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Bossa Fish menu features a diverse selection of locally sourced seafood



Whatever you thought of a seafood restaurant and market before, Bossa Fish in Union County will exceed your expectations.

“We’re definitely much more than a traditional seafood market,” said Philip Carvalho, managing partner. “We’re more of a restaurant that has the benefit of having a fish market in it.”

Inspired by the central marketplaces found in Portugal, Spain, and Latin America, Bossa Fish brings elements of those establishments into the city of Elizabeth under one roof taking advantage of its proximity to seaports, highways, and distribution hubs.

Eating fresh fish, drinking caipirinha and sangria, watching a sporting event from the bar, or lounging outside enjoying seafood chosen from the market’s front counter is an experience not found in many places.

“It’s not only unique to our area, it’s pretty unique to America,” said Carvalho about his business.

The restaurant offers Brazilian and Portuguese

influenced fare to satisfy every palate and fish preference. Request the Bacalhau a Casa to taste the national cod dish of Portugal or the sweet, flaky meat of a butterflied grilled branzino. If you’re craving grilled octopus, set your calendar reminder to Fridays — that’s the only day it’s offered.

Customers choose from a diverse selection of locally sourced seafood from Jersey Shore day boats or other small purveyors for the South Jersey clams, Long Island oysters, fluke, and black sea bass. The Fulton Fish Market in the Bronx also supplements the catch.

“We try to keep it as old-school and mom-and-pop as possible,” Carvalho said about procuring and preparing the fish. Marinating, cutting, and breading is all part of the daily kitchen prep for this family-run business celebrating its 1-year anniversary.

Some of the most popular dishes at Bossa Fish are the whole red snapper, and the shrimp or salmon in garlic sauce entrees, and the salt cod croquettes as an appetizer. Also topping the list is the Ipanema salad with sliced avocado, cherry tomatoes, palmito, and capers, with extra virgin olive oil over chopped romaine. For lunch, the Charlie Baltimore sandwich gets raves for its lump crab cake served on a special bun with mashed avocado, lettuce, zesty bossa sauce, and red onion pickled in-house.

“The menu has a big Portuguese, Brazilian, Spanish influence,” said Carvalho, “as well as more modern takes on traditional fish classics.”

Sandwiches made with cod, flounder, whiting, shrimp, salmon, or scallops on a bun heaped with toppings and/or homemade sauce make it difficult to choose which to enjoy with a cortado, beer, or glass of wine from the bar.

If desired, the raw fish can be cooked for takeout or for dining in the gated area outside, which accommodates about 30 diners. String lights, heat lamps, and views of planes overhead frequenting the nearby airport add a relaxed atmosphere to the al fresco patio, which “transports you to a little piece of Brazil or Miami in the middle of Elizabeth,” according to Carvalho.



His father, who previously managed a restaurant in Rahway, came out of retirement to help run Bossa Fish. With family emigrating from Portugal and Brazil, every dish has an ancestral flair – thus the name Bossa, which is a Brazilian slang term for something done with an innate ability.

Catering is offered year ‘round for discerning consumers of fresh food from the sea but orders for Christmas Eve should be made early given how busy the restaurant was in 2021.

To view the menu, visit: www.BossaFish.com. Six days a week, the restaurant opens at 10:30 a.m.; the fish market at 9:30 a.m. It is closed on Sundays. The address is 230 Trumbull St. in Elizabeth. For information, call 908-576-6382

—Debra Stevko Miller



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