

Mains Menu

INSALATA DI POLLO	
Chargrilled chicken breast strips tossed with a mesculin lettuce, spanish onion, tomato & cucumber in a light honey & mustard mayonnaise.	22.9
SALTIMBOCCA	
medallions of veal with prosciutto, provolone and sage in a pinot grigio sauce served on roast potatoes.	26.9
POLLO AL LIMONE	
chicken breast, panfried with lemon & white wine, served on a bed of seasonal mixed vegetables.	26.9
VEAL OREGANO	
Chargrilled medallions of veal marinated with oregano, finished with a baby spinach, diced tomato and red onion salad	26.9
CALAMARI FRITTI	
strips of lightly floured, deep fried calamari and served with a rocket, spanish onion salad dressed in a dijon & honey mayonnaise.	23.9
SEAFOOD SALAD	
warm salad of prawns, clamarari, chilli, garlic, mixed lettuce, cucumber & spanish onion with deep fried fusilli.	28.9
VEGETARIAN STACK - CHAR-GRILLED VEGETABLES (V)	
layered with bocconcini & pesto served on baked polenta	21.9
SEVEN SEAS PLATTER	
fresh local skewered prawns, lightly flour dusted calamari, marinated octopus, baby cockles, fish and served on a bed of roast potatoes and mixed green leaves .	SERVES 2 - 90.0
MIXED GRILLED MEAT PLATTER	
Quail, skewer of eye fillet, chicken, italian sausage, veal oregano	SERVES 2 - 90.0

Specials Board REFER FOR THE FISH & STEAK OF THE DAY