

## 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 Mediterranean 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 haven't forgotten about 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.

Glen Mark Catania  
Chef de Cuisine

### Opening Hours

Daily from 10:00hrs to 22:30hrs  
Weekends open for Breakfast

#### *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\_Guest  
Password: Guest1234

## Antipasti

Crudo di Manzo con crema di parmigiano (L) <i>Beef carpaccio with parmesan cream</i>	€ 14.00
Tripletta di pesce crudo, salmone, tonno e gamberi (S) (G) <i>Trio of tartar, salmon, tuna and prawns</i>	€ 17.00
Stecca di Coniglio con chutney the fico (G) <i>Rabbit lollipops with fig chutney</i>	€ 12.00
Burrata con riduzione di vino rosso (L) <i>Burrata with red wine reduction</i>	€ 13.00
Cozze alla tarantina con vino bianco, aglio nero e olio picante (S) <i>Fresh mussels with white wine, black garlic and chilli oil</i>	€ 17.00
Frittura di calamari con salsa di tartar (S) (G) <i>Fried calamari with tartar sauce</i>	€ 18.00
Bruschetta Tradizionale <i>Traditional Italian bruschetta</i>	€ 12.00
Grigliata di polpo <i>Grilled octopus</i>	€ 16.00

## Salads

Ananas e gamberi con scaglia di cocco con olio di limone (S) <i>Pineapple and prawns with coconut shavings finished with lemon oil</i>	€ 17.00
La caprese con erbe aromatiche e olio (L) (G) <i>Caprese served with herb oil and croutons</i>	€ 14.00
Prosciutto crudo di Parma con melone e salsa di mostarda e miele (G) <i>Parma ham and melon with honey and mustard sauce</i>	€ 15.00

## Pasta

Ravioli di Zuccha con stracciatella e pistachio pesto (G) (L) (N) <i>Pumpkin Ravioli with stracciatella and pistachio pesto</i>	€ 16.00
Manzo e vino rosso (G) (L) <i>Pulled beef and red wine</i>	€ 18.00
Funghi e porcini (G) (L) (V) <i>Mushrooms and porcini</i>	€ 13.00
Alla norma (G) (L) <i>Aubergines and fresh tomato sauce</i>	€ 12.00
Aglione, olio e vongole (G) (S) <i>Garlic, oil and mussels</i>	€ 16.00
Al pescatore (G) (S) <i>Traditional seafood</i>	€ 18.00

Scelta di Pasta: Spaghetti, Tagliatelle o Penne  
*Choice of Pasta: Spaghetti, Tagliatelle or Penne*

## Secondi

Filletto di manzo (Zalza di pepe o funghi) <i>Fillet of beef (pepper or mushroom sauce)</i>	€ 33.00
Bistecca con la costata con un riduzione di vino rosso <i>Beef rib eye with red wine jus</i>	€ 31.00
Pancetta caramellizzata con purè di patate (L) <i>Caramelized pork belly with mashed potato</i>	€ 22.00
Pollo con funghi avvolto (L) <i>Chicken with mushroom duxelles</i>	€ 25.00
Torta di carciofi (V) <i>Artichokes tart</i>	€ 16.00
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

*Tutti I secondi vengono con patata al forno o patatine fritte e insalata o verdure al forno  
All above served with baked potatoes or steak fries and side salad or roast vegetable*

G- Gluten Free V- Vegan/Vegetarian S- Shellfish L- Lactose

## Dessert

Gelato (L) (N) <i>Ice Cream (Chocolate, Vanilla or Strawberry)</i>	1 scoop:	€ 2.50
Sorbet <i>(Coconut, lemon)</i>	1 scoop:	€ 2.50
Cassata Siciliana (L) (N)		€ 6.50
Mojito pannacotta		€ 8.00
Torta tenerina (L) (G) (N) <i>Chocolate brownie</i>		€ 6.00
Torta di mele (L) (G) (N) <i>French apple tart</i>		€ 6.50

## MENU PER I BAMBINI CHILDREN'S MENU

Pasta al pomodoro e basilico (G) <i>Pasta with fresh tomatoes and basil</i>	€ 10.00
Pasta con burro e formaggio (G) (L) <i>Pasta with butter and cheese</i>	€ 10.00
Bocconcini di pollo fritti* (G) <i>Fried breaded chicken crunch</i>	€10.00
Polpette di pesce fritto * (G) <i>Lightly fried breaded fish cakes</i>	€ 10.00

\*Served with French fries

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## BREAKFAST

Saturday and Sunday from 0900Hrs to 1100Hrs

English breakfast <i>(Sausages, bacon, eggs, grilled mushrooms, baked tomatoes, hash browns, baked beans, toast, coffee or tea and orange juice)</i> (G) (L)	€ 16.00
Healthy breakfast <i>(Sour dough bread with avocado and smoked salmon and poached egg served with orange juice, tea or coffee)</i> (S) (G) (L)	€ 17.00
Sweet breakfast <i>(Tower of Pancakes with Nutella, Oreo biscuits and caramel served with milkshake)</i> (G) (L)	€ 12.00

## SHARING PLATTERS GOOD FOR 2, MAYBE 3

Daily from 1500Hrs to 1830Hrs

Italian platter	€ 28.00
Maltese platter	€ 24.00
Asian platter	€ 28.00
Seafood platter	€ 38.00

*Please ask your host for our daily selection of these platters*

*Per favore chiedi al tuo host la nostra selezione giornaliera di questi piatti*

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