Promati restaurant & bistro

Lunch Menu

STARTERS

Fresh leek and potato soup Deep fried calamari,rocket garni,tartare sauce Tuna fish,tomato,onion & olive oil Terrine foies de volailles,melba toast King prawns,avocado, marie rose Fresh mussels provinciale	4.65 4.95 4.95 4.95 5.95 6.50
PASTA (as main course)	
Gnocchi with tomato and basil Lasagna casalinga Spaghetti Bolognese Tortelloni,ricotta,spinach,fresh tomato,watercress Penne with fresh salmon and cream Risotto frutti di mare (with mixed seafood)	9.95 9.95 9.95 9.95 10.95 10.95
FRESH SALADS (as main course)	
Fresh Cold Salmon on a fresh salad Warm breast of chicken with bacon on a fresh salad Chicken Caesar salad - diced grilled chicken, anchovies parmigiano Caesar sauce, romaine lettuce, crutons Spiedini - cubed fillet of beef, mushroom, onions & peppers on skewers with a touch of chilli and garlic	9.959.959.959.95
MAIN COURSE	
Bangers and mash with onion gravy Chefs Omelette with prawns and spring onions Chefs Omelette with bacon and cheese Grilled chicken escalope Fresh cod fillet spinach, cherry tomato	9.95 9.95 9.95 9.95 9.95

Discretionary Service Charge 12.5% added to the bill