



# Fair Trade Tourism

## WHAT ARE FAIR TRADE IN TOURISM PRINCIPLES?

Membership of Fair Trade Tourism (FTT) is only awarded to establishments adhering to specific criteria which includes fair wages and working conditions, fair distribution of benefits, ethical business practice, and respect for human rights, culture, community and the environment.

Bahia Mar has been a proud member of FTT since our first year of operation and accordingly support our local community and traders as much as possible.

Purchasing seasonal fruits and vegetables ensures the products we serve are fresh and the local growers have a viable operation. For some, this is their only way to generate or supplement their income.

Fresh fish and seafood are always popular, however Mozambican law restricts net fishing during breeding season (December to March) which Bahia Mar is pleased to support.


Due to this our menu selection will change with the seasons and around product availability, which we hope you will understand, as we support our environment and everything that encompasses.



## GRATUITY

Tips for good service are much appreciated but not mandatory! All tips, even those added to a card payment, are converted to cash and placed in the tip box on reception. The box is under the sole control of staff and the contents are shared with everyone, since all contribute to your experience. In this way, gardeners, maintenance workers, scullery cleaners etc, can all benefit.

Thank you for your generosity it is very much appreciated.

# Light Snacks

Original samoussa platter  
Chicken, beef, vegetables and crab (4 PCS)  CONTAINS GLUTEN  
**400 Mzm**

Vegetable springrolls (4 PCS)   CONTAINS GLUTEN  
**400 Mzm**

Prawn Rissois (3 PCS)  CONTAINS GLUTEN  
**400 Mzm**

Stuffed blue crab (2 PCS)  CONTAINS GLUTEN  
**500 Mzm**

Prawn Tempura (5 PCS)  CONTAINS GLUTEN  
**600 Mzm**

# Starters

Greek salad  
**350 Mzm**

Chicken Caesar salad  CONTAINS GLUTEN  
**750 Mzm**

Calamari Nicoise salad  
**750 Mzm**

Blue Crab Salad  
**750 Mzm**

Ceviche  
**750 Mzm**

# Lunches

## LIGHT DISHES

Raw vegetables in a homemade wrap

**650 Mzm**



Chicken Shwarma Wrap

**800 Mzm**



Beef Salad

**800 Mzm**

Toastie - Ham, cheese and tomato

**500 Mzm**



Homemade beef burger

**800 Mzm**



Soup of the Day

**350 Mzm**

# Pastas & Others

Chickpea, spinach, cashew nuts  
and coconut milk curry

**800 Mzm**

Pasta of the Day

A choice of chicken, crab, crayfish, prawns or vegetables

**750 Mzm**



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

**750 Mzm**



# Fish and Seafood

Fresh grilled fish of the day

**900 Mzm**

Bahia Mar prawn curry 

**1000 Mzm**

Grilled calamari

**1200 Mzm**

Grilled prawns

**1,400Mzm**

Seafood platter for 2

**3,550 Mzm**

Seafood platter for 2 with crayfish

(order in advance)

**6,850 Mzm**

# Chicken and Meat

Grilled Chicken

(1/2 chicken - 40 minutes preparation)

**800 Mzm**

Sirloin steak or Beef Fillet with our Chef's pepper sauce 

**1200 Mzm**

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

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



**\*MAY CONTAIN GLUTEN IN THE SPICES**





# Desserts

## Vanilla ice cream

Homemade ice cream with our special chocolate sauce

**300 Mzm**

## Butterscotch banana

Sun-ripened banana, shallow fried and drizzled with a butterscotch sauce served with homemade ice-cream



**400 Mzm**

## House dessert

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

**400 Mzm**

## Tipsy Affogato

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

**450 Mzm**

## Mozambican ice cream pie

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

**450 Mzm**

## Chocolate Volcano

Warm chocolate cake with a fondant center served with vanilla ice cream



**500 Mzm**

## Seasonal Fruit Platter

**300 Mzm**





# Kids Menu



MARGARITA PIZZA

**400 Mzm**



CHICKEN NUGGETS WITH CHIPS AND VEGETABLES

**450 Mzm**

FISH GOUJONS WITH CHIPS AND TARTAR SAUCE

**450 Mzm**

SPAGHETTI BOLOGNESE

**450 Mzm**

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KID'S SPECIAL DESSERT  
Vanilla crepe with chocolate sauce

**400 Mzm**

