

## 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, parasols and shower/toilet facilities. A scheduledminibus 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 Set Menu.

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

Sunday – Wednesday:

Lunch: 12.00 – 15.30

Thursday – Saturday:

Lunch: 12.00 – 15.30

Dinner: 19.00 – 22.30

### ***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**

Veli di Pesce Spada marinate al Limone <i>Swordfish marinated with Lemon</i>	€ 12.00
Lamelle di Salmone marinato al Ginepro <i>Marinated Salmon with Juniper Berries</i>	€ 12.00
Carpaccio di Tonno marinato al Sale Dolce su letto di Insalatina <i>Tuna Carpaccio marinated with Sweet Salt bedded on Salad</i>	€ 12.00
Impeppata di Cozze con passata di Pomodoro <i>Steamed Mussels with Tomato sauce</i>	€10.50

### **Antipasti di Terra**

Verdure grigliate con Mozzarella di Bufala <i>Grilled Vegetables with Buffalo Mozzarella</i>	€ 10.50
Prosciutto Crudo e Ananas <i>Parma Ham and Pineapple</i>	€ 12.50

### ***Extras:***

Fiore di Zucca ripiena di Mozzarella e Acciughe in Tempura <i>Pumpkin Flowers stuffed with Mozzarella and Anchovies in Tempura batter</i>	€ 5.00
Caponata alla Siciliana all'Agro Dolce <i>Sweet &amp; Sour Sicilian Caponata with Almonds, Pinenuts, Capers and Raisins</i>	€ 6.50

### ***Pasta - Pasta dishes***

Pennette del Sugo all'Amatriciana <i>Pennette with Tomatoes, Guanciale, Chilies and Pecorino cheese shavings</i>	€10.50
Paccheri con Tocchetti di Pesce Spada e Ciliegine <i>Paccheri with Swordfish and Cherry Tomatoes</i>	€12.50
Sedanini al Ragù di Carne alla Bolognese <i>Sedanini with Meat sauce 'Bolognese'</i>	€12.50
Tortelloni di Zucca con crema di Pistacchio <i>Tortelloni filled with Pumpkin with Pistachio cream</i>	€14.00
Spaghetti ai Ricci di Mare <i>Spaghetti with Sea-Urchins</i>	€16.00
Risotto al Nero di Seppia <i>Risotto with Cuttlefish Ink</i>	€ 14.00

*For main course please add Euro 3.50*

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

Zuppa di Frutti di Mare e Pesce <i>Fish &amp; Shell fish Soup</i>	€ 18.00
Pesce Spada alla Griglia <i>Grilled Fresh Swordfish</i>	€18.00
Grigliata mista di Pesce ( Gamberi, Pesce fresco e Calamari) <i>Grilled selection of fresh Fish, King Prawns and Squid</i>	€26.50
Calamari ai Ferri <i>Grilled Calamari</i>	€18.00
Gamberoni freschi alla Griglia (6 gamberoni) <i>Grilled Fresh King Prawns (6 King Prawns)</i>	€29.50
Tagliata di Tonno in crosta di Pistacchio <i>Tuna with Pistachio crust</i>	€ 18.00

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

Emincée di Pollo ai Pinoli <i>Cuts of Chicken Breast with Pine nuts</i>	€15.00
Tagliata di Entrecote di Manzo su Letto di Rucola con Scaglie di Grana e Cilieggine(250 grms) <i>Slices of Grilled Rib-Eye Beef Bedded on Rocket leaves with Grana shavings and Cherry Tomatoes(250grms)</i>	€22.00
Filetto di Manzo'Black Angus' ai Funghi Champignon(250 grms) <i>Black Angus Steer fillet with Champignon Mushrooms (250grms)</i>	€29.50
Entrecôte di Manzo ai Ferri (250grms) <i>Grilled Sirloin steak (250grms)</i>	€18.00

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

PatatineFritte <i>Fried Potatoes</i>	€ 2.50
Patate Sauté <i>Sauté Potatoes</i>	€ 2.50
Insalatamista <i>Mixed Salad</i>	€ 2.50
Verdure delGiorno <i>Vegetables of the Day</i>	€ 2.50

## Dessert - *Desserts*

Gelato <i>Ice Cream</i> <i>(Chocolate, Pistachio, Vanilla, Strawberry &amp; Lemon Sorbet)</i>	€4.50
Dolce del Giorno <i>Dessert of the day</i>	€5.00

## MENU PER IL BAMBINI

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 Pollofritti <i>Fried Chicken Nuggets</i>	€ 8.50
Cotoletta di Pollo <i>Lightly Fried breaded Chicken cutlet</i>	€ 9.50

Served with Chips and Salad

## BEVERAGES

Instant Coffee	€2.00
Tea	€ 2.00
Espresso	€ 2.00
Cappuccino	€ 2.50
Kristal mineral water 75cl	€ 2.50
Decante mineral water 75cl	€3.75
Ice-Teas	€ 2.25
Soft-Drinks / Juices	€ 2.00
Cisk Lager/Hopeleaf	€ 2.25
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 Reising - <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>		€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