

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, 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 are also available.

For lunch and dinner, "Il-Kantra" restaurant offers Sicilian cuisine as its specialty, along with local dishes, giving you the possibility to choose from an À La Carte menu 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 would not have forgotten you.

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), lupin, milk (containing lactose), eggs, peanuts, nuts, soyabean, fish, crustaceans, molluscs, sesame seeds, mustard, celery, sulphur dioxide or sulphates and products thereof. If you are intolerant or allergic to any of these, please inform your waiter.

Free Wi-Fi

Search: Kantra_Wifi

Password: Tacenc16

Antipasti di Mare

Mare freddo

Two oysters, carpaccio of Red Mediterranean prawns, two scampi, tuna tartare € 17.00

Cozze scoppiate al vino bianco, all'olio piccante e pomodoro

Fresh mussels with white wine, chili oil and tomatoes € 10.00

Salmone affumicato con pane al nero e uovo piccante

Smoked salmon with black bread and spicy eggs € 12.00

Sauté di frutti di mare

Seafood sauté (mussels, clams, razor clams) € 12.00

Veli di pescespada marinati e granelli di pistacchio

Slices of marinated swordfish and pistachio granules € 12.00

Capesante gratinate con Lardo di Colonnata

Four scallops 'au gratin' with Colonnata lard € 16.00

Antipasti di Terra

Antipasto di magro (zucchine e melanzane all griglia, speck e mozzarella)

Grilled zucchini and aubergines, speck and mozzarella € 10.00

Antipasto rustico (prosciutto crudo, caponata, olive nere all'aceto e pecorino Romano)

Rustic antipasto (dry-cured ham, Sicilian caponata, black olives in vinegar and Pecorino) € 10.00

La Caprese (Pomodoro e mozzarella di bufala al profumo di basilico e origano)

Caprese salad (tomatoes and buffalo mozzarella garnished with basil and oregano) € 10.00

Carpaccio di Bresaola sul letto di rucola con ananas, pera e al crema di aceto balsamico

Bresaola carpaccio on a bed of rocket, pineapple, pears and balsamic vinegar € 12.00

Prosciutto crudo di Parma con ventaglio di melone

Parma ham and melon € 12.00

Carpaccio di manzo con rucola e scaglie di Grana

Beef carpaccio served with rocket and Grana shavings € 15.00

Pasta

Pennette alla Norma con melanzane, ricotta salata e basilico <i>Pennette with aubergines, salted ricotta and basil alla Norma</i>	€ 12.00
Tortelloni ripieni di zucca con crema di pistacchio <i>Pumpkin tortelloni with cream of pistachios</i>	€ 13.00
Sedanini al ragù di carne alla Bolognese <i>Sedanini with meat ragout alla Bolognese</i>	€ 13.00
Ravioli ripieni di burrata al pesto mediterraneo, mandorle tostate e scaglie di Pecorino <i>Burrata ravioli with Mediterranean pesto, toasted almonds and Pecorino shavings</i>	€ 13.00
Tagliatelle al nero di seppia <i>Tagliatelle with squid ink</i>	€ 14.00
Spaghetti al pescatora (cozze, vongole e gamberoni) <i>Spaghetti with seafood (mussels, clams and prawns)</i>	€ 15.00

For main course, please add €3.50.

Pesce

Mare caldo (polipette alla Luciana, cozze al vino bianco e calamari fritti) <i>Baby octopus with capers, olives and tomatoes; fresh mussels with white wine; and deep-fried calamari</i>	€ 26.50
Trancio di salmone spezziato piastrato <i>Spiced salmon steak</i>	€ 20.00
Tagliata di tonno in crosta di pistacchio <i>Cuts of tuna in a pistachio crust</i>	€ 22.00
Zuppa di frutti di mare e pesce con crostoni <i>Seafood and fish soup with croutons</i>	€ 24.00
Grigliata mista di pesce (gamberi, spada o tonno e calamari) <i>Mixed grill (prawns, swordfish or tuna and calamari)</i>	€ 26.50
Gamberoni Rossi locali freschi del Mediterraneo alla griglia <i>Grilled fresh local red King Prawns</i>	€ 28.00
Pescato fresco del giorno (alla griglia/al cartoccio/acqua pazza o al sale) <i>Fresh catch of the day (grilled/al cartoccio/poached/cooked in sea salt)</i>	Price on request

Carne

Straccetti di pollo al limone con mandorle tostate <i>Sliced chicken with lemon and toasted almonds</i>	€ 16.00
Arista di maiale alla griglia con salsa alla mostarda Dijon <i>Grilled pork chops simmered with a Dijon mustard sauce</i>	€ 16.00
Tagliata di manzo Angus (300g) con verdure e fonduta di formaggio <i>Cuts of Angus beef (300g) bedded on vegetables and cheese fondue</i>	€ 23.00
Entrecôte di Angus ribeye (300g) alla griglia <i>Grilled entrecôte of Angus ribeye (300g)</i>	€ 23.00
Carré di vitello alla griglia con burro e salvia <i>Grilled loin of veal with butter and sage</i>	€ 24.00
Filetto di manzo Angus (300g) spadellato ai funghi prataioli <i>Sautéed Angus beef fillet (300g) with champignon mushrooms</i>	€ 27.00

*All main course fish and meat dishes are served
with vegetables and potatoes, or chips and salad.*

Vegeteriani

Pennette alla Norma con melanzane e basilico * (vegan) <i>Pennette with aubergines and basil alla Norma</i>	€ 12.00
Strozzapreti al pesto Mediterraneo e mandorle tostate (vegan) <i>Strozzapreti with Mediterranean pesto and toasted almonds</i>	€ 13.00
Parmigiana di melanzane alla Siciliana <i>Aubergine parmigiana Sicilian style</i>	€ 15.00
Insalata di quinoa <i>Quinoa salad (cucumber, peppers, cherry tomatoes, onions, mint, basil and lemon-infused oil)</i>	€ 15.00

** For main course, please add €3.50.*

Dessert

Selezione di formaggi della casa e la loro guarnizione <i>Selection of cheeses and accompaniments</i>	€ 15.00
Gelato <i>Ice Cream (Chocolate orange, Pistachio, Cookies, Cinnamon & Lemon Sorbet)</i>	1 scoop: € 2.50 3 scoops: € 5.50
Dolce del Giorno <i>Dessert of the day</i>	€ 6.00

MENU PER I BAMBINI CHILDREN'S MENU

Pasta al pomodoro e basilico <i>Pasta with fresh tomatoes and basil</i>	€ 7.00
Pasta al ragù Bolognese <i>Pasta with meat sauce</i>	€ 9.00
Bocconcini di pollo fritti* <i>Fried breaded chicken fillets</i>	€ 8.50
Cotoletta di pollo* <i>Lightly fried breaded chicken cutlet</i>	€ 10.50

*Served with French fries

BEVERAGES

Instant coffee	€ 2.00
Tea	€ 2.00
Herbal tea	€ 2.50
Espresso	€ 2.00
Cappuccino	€ 2.50
Local mineral water 75cl	€ 2.80
Foreign mineral water 75cl	€4.25
Iced teas	€ 2.25
Soft drinks / Juices	€ 2.50
Cisk Lager/Hopleaf /Excel	€ 2.75
Liqueurs/Spirits	€ 4.00

WINES

WHITE:

70cl

Cavalli Sauvignon Blanc – Emmanuel Delicata Winemakers (<i>Malta</i>)	€ 14.00
Gabrieli Pinot Grigio – Emmanuel Delicata Winemakers (<i>Malta</i>)	€ 14.00
Medina Chardonnay Girgentina D.O.K. – Emmanuel Delicata Winemakers (<i>Malta</i>)	€ 15.00
Corvo Glicine IGP – Corvo Winery (<i>Italy</i>)	€ 15.00
Chenin Blanc – Simonsig (<i>South Africa</i>)	€ 18.00
12 e Mezzo Malvasia Del Salento IGP – Varvaglione (<i>Italy</i>)	€ 18.00
Leyda Chardonnay – Viña San Pedro (<i>Chile</i>)	€ 20.00
Don Giovanni Vermentino di Sardegna DOC – Cantina di Mogoro (<i>Italy</i>)	€ 21.00
Anthilia DOC – Donnafugata (<i>Italy</i>)	€ 22.00
Loggia della Sera ‘Greco di Tufo’ – Terredora di Paolo (<i>Italy</i>)	€ 23.00
Sauvignon Blanc – Meerendal (<i>South Africa</i>)	€ 23.00
Isis Chardonnay D.O.K. Malta – Meridiana Winery (<i>Malta</i>)	€ 25.00
Rovereto Gavi di Gavi DOCG – Michele Chiarlo (<i>Italy</i>)	€ 29.00

RED:

Marenzio Merlot – Emmanuel Delicata Winemakers (<i>Malta</i>)	€ 14.00
Medina Cabernet Franc D.O.K. – Emmanuel Delicata Winemakers (<i>Malta</i>)	€ 15.00
Rioja Crianza DOC – Viña Buajnda (<i>Spain</i>)	€ 18.00
Beaujolais Sélection Parcelleire – Ropiteau Frères (<i>France</i>)	€ 18.00
12 e Mezzo Primitivo del Salento – Varvaglione (<i>Italy</i>)	€ 19.00
Montepulciano D’Abruzzo (Organic Wine) – Azienda Agricola Valle Reale (<i>Italy</i>)	€ 20.00
Bin 555 Shiraz – Wyndham Estate (<i>Australia</i>)	€ 21.00
Valpolicella Classico – Villabella (<i>Italy</i>)	€ 23.00
Merlot – Meerendal (<i>South Africa</i>)	€ 25.00

ROSÉ:

B & G Passeport Rosé d’Anjou – Barton & Guestier (<i>France</i>)	€ 15.00
Medina Rosé Grenache Cabernet D.O.K. – Emmanuel Delicata Winemakers (<i>Malta</i>)	€ 16.00
Pinotage Rosé – Meerendal (<i>South Africa</i>)	€ 23.00

SPARKLING WINE:

Prosecco Superiore di Conegliano – Carpenè Malvolti (<i>Italy</i>)	€ 25.00
--	---------