

## LIGHT MEALS

<b>prego roll</b> 150g beef fillet on a portuguese roll, served with chips and our famous prego sauce	<b>85</b>
<b>assorted pot pies</b> homemade and freshly baked, served with chips chicken and mushroom / pepper steak and mushroom	<b>77</b>
<b>vegetarian platter</b> spanakopita, baked potato, haloumi cheese, vegetable of the day and your choice of cheese or mushroom sauce	<b>89</b>
<b>spanakopita</b> lightly creamed spinach and feta cheese, baked in an envelope of phyllo pastry and served with a side salad	<b>58</b>
<b>chicken trinchado</b> pan-fried chicken breast with a spicy cream and garlic sauce	<b>66</b>

## SALADS

<b>greek</b> mixed greens, tomato, cucumbers, onions, olives and feta	<b>61</b>
<b>bacon and avocado*</b> mixed greens, tomato, cucumber, bacon, spring onions topped with a caesar dressing	<b>65</b>
<b>tuna mayo</b> mixed greens, cucumber, tomato, onions with boiled egg and croutons	<b>75</b>
<b>cajun chicken</b> mixed greens, cucumber, tomato, onion, avocado*, feta and spicy mayo	<b>74</b>
<b>calamari</b> grilled / fried, mixed greens, cucumber, spring onions, green pepper, tomato and sesame seeds	<b>72</b>
<b>smoked salmon and cottage cheese</b> rocket, mixed greens, cucumber, onion and capers	<b>89</b>
<b>avocado* and prawn</b> mixed greens, pink sauce, tomato, cucumber, peppers and onion	<b>79</b>

## STARTERS

<b>falklands calamari</b> grilled or fried	<b>48</b>
<b>buffalo wings</b> bbq / peri-peri / sticky	<b>48</b>
<b>fried squid heads</b>	<b>48</b>
<b>chicken livers</b> sautéed in our famous mild peri-peri sauce	<b>44</b>
<b>grilled haloumi</b> served with a lemon wedge and sweet chilli	<b>46</b>
<b>chouriço</b> grilled	<b>48</b>
<b>snails</b> in a creamy white wine and garlic sauce	<b>45</b>
<b>mushrooms</b> crumbed and served with tartare sauce	<b>48</b>

## BURGERS

*200g burger made from the finest 100% pure beef. Grilled to perfection and served with chips.*

<b>plain burger</b> beef / chicken	<b>65</b>
<b>cheese burger</b> served with a cheese slice	<b>75</b>
<b>double burger</b> served with two 200g patties	<b>92</b>
<b>bacon and avo</b>	<b>81</b>
<b>mini burgers</b> a trio of burgers, pepper, cheese and mushroom	<b>77</b>
<b>dagwood</b> bacon, egg and cheese	<b>85</b>
<b>health (no bun)</b> beef patty and chicken breast on a bed of greens with onion, tomato and avocado*	<b>80</b>
<b>sweet chilli cheese</b> cheese slice with sweet chilli sauce	<b>78</b>
<b>mushroom</b> creamy mushroom sauce	<b>75</b>
<b>cheesy jalapeno</b> cheese sauce with sliced jalapenos	<b>80</b>
<b>pepper</b> creamy pepper sauce	<b>75</b>

## DESSERTS

<b>ice cream and hot chocolate sauce</b>	<b>39</b>
<b>peppermint crisp tart</b>	<b>45</b>
<b>mantovani's cheese cake</b> (fridge)	<b>43</b>
<b>chocolate brownies</b> rich chocolate, butter and nuts served with cream or ice cream	<b>46</b>
<b>crème brûlée</b>	<b>45</b>
<b>baklava ice cream</b> nuts, brown sugar, cinnamon and phyllo	<b>48</b>
<b>volcano cake</b>	<b>46</b>

## COFFEE & HOT DRINKS

<b>cappuccino milk / skinny</b>	<b>18</b>
<b>cappuccino cream</b>	<b>19</b>
<b>filter coffee</b>	<b>16</b>
<b>americano</b>	<b>17</b>
<b>refill filter coffee</b>	<b>11</b>
<b>decaffeinated coffee</b>	<b>20</b>
<b>espresso</b>	<b>14</b>
<b>greek coffee</b>	<b>16</b>
<b>cafe latte</b>	<b>19</b>
<b>chocochino</b>	<b>23</b>
<b>red latte</b>	<b>20</b>
<b>red cappuccino</b>	<b>20</b>
<b>red espresso</b>	<b>15</b>
<b>irish or kahlua coffee</b>	<b>35</b>
<b>five roses tea</b>	<b>16</b>
<b>rooibos tea</b>	<b>17</b>
<b>camomile tea / green tea / herbal tea / lemon tea</b>	<b>17</b>
<b>milo / horlicks / hot chocolate</b>	<b>23</b>
<b>dom pedro</b>	<b>35</b>

## SOFT DRINKS

<b>fruit juice</b> orange/cocktail/mango/cranberry/strawberry	<b>21</b>
<b>soda</b> cans	<b>19</b>
<b>tomato cocktail</b>	<b>19</b>
<b>red bull</b>	<b>39</b>
<b>appetiser / grapetiser</b>	<b>23</b>
<b>kola tonic / passion fruit / lime</b> served with soda / lemonade	<b>22</b>
<b>mineral water</b>	<b>18</b>
<b>iced coffee</b> (soft serve)	<b>28</b>
<b>smoothies</b> various flavours	<b>28</b>
<b>BOS iced tea</b> various flavours	<b>25</b>
<b>old fashioned milkshakes</b> vanilla / strawberry / chocolate / lime	<b>25</b>
<b>designer milkshakes</b> choc hazelnut / peanut butter / caramel crunch / cookies and cream	<b>35</b>
<b>milo milkshake</b>	<b>29</b>
<b>ice cream floats</b>	<b>25</b>
<b>fruilata</b> a classic combination of fresh fruit juice and ice cream	<b>27</b>

\* = seasonal    v = vegetarian    n = new

All extras will be charged for accordingly  
Half portions will be charged at 75% of the full portion  
Any variations to the menu will be charged for accordingly and may result in time delays  
No alcohol will be sold to persons under the age of 18 years  
Dishes may contain traces of nuts  
Fish may have bones  
Fibres on mushrooms may be visible

1/2 PRICE  
COCKTAILS  
4-6PM  
MON-SUN

**MANTOVANI'S**  
Restaurant Since 1979



## BREAKFASTS

served until 12h00

<b>mini breakfast</b> 1 egg, bacon, grilled tomato and toast	<b>39</b>
<b>english</b> 2 eggs, bacon, pork banger, chips, grilled tomato, mushrooms and toast	<b>66</b>
<b>german</b> 2 eggs, frankfurter, grilled tomato, chips, mushrooms and toast	<b>63</b>
<b>south african</b> 2 eggs, boerewors, bacon, grilled tomato, mushrooms and toast	<b>73</b>
<b>big daddy</b> 2 eggs, bacon, mushrooms, grilled tomato and 1 slice of mince on toast	<b>69</b>
<b>french toast</b> bacon and grilled tomato	<b>49</b>
<b>3 egg omelette</b> served with toast, butter and jam <i>create your own omelette with your choice of fillings:</i>	<b>49</b>
spinach / cheese / ham / bacon / mushrooms / feta tomato / onion	<b>9</b> <b>6</b>
savoury mince	<b>19</b>
✓ <b>scrambled eggs</b> on toast topped with spring onion	<b>49</b>
✓ <b>health treat</b> fresh tropical fruit salad, topped with yoghurt and crunchy muesli	<b>55</b>
✓ <b>home-made crumpets</b> two feather light crumpets served with syrup or honey and cream or ice cream	<b>35</b>

## SANDWICHES

toasted or plain, all served on white or brown

bacon and cheese	<b>39</b>	cheese and tomato	<b>35</b>
chicken mayonnaise	<b>44</b>	ham and cheese	<b>39</b>
egg and bacon	<b>44</b>	tuna mayonnaise	<b>46</b>
<b>club sandwich</b> chicken mayonnaise, bacon and avo*	<b>55</b>		
<b>150g fillet steak and grilled onions</b>	<b>85</b>		
✓ <b>mozzarella, roasted tomato and basil pesto</b>	<b>42</b>		

## CIABATTA

<b>grilled chicken</b> served with avocado*, mozzarella, tomato and herb mayonnaise	<b>74</b>
<b>smoked salmon</b> served with cream cheese, dill, chopped onion, capers and lemon	<b>85</b>
✓ <b>vegetarian</b> (hummus, roasted pepper, basil pesto, mozzarella, rocket and roasted tomato)	<b>65</b>
<b>steak ciabatta 150g</b> beef fillet with grilled onions served with chips	<b>85</b>

## TRAMEZZINI

<b>mozzarella cheese and your choice of:</b>			
prawn, avocado* and sweet chilli	<b>65</b>		
✓ roasted cherry tomato and basil pesto	<b>60</b>		
chicken mayo	<b>58</b>	bacon & onion	<b>57</b>
cajun chicken	<b>59</b>	mince & pepperdews	<b>60</b>
spinach feta & olives	<b>59</b>		

## WRAPPS

<b>mantovani's</b> smoked salmon, low fat cream cheese, avocado*, lemon, rocket, lettuce, sprouts and nuts, wrapped and served with a sweet chilli sauce	<b>89</b>
<b>avocado* &amp; salsa chicken</b> red pepper mustard, lettuce, cherry tomatoes, spring onions and coriander	<b>69</b>
✓ <b>haloumi</b> lettuce, roasted tomato, hummus, and avo*	<b>71</b>
<b>chicken tikka</b> cucumber, mint, sour cream, spring onion, lettuce, peanuts and coriander	<b>70</b>

## ZIVA

yemen-style flat bread toasted with mozzarella

<b>the mexican</b> mince, tomato, onion, chilli and coriander with a side of sour cream	<b>71</b>
<b>mr plump</b> chicken breast, avo and feta	<b>71</b>
✓ <b>the greek</b> creamed spinach, feta and olives	<b>71</b>

## MEAT

with your choice of starch and complimentary vegetable of the day

<b>beef curry and rice</b> flavoursome and medium spiced, served with rice and a poppadom (no veg)	<b>125</b>
<b>lamb shank</b> slow baked overnight in our wood burning pizza oven	<b>165</b>
<b>lamb chops</b> tender lamb cutlets, marinated in olive oil and rosemary char-grilled on an open flame	<b>139</b>
<b>oxtail</b> baked overnight	<b>149</b>
<b>beef trinchado</b> 250g strips of fillet steak pan-fried with onions and smothered in a spicy garlic & cream sauce, with a portuguese roll. Can also be enjoyed non spicy (no veg)	<b>149</b>
✓ <b>prime rib 600g</b> char-grilled to your liking.	<b>160</b>
<b>t-bone 600g</b> char-grilled to your liking.	<b>160</b>
<b>succulent pork ribs</b> basted with mantovani's mouth-watering rib sauce (no veg)	
<b>half portion</b>	<b>139</b>
<b>full portion</b>	<b>189</b>
<b>sticky pork chops</b> in a honey and bbq sauce	<b>105</b>
<b>steak fillet</b> 250g tender and full of flavour, char-grilled to your liking.	<b>139</b>
<b>bacon and blue cheese fillet</b> 250g fillet with a creamy blue cheese sauce	<b>154</b>
<b>cheesy jalapeno fillet</b> 250g fillet stuffed with cheese and topped with a cheesy jalapeno sauce	<b>154</b>
<b>mediterranean fillet</b> 250g fillet resting on basil pesto, topped with haloumi, roasted cherry tomatoes and olives	<b>159</b>
<b>rump 300g/450g</b> char-grilled to your liking.	<b>120/155</b>
✓ <b>rump thermidor 300g</b> smothered in a cheesy prawn and mushroom sauce	<b>145</b>
<b>portuguese rump</b> 300g rump topped with an egg and creamy prego sauce	<b>139</b>
✓ <b>rump espetada 300g</b> cubed rump on a hanging skewer (no veg)	<b>120</b>
<b>rump and ribs</b> 200g rump and 400g ribs (no veg)	<b>165</b>
<b>rump and chicken</b> 200g rump and half a baby chicken (no veg)	<b>135</b>

## CHICKEN

with your choice of starch and complimentary vegetable of the day

<b>chicken saltimbocca</b> fillet of chicken breast flavoured with fresh basil, covered with ham, mozzarella cheese and grilled to golden brown.	<b>95</b>
<b>mrs plump!</b> succulent chicken breast, topped with feta, avo*, mozzarella, and grilled till golden brown	<b>105</b>
✓ <b>chicken espetada</b> deboned chicken cubed on a hanging skewer (no veg)	<b>99</b>
<b>grilled baby chicken</b> peri-peri or bbq	<b>105</b>
<b>chicken schnitzel</b> crumbed chicken breast	<b>95</b>
<b>chicken and prawn curry</b> mild curry with coconut milk, served with rice and a poppadom (no veg)	<b>120</b>
<b>pan-fried chicken breasts</b> topped with a creamy mushroom sauce	<b>90</b>
<b>chicken and ribs</b> ½ baby chicken & 400g ribs (no veg)	<b>160</b>

## FISH

with your choice of starch and complimentary vegetable of the day

<b>kingklip</b> grilled with a dash of lemon	<b>148</b>
<b>seafood platter</b> hake, 6 queen prawns and falklands calamari (no veg)	<b>175</b>
✓ <b>prawn and calamari curry</b> mild curry with coconut milk. Served with rice and a poppadom (no veg)	<b>130</b>
<b>fish &amp; chips</b> beer battered fish fillet fried to a crispy golden with tartare sauce (no veg)	<b>78</b>
<b>hake thermidor</b> grilled fillet of hake, smothered in a cheesy prawn and mushroom sauce	<b>95</b>
<b>falklands calamari</b> grilled or fried	<b>99</b>
<b>6 /12 queen prawns</b> served with chips or rice and a lemon butter and garlic sauce (no veg)	<b>105/160</b>
<b>hake and prawn</b> hake and 6 queen prawns (no veg)	<b>149</b>
<b>calamari and hake</b> falklands calamari and hake (no veg)	<b>120</b>

<b>add a side</b> onion rings, vegetables, side salad	<b>20</b>
<b>add a sauce</b> peppercorn, monkey gland, cheese, garlic, mushroom	<b>20</b>

## FOCACCIA

from 10am  
wood-burning pizza oven

herb	<b>30</b>
garlic and herb	<b>33</b>
basil, fresh tomato and mozzarella	<b>44</b>
cheese and garlic	<b>42</b>

## PIZZA

from 10am  
wood-burning pizza oven

✓ <b>margherita</b> mozzarella and tomato	<b>60</b>
<b>regina</b> mozzarella, tomato, ham and mushrooms	<b>73</b>
<b>hawaiian</b> mozzarella, tomato, ham and pineapple	<b>73</b>
<b>mexicana</b> mozzarella, tomato, beef mince, chillies, garlic, peppers and onion	<b>80</b>
<b>el greko</b> salami, creamed spinach, feta and olives	<b>77</b>
<b>chicken tikka</b> mozzarella, tomato, tikka chicken, peppers and onions	<b>77</b>
<b>sweet &amp; sour chicken</b> mozzarella, tomato, sweet & sour chicken and peppadews™	<b>78</b>
<b>prima donna</b> mozzarella, tomato, prawn, avocado*, sweet chilli and feta	<b>90</b>
<b>four seasons</b> mozzarella, tomato, artichokes, ham, mushrooms and olives	<b>79</b>
<b>toscana</b> mozzarella, tomato, bacon, feta and avocado*	<b>79</b>
<b>pizza portuguese</b> mozzarella, tomato, chouriço, spring onion, mushrooms and garlic	<b>82</b>
<b>extra toppings</b>	
chilli, garlic	<b>5</b>
mushrooms, onions, green peppers, olives, spring onions	<b>7</b>
ham, bacon, chicken, mince, sundried tomatoes, artichokes	<b>12</b>
chouriço, salami	<b>15</b>
smoked salmon	<b>40</b>

## PASTA

your choice of spaghetti, penne or linguini

✓ <b>napolitana</b> tomato-based sauce	<b>61</b>
✓ <b>arrabiata</b> tomato-based sauce with chilli	<b>63</b>
<b>chicken linguini</b> creamy peanut sauce, touch of spice and coriander	<b>77</b>
<b>bolognese</b> beef mince and tomato based sauce	<b>73</b>
<b>alfredo</b> creamy sauce with ham and mushrooms	<b>73</b>
<b>amatriciana</b> bacon, napoletana, chilli and a dash of cream	<b>74</b>
✓ <b>macaroni and cheese</b> baked in our wood burning oven. served with a side french salad	<b>70</b>
<b>fillet steak penne</b> onion, garlic, sun-dried tomato, black olives, tomato, a dash of balsamic vinegar and cream	<b>93</b>
<b>beef lasagne</b> baked in our wood burning oven. served with a side french salad	<b>75</b>
<b>gamberi spaghetti</b> tossed with sautéed prawns, chilli garlic, olive oil and sliced olives	<b>105</b>

## KIDDIE'S CORNER

for kids under 12 years old

<b>chicken strips and chips</b>	<b>39</b>
<b>ribs and chips</b>	<b>50</b>
<b>spaghetti bolognese</b>	<b>44</b>
<b>mini margherita pizza</b>	<b>42</b>
<b>mini margherita and ham pizza</b>	<b>45</b>

Please ask for our wine & cocktail menu

HALF PRICE PIZZA TUES