

## TA' CENC IL-KANTRA LIDO BAR & RESTAURANT

This rocky beach, known for hundreds of years as 'Kantra', because of its savage beauty and its limpid clear waters, it is located in the rocky fjord inlet of 'Mgarr ix-Xini'. It provides a bar and grill restaurant, rich with fresh fish and meat, sun-beds, umbrellas and shower/toilet facilities. A scheduled minibus service which take you directly from Hotel Ta' Cenc to the beach in a few minutes and is free of charge.

For lunch and dinner, "Il-Kantra" restaurant offers Sicilian Cuisine as its specialty, along with Local dishes, giving the possibility to choose from an "A La Carte" or the specialty dishes.

Since all our dishes are cooked to order, some dishes may take a while to be served. Just relax and take in the beautiful scenery and seaside air, we will not have forgotten you.

Hotel guests on Half board or Full board basis are entitled the A La Carte menu with an allowance of €22.00 per person on food. This allowance will be deducted from the total food bill.

Il-Kantra Lido is also available for small parties and weddings.

We hope that your dining experience with us will be a truly memorable one and we look forward to welcoming you back soon.

### Opening Hours

Lunch:	12.00 – 15.00
Dinner:	19.00 – 22.00

### *Dietary Requirements*

Food items on our menu may contain traces of cereals containing gluten, lupine, milk (including lactose), eggs, nuts, soybean, fish, crustaceans, molluscs, sesame seeds, mustard, celery, sulphur dioxide or sulphides. If you are intolerant or allergic to any of these, please inform your waiter.

## Antipasti di Mare

Finissima di Salmone Norvegese marinata al sale dolce con sedano rapa e salsa verde <i>Cuts of Norwegian Salmon marinated with sweet salt, celeriac and green sauce</i>	€ 12.00
Le tre delizie del Mare marinate al limone verdello <i>Trio of sea delicacies marinated with green lemon</i>	€ 12.00
Carpaccio di Tonno all' profumo di finocchio selvatico <i>Tuna Carpaccio flavoured with wild fennel</i>	€ 12.00
Zuppa di Cozze in rosso all'olio piccante <i>Fresh Mussels with tomatoes, oil and chili</i>	€10.50

## Antipasti di Terra

Antipasto Rustico - speck, caponata, olive nere all'aceto, funghi di muschio e Pecorino Romano <i>Antipasto Rustico – speck, Sicilian caponata, black olives, moss mushrooms and Pecorino Romano cheese</i>	€ 8.50
Insalata Caprese al profumo di oregano e basilico <i>Caprese Salad with Buffalo Mozzarella and tomatoes flavoured with oregano &amp; basil</i>	€ 8.50
Prosciutto Crudo di San danielle e Bresaola con bocconcini di Mozzarella e Sedalo Verde <i>San Daniele Ham and Air-dried beef with mozzarella and celery</i>	€ 9.50

## Pasta - *Pasta dishes*

Tortelloni ripieni di Zucca con crema di pistacchio <i>Pumpkin filled Tortellonii with pistachio cream</i>	€10.50
Pennette alla Norma di Bellini con Scaglie di Ricotta salata <i>Pennette with Aubergine, Tomato sauce, Basil, Mozzarella and Ricotta shavings</i>	€10.50
Sedanini al ragù Bolognese <i>Sedanini with meat sauce</i>	€ 12.00
Paccheri con Tonno fresco, pesto di basilico, datterine e fili di agrumi <i>Farfalle with Tuna, basil pesto, cherry tomatoes and citron</i>	€ 14.00
Spaghetti ai Tessori del Mediterraneo <i>Spaghetti with seafood and prawns</i>	€16.00

*For main course please add Euro 3.50*

### ***Pesce - Fish dishes***

Pescato fresco di Giorno alla griglia <i>Grilled Fish of the Day</i>	€22.00
Grigliata mista di Pesce ( Gamberi, Pesce Spada e Calamari) <i>Grilled selection of fresh Swordfish, King Prawns and Squid</i>	€ 26.50
Trancia di Pesce Spada in umido (cipolla, capperi, olive e pomodoro ciliegine) <i>Sworfish steak with onions, capers, olives and cherry tomatoes</i>	€ 18.00
Zuppa di Frutti di Mare e Pesce con crostini di pane raffermo <i>Seafood and Fish soup with croutons</i>	€24.00
Tagliata di Tonno in crosta di Pistacchio <i>Tuna with Pistachio crust</i>	€ 18.00

### ***Carne - Meat dishes***

Stracetti di Pollo al rosmarino <i>Sliced Chicken Breast flavoured with rosemary</i>	€15.00
Tagliata di Manzo Angus su Letto di Rucola con Scaglie di Grana e Cilieggine <i>Slices of Grilled Angus Beef Bedded on Rocket leaves with Grana shavings and Cherry Tomatoes</i>	€22.00
Filetto di Manzo all'aceto balsamico (250 grms) <i>Prime Steer fillet with balsamic vinegar (250grms)</i>	€24.00
Lombata di Maiale al Marsala <i>Pork Loin simmered with Marsala Wine</i>	€ 16.00

### ***Contorni - Side dishes***

Patatine Fritte <i>Fried Potatoes</i>	€ 2.50
Patate Sauté <i>Sauté Potatoes</i>	€ 2.50
Insalata mista <i>Mixed Salad</i>	€ 2.50
Verdure del Giorno <i>Vegetables of the Day</i>	€ 2.50

## Dessert - *Desserts*

Gelato <i>Ice Cream</i> (Chocolate Orange, Pistachio, Cookies, Cinnamon & Lemon Sorbet)	€ 4.50
Dolce del Giorno <i>Dessert of the day</i>	€5.00

## MENU PER IL BAMBINI CHILDREN'S MENU

Pasta al Pomodoro e Basilico <i>Pasta with fresh Tomatoes and Basil</i>	€ 7.00
Pasta al ragu Bolognese <i>Pasta with Meat sauce</i>	€ 9.00
Bocconcini di Pollo fritti <i>Fried Chicken Nuggets</i>	€ 8.50
Cotoletta di Pollo <i>Lightly Fried breaded Chicken cutlet</i>	€ 9.50

Served with Potatoes and Salad

## BEVERAGES

Instant Coffee	€2.00
Tea	€ 2.00
Espresso	€ 2.00
Cappuccino	€ 2.50
Kristal mineral water 75cl	€ 2.80
Decante mineral water 75cl	€4.25
Ice-Teas	€ 2.25
Soft-Drinks / Juices	€ 2.50
Cisk Lager/Hopeleaf	€ 2.75
Liqueurs/Spirits	€ 3.95

## WINES

<b>WHITE:</b>	<b>37.5cl</b>	<b>70cl</b>
Medina Chardonnay Girgentina - <i>Delicata Winery Malta</i>	€8.00	€15.00
Victoria Heights Chardonnay of Gozo D.o.k. - <i>Delicata Winery Malta</i>		€15.00
Gabrieli Pinot Grigio - <i>Delicata Winery Malta</i>		€14.00
Isis Chardonnay D.o.k. Malta - <i>Meridiana Winery Malta</i>		€ 30.00
Corvo Glicine - <i>Sicily</i>		€ 22.00
La Cala Vermentino di Sardegna		€ 24.00
Rovereto Gavi di Gavi - <i>Italy</i>		€ 35.00
B& G Reserve Chardonnay I.g.p. - <i>France</i>		€ 16.00
Piesporter Reisling - <i>Germany</i>		€ 16.00
Santa Digna Reserva Sauvignon Blanc - <i>Chile</i>		€22.00
Foot of Africa Chenin Blanc - <i>South Africa</i>		€16.00
35 South Chardonnay - <i>Chile</i>		€25.00
<b>RED:</b>		<b>70cl</b>
Medina Cabernet Franc - <i>Delicata Winery Malta</i>		€15.00
Victoria Heights Merlot - <i>Delicata Winery Malta</i>	€8.00	€15.00
12 e Mezzo Primitivo del Salento - <i>Italy</i>		€ 23.00
Valpolicella Classico Superiore - <i>Italy</i>		€ 25.00
Beaujolais Villages - <i>France</i>		€ 18.00
Blossom Hill Merlot - <i>California</i>		€18.00
35 South Shiraz - <i>Chile</i>		€26.00
<b>ROSÈ:</b>	<b>37.5cl</b>	<b>70cl</b>
Medina Rosè Grenache - <i>Delicata Winery Malta</i>	€ 8.00	€15.00
B & G Passeport Rosé d'Anjou - <i>France</i>		€ 18.00
Prosecco Superiore di Conegliano		€30.00