

# Mantis St Helena

## MENU

### The Restaurant

<b>Soup of the day</b> Served with homemade bread	£ 4.25
<b>Tuna Tartare</b>	£ 4.25
<b>Slow Cooked Pork Ribs</b> Basted with a Sticky Hoi Sin sauce	£ 5.95
<b>Chicken in the Basket</b> Drumsticks and hand cut fries	£ 5.95
<b>Salad of the Day</b> Served with a French dressing	£ 4.95
<b>Open Sandwich</b> Slow cooked pulled pork with a sticky sauce, served on a baguette	£ 5.95
<b>Plo</b> Traditional St Helenian braised curried rice, with bacon and vegetables	£ 4.95
<b>Local Pork Belly</b> Tomato Provençale and vegetables of the day, served with mash and the Chef's sauce	£ 14.95
<b>200g Ribeye Steak</b> Served with slow roasted tomato, crisp onion strings, hand cut fries and the Chef's sauce	£ 14.95
<b>Mantis Fishcakes</b> Served with hand cut fries, a garden salad and Island sauce	£ 9.95
<b>The Mantis Burger</b> 200g Ground beef, lettuce, tomato, mature cheese and onion bap, served with hand cut fries and onion strings	£ 9.95
<b>Lamb Curry</b> Served with Saffron Basmati rice, stir fried vegetables and sambals	£ 11.95
<b>Tuna Salad</b> Cubes of Yellowfin and fresh lemon, served with hand cut fries and tartare sauce	£ 9.95

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#### Local Butternut Quiche

In a parmesan crust, served with a garden salad

£ 6.95

#### Stick Toffee Pudding

Served with a brandy butterscotch sauce

£ 4.95

#### Cappuccino Crème Brûlée

Served with home made biscuits

£ 4.95

#### Ice Cream

A choice of strawberry, vanilla, chocolate or banana

£ 2.50

#### Mango and Vodka Sorbet

£ 2.95

#### Amarula Panna Cotta

Served with a red berry coulis

£ 3.95

We strive to use as much fresh and local produce as possible and thus ingredients and menu items are subject to change. While we try our utmost to purchase locally, we do import many of our ingredients. Availability of these items is not always consistent. We kindly ask your patience and understanding.

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### The Cocktail Bar

<b>Harvey Wall Banger</b> Vodka, Galliano and orange juice	£ 5.00
<b>Moscow Mule</b> Vodka, lime juice and ginger beer	£ 4.50
<b>Tequila Sunrise</b> Tequila, Grenadine syrup and orange juice	£ 4.50
<b>Strawberry Daiquiri</b> White Rum, Strawberry Liqueur and lime juice	£ 4.50
<b>The Avenue</b> Malibu, Arches, Peppermint Liqueur and pineapple juice	£ 4.50
<b>Chi Chi</b> Malibu, Vodka, coconut cream and pineapple juice	£ 5.00