kg Prince prawns  
1 kg Line Fish  
1 portion Calamari  
6 Queen prawns  
6 King prawns  
2 x portion Mussels  
2 x portion Squid heads  
1 ½ portion Calamari

---

## Molhos / Sauces

---

**MOLHO DE COGUMELO R30**

Mushroom sauce

**MOLHO DE PIMENTA COM JACK DANIELS R30**

Jack Daniels sauce

**MOLHO DE QUEIJO FUMADO R30**

Smoked cheese sauce

**MOLHO DE BITOQUE (VINHO) R30**

Portuguese red wine sauce

---

## Sobremesa / Desserts

---

ASK YOUR WAITRON ABOUT OUR  
DESSERT OF THE DAY

---

## Acompanhamentos / Sides

---

**BATATAS FRITAS R35**

Fried Chips

**ARROZ DA TERRA R41**

Dirty Rice

**SALADA R45**

Side Salad

**AZEINTONAS GRELHADAS R45**

Grilled Olives

**LEGUMES ASSADOS R45**

Roast vegetables

**MILHO FRITO R35**

Fried Pap

---

## Kiddies Menu

---

**HOUND DIGGIDY DOGGIE R75**

**DEEP FRIED CHICKEN STRIPS R85**

**KIDS BURGER 150G R80**

**125G GRILLED CALAMARI R80**

**6 PRINCE PRAWNS R80**

**250G KIDDIES PORK OR BEEF RIBLETS R80**

---

## VELA CONTEMPORARY PORTUGUESE

---

www.velarestaurant.co.za  
info@velarestaurant.co.za  
012 244 4125