



Bem Vindo!

Beira Alta was established in 1999 and has been serving the community delicious, fresh and tasty Portuguese food since 2003. We take pride in using only the finest ingredients, herbs and spices with recipes that have evolved over time into Portuguese cuisine with a distinct and flavourful African influence. We welcome you and hope that you enjoy.

“Bom Apetito!”

Important Notice:

For any of our meat dishes requested medium-well or well-done are cooked at the customer's discretion. We take great care in preparing high-quality cuts, and cooking beyond medium may affect the texture and natural tenderness of the meat. As such, we cannot be held responsible for any loss of quality on our meats cooked beyond medium.

If you have any food allergies or dietary requirements, please inform your Waitress/Waiter before placing your order.

Traces of Nuts may be found in certain of our products

*A 10% service charge will be automatically added to the bill for tables of 8 or more.
All products subject to availability.*





Porto



Each of our stores are unique in their own way and their decor is inspired by different towns in Portugal. This space is specifically inspired by two beloved coastal gems of Portugal, Porto and Lisbon.

From Porto, we draw deep, rich tones, aged wood textures, and the timeless beauty of echoing the city's riverside charm and wine-soaked heritage.

From Lisbon, we bring the light, cobbled elegance, the golden glow of old buildings, and the rhythm of tram-lined streets filled with music, laughter, and life.

Together, they create a space that's both vibrant and nostalgic—where every detail tells a story of Portugal's tradition, elegance, and everyday joy.



Lisbon

STARTERS

- Entradas -

KALE SOUP

Caldo Verde

Traditional Portuguese soup made with chouriço, kale, blended potatoes, onion & drizzled with olive oil

CHICKEN LIVERS

Figados de Galinha

Grilled fresh chicken livers served spicy or lemon & herb

Giblets

Moelas Guisadas

Stewed chicken giblets in a tomato, garlic, onion and bell pepper sauce

TRINCHADO

Pica Pau

Succulent pan-fried beef fillet cuts in chefs bay leaf, white wine and garlic sauce

CHOURIÇO

Whole grilled smoked Portuguese pork sausage

GRILLED SARDINES

Sardinhas Assadas

Grilled coarse salt crusted sardines seasoned with lemon and olive oil

GRILLED CALAMARI

Lulas Grelhadas

Calamari tubes in our lemon butter sauce, served spicy or plain

PAN-FRIED GARLIC PRAWNS

Camarão

5 BA Prawns in the shell pan fried in olive oil, whole garlic, sea salt and a touch of chilli

PRAWN RISSOLES

Risóis De Camarão

3 Deep fried crumbed shrimp turnovers with a spicy prawn filling

OYSTERS

Ostras

(on availability) each

Please ask your waiter for today's oyster selection

MIXED STARTER PLATTER

Tapa Mista

Calamari, chicken livers and chourico served with a spicy or lemon herb sauce

PORTUGUESE BREAD ROLL

Papo Seco

Complimentary bread rolls will be provided at initial seating only





SALADS

- Saladas -

All Served with our Portuguese dressing

PORTUGUESE SALAD

Salada à Portuguesa

Mixed lettuce, cucumber, tomatoes, red onions, black olives, carrots and mixed peppers

ADD - Creamy Feta

ADD - Avocado

SMOKED SALMON SALAD

Salada De Salmão Fumado

Smoked salmon on a Portuguese salad topped with cottage cheese

CALAMARI & PRAWN SALAD

Salada De Lula e Camarões

Grilled calamari, 4 BA small prawns and avocado on a Portuguese salad

CHICKEN SALAD

Salada De Galinha

Sliced, blackened chicken breasts on a Portuguese salad topped with creamy feta and avo

CHEF FERNANDO'S SALAD

Salada Do Chef Fernando

Grilled chicken livers & chouriço topped with creamy feta & avo on a Portuguese salad

PASTA

- Massa -

CHICKEN & CHOURIÇO LINGUINI

Massa Com Frango e Chouriço

Chicken breasts & chouriço in a creamy tomato white wine sauce

CALAMARI & PRAWN LINGUINI

Massa Com Camarões e Lula

Grilled calamari & small prawns tossed with linguini in our chef's famous prawn sauce

VEG LINGUINE

Massada De Vegetais

Stir-fry veg in olive oil, onion, tomato, garlic and chilli. Tossed with linguine and topped with feta cheese

MUSHROOM LINGUINE

Massa Com Cogumelos

Fresh sliced button mushrooms pan-fried with a touch of garlic shavings and tossed in a creamy white sauce

CURRY

- Caril -

Served with white rice

PANEER CURRY

Paneer (*Cottage Cheese*) gently simmered in a coconut milk and Portuguese mild curry sauce

STIR FRIED VEGETABLE AND CHICKPEA CURRY

Caril De Grão E Legumes Salteados
Fresh vegetables & chickpeas tossed together in a mild coconut milk curry sauce

CHICKEN & PRAWN CURRY MOZAMBICAN STYLE

Caril De Camarão E Frango
Curried chicken and 4 BA small prawns gently simmered in a mild coconut milk curry sauce



TRADITIONAL PORTUGUESE

*- Pratos Tradicionais
Portugueses -*

*All main dishes served with a choice of a
side order unless otherwise stated*

CHICKEN PREGO

Prégo De Frango

Pan fried tender chicken breast fillet in our
BA House sauce served in a Portuguese
roll with chips

BEEF PREGO

Prégo De Carne De Vaca

Pan fried matured steak in our white wine sauce
served in a Portuguese roll with chips

BITOQUE

200g Steak of your choice chargrilled with our Portuguese
basting, topped with a fried egg and smoked hickory ham

Fillet

Sirloin

GRILLED COD

Bacalhau Assado

Chargrilled cod fish served the traditional way
with chickpeas, boiled egg and baby potatoes
drizzled with olive oil

COD À BRÁS

Bacalhau à Brás

Shredded Cod fish, blended with garlic, onions, egg,
shoestring potato chips, black olives and fresh parsley

BEIRA ALTA'S SEAFOOD RICE

Arroz De Marisco

Spicy tomato rice with mussels, calamari and prawns



SEAFOOD

- Peixe e Marisco -

All main dishes served with a choice of a side order unless otherwise stated

GRILLED HAKE

Pescada Grelhada

Grilled Hake with lemon or garlic butter sauce
(Blackened on request)

GRILLED SOLE

Linguado

Grilled Sole served with lemon or garlic butter sauce
(Blackened on request) - subject to availability

LINE FISH

Peixe Do Dia

Grilled line fish of the day served with lemon or garlic butter sauce (Blackened on request)

GRILLED KINGKLIP

Maruca

Grilled Kingklip fillet served with lemon or garlic butter sauce (Blackened on request)

GRILLED SARDINES

Sardinhas Assadas

Grilled coarse salt crusted Portuguese sardines seasoned with lemon and olive oil

GRILLED CALAMARI

Lulas

Grilled Calamari tubes in our spicy or lemon and herb sauce

BA PRAWNS

Camarões

10 pan fried BA Prawns piled on a platter served spicy or lemon and herb sauce

MOM'S PAN-FRIED PRAWNS

Camarões Da Mãe

Our house speciality - 8 pan fried Queen prawns piled on a platter served spicy or lemon and herb sauce

CHAR GRILLED PRAWNS

Camarões Grelhados

Butterflied 8 King prawns basted in Mom's secret sauce



FLAMED GRILLS

- Na Chama -

All main dishes served with a choice of a side order unless otherwise stated

PIRI-PIRI CHICKEN | Half | Full

Franco Assado (Free Range)

Free-range Chargrilled baby chicken served spicy or lemon and herb sauce

CHICKEN BREASTS

Peito De Galinha

Grilled chicken breasts served spicy or lemon and herb sauce

AGED MATURED STEAKS

Bife Maturado

Basted with our signature BBQ basting

Fillet 200g 237 | 300g 299

Sirloin 200g 189 | 300g 235

STEAK À BEIRA ALTA

Bife Com Fígados De Galinha

200g steak of your choice chargrilled and topped with our spicy chicken livers

Fillet | 285

Sirloin | 219

RUBY PORT STEAK

Bife Com Molho De Vinho Do Port

200g Steak of your choice chargrilled, decked with slices of sautéed mushrooms, grilled sliced Chouriço and smothered with our creamy Ruby Port sauce

Fillet | 285

Sirloin | 219

LAMB CHOPS

Costeletas De Borrego

3 X 120g Lamb loin chops grilled in our Portuguese basting

PORK LOIN CHOPS

Costeletas De Porco

2 x 200g grilled Pork loin chops finished off in olive oil, garlic, chilli, sea salt and fresh lemon juice

PORK RIBS

Entracosto

450g succulent pork ribs basted in our in-house barbeque sauce

PORTUGUESE BURGER

Hamburger a Portuguesa

Home ground beef topped with chouriço slices

VEG BURGER

Hamburger Vegetariano

Plant based burger pattie with tomato, lettuce, grilled onions, avocado and plant-based mayo

SAUCES

Madagascan pepper | Mushroom | Ruby Port Wine



BA's FAMOUS COMBOS & PLATTERS

- Travessas -

All main dishes served with a choice of a side order unless otherwise stated

BA's MIXED GRILL

Grelha Mista

Half grilled baby chicken, Calamari and Chourico

BA's FAMOUS CHICKEN & PRAWN COMBO

Combinação Famosa

Half grilled baby chicken, with pan-fried prawns in Mom's secret sauce

CHEFS SEAFOOD PLATTER

Travessa De Marisco Misto

Calamari, Fish of the day, and 3 prawns

For One

For Two

BA'S SEAFOOD PLATTER

Travessa De Marisco Misto

Queens Prawns, Kings Prawns, Calamari, Fish of the day, Mussels, and Half Baby Lobster

For One

For Two

SURF & TURE

Terra e Mar

Chargrilled 200g steak in our Portuguese basting topped with 4 BA prawns in a herb port wine sauce

Fille

Sirloin

CHICKEN FILLET & GAMBAS

Peito De Galinha Com Gambas

Pan-fried Chicken fillet topped with 4 BA small prawns pan fried in olive oil, garlic, chilli, sea salt and fresh lemon juice

PORK CHOP & GAMBAS

Costeletas De Carne De Porco e Gambas

Grilled 200g Pork Loin Chop topped with 4 BA small prawn's pan fried in olive oil, garlic, chilli, sea salt and fresh lemon juice

LAMB CHOPS & PRAWNS

Costeletas De Borrego Com Gambas

2 x 120g Lamb loin chops and 4 BA small prawns with lemon and herb or BA's spicy sauce

HALF BABY CHICKEN & CALAMARI

Galinha e Lula

Half grilled baby chicken and calamari with lemon and herb or BA's spicy sauce

CALAMARI & PRAWNS

Lula e Camarão

Grilled Calamari and 4 BA small prawns with lemon and herb or BA's spicy sauce

HAKE & CALAMARI

Pescada e Lula

Grilled hake and calamari with lemon and herb or BA's spicy sauce

HAKE & PRAWNS

Pescada e Camarão

Grilled hake and 4 BA small prawns with lemon and herb or BA's spicy sauce





ON THE SIDE

- *Acompanhamentos* -

BOILED BABY JACKET POTATOES

Batatinhas Cozidas

POTATO FRIES ✓

Batatas Fritas

Fresh cut potatoes, deep fried, crispy and lightly salted

SWEET POTATO FRIES ✓

Batata Doce Frita

Sweet potatoes, deep fried and lightly salted

TOMATO RICE ✓

Arroz De Tomate

Rice cooked in a traditional homemade spiced tomato sauce with kidney beans

PORTUGUESE SIDE SALAD ✓

Salada Portuguesa

Mixed lettuce, cucumber, tomatoes, red onions and black olives with Portuguese dressing

STIR-FRIED MIXED VEG ✓

Legumes Salteados

THE LITTLE ONES

- *Para as Crianças* -

FISH FINGERS & CHIPS

Douradinhos

Deep fried crumbed fish fingers

CHICKEN STRIPS & CHIPS

Tiras De Frango

Deep fried crumbed chicken strips

TRINCHADO & CHIPS

Bife e Batatas Fritas

Succulent pan-fried beef fillet cuts served lemon and herb

SWEET TREATS

- *Sobremesa* -

PORTUGUESE CUSTARD TARTLETS

Pasteis De Nata

2 Puff pastry cups filled with custard filling, baked and caramelized

LEITE CREME

Crème à Portuguesa

A zesty Portuguese style Creme Brule

CHOCOLATE BROWNIES

Decadent chocolate pecan nut brownies smothered in chocolate fudge sauce, served with your choice of cream or ice cream

HAZELNUT PAVLOVA

Pavlova De Avelã

Layers of soft meringue filled with chocolate, smooth cottage cheese mixed with Kahlua and cream, topped with roasted hazelnuts and sprinkled with chocolate

PYRAMID CHOCOLATE LOG

CHEESE CAKE

Cottage Cheese layered with tennis biscuits, crispy mint chocolate and coated with Nutella

ICE CREAM AND CHOCOLATE FUDGE SAUCE

Gelado Com Molho De Chocolate

Huberto's Ice Cream with our homemade hot chocolate fudge sauce

DOM PEDRO

Double tot 50ml

Choice of
Irish Whiskey
Amaretto
Kahlua
Amarula
Frangelico

DONA AMALIA

Espresso, 1920 Brandy and Ice Cream

**Alcohol not for sale to persons under the age of 18*



*Try our
home-made
Peri Peri
Sauces*

Add on a bottle of our house sauce for that extra touch to your home meals.

Available for take away.

Rich, bold flavours in a bottle,
hot, mild or plain.

250ml bottle

