



TRAMONTI

Appetisers / snacks

Olives, bread and Aioli \$6, Humus and flat bread \$5 , Garlic bread \$4

Deconstructed Salad Nicoise – tuna, olives, eggs, anchovies \$20

Salads - starter / Lunch size \$13 Dinner main course \$23

Tramonti – ham, chicken, sweetcorn on garden salad

Sugar Mill Beach - Brie, bacon and cranberry

Caprese – mozzarella cheese and tomato with basil and cream of balsamic \$15

Caesar Salad - plain \$12 - add topping Chicken \$5 Shrimp \$10, Lobster \$20

Moules - [mussels]

Mariniere, [white wine and chopped onions] or **A la Creme** or **Light Curry Sauce**
1lb Starter \$15 2 lb Main \$23

Fish and chips \$20

Beer batter, famous for decades

Hamburger \$16

In Greek Bread, chunky fries with lettuce, tomato, onion, dill
Add cheese \$2 and / or bacon \$2

BVI Bites

Fish Tacos [2] - Curry sauce on the side \$14

Traditional Roti – our special skins

Veggie - \$12 **Chicken** - \$15

Fish - \$15 **Lobster** - \$20

Pasta Masta

Spaghetti Bolognese or Carbonara - \$23

Spaghetti - \$13

With Tramonti salted butter sauce

add chicken \$5 smoked oysters \$7 Smoked Salmon \$7 Shrimp \$10

– Conch \$10 Lobster \$20

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Mediterranean Spaghetti \$15

Sweet tomatoes, olives, capers and herbs

Add Chicken \$5, Smoked oysters \$7, Smoked Salmon \$7, Shrimp \$10, Conch \$10, Lobster \$20

Mac and Cheese \$13

- add chicken \$5 smoked oysters \$7 Smoked Salmon \$7 Shrimp \$10 Conch \$10 Lobster \$20

Goats Cheese and Spinach Ravioli \$15

Topped with crispy pancetta. Add Chicken \$5, Smoked oysters \$7, Smoked Salmon \$7, Shrimp \$10, Conch \$10 Lobster \$20

Mediterranean Specialities

Chicken Parmagiana \$29

8 oz. Prime chicken breast smothered in tomato and mozzarella sauce

Escalope of Chicken Milanese \$29

8 oz. flat tender chicken breast in parmesan breadcrumbs with fresh lemon

Choose pasta or chunky fries with the above two dishes

Steak and Frites \$32

8oz Rib eye steak served with chunky fries

Sides and snacks

Green Salad with Tramonti dressing \$6

Chunky fries \$6

Truffle Parmesan Fries \$9

Mac and cheese \$7

Spaghetti with salted butter sauce \$7

Flame cooked Pizzas

Thin crispy base made at the Sugar Mill from Italian Pizza flour

Margarita \$14

The foundation, tomato paste, oregano and mozzarella [V]

De Luxe \$16

Tomato paste ,mozzarella, parmesan , truffle oil [V]

The Queen \$16

Tomato paste , oregano, mozzarella, ham, olives

Caprese \$17

Tomato paste, basil, shredded and whole mozzarella, cherry tomatoes [V]

Tramonti \$17

Tomato paste, mozzarella, sundried tomatoes, ham, olives

Fishermans \$18

Tomato paste , oregano, mozzarella, smoked oysters, shrimp, tuna

Matador \$17

Tomato paste , oregano, mozzarella, chorizo, shredded beef , ham, olives

Mount Healthy \$16

Tomato paste, pesto, shredded lettuce, sun dried tomatoes, olives, cherry tomatoes [VV]

Build your own

Add the following toppings to any pizza

Ham, tuna, sun dried tomatoes, olives, anchovies, bacon, chorizo, pesto, truffle oil \$2 each
Chicken \$5 , Smoked Oysters \$7, Smoked salmon \$7 ,Shrimp\$7 , Lobster \$20

Desserts

Rum Tiramisu \$7 Key Lime Pie \$7

Home made ice cream \$3 per scoop – check with server for flavours

Coffee Station

Regular or Espresso, \$4 Latte, Cappuccino \$5

Breakfast

Two eggs any style \$13

Omlette \$14

With cheese , ham, or Spanish \$19

French Toast or rum French Toast \$14

Pancakes [6] with maple syrup \$14

Waffles with maple syrup \$14

Sugar Mill Beach - black beans, salsa, parmesan, with two eggs any style \$15

Eggs Benedictict -bacon, or spinach \$15

With smoked salmon \$18

The Great British Empire Breakfast \$18

Two eggs any style, bacon, sausage, baked beans, fried tomato fried bread

Born in the USA \$18

Two eggs any syle, bacon, sausage, pancakes, syrup

Trim Tropical \$12

Fruits of the day with yogurt

Cereals – selection \$8

Sides

British Sausage \$3, American Sausage \$3 , Bacon \$5 , Ham \$5,
Smoked Salmon \$6, Toast \$2, Fried Tomatoes \$2, Beans \$2, Pancake \$2,
Maple syrup \$3

Breads

White, wheat, raisin, rye \$3 English muffin \$4 Croissant \$5

Beverages

Coffee – Cafatiere , Espresso \$4, Cappuncino \$5

Yorkshire Tea \$5

Juice - Orange, pineapple, grapefruit, Cranberry \$5

15% gratuity is added to all bills – this goes to our staff

Brunch

Saturday and Sunday from 9am

Benediction

Eggs Benedict - 2 poached eggs on English muffins, Canadian bacon hollandaise sauce \$15

Eggs Florentine - 2 poached eggs on English muffins, spinach, hollandaise sauce \$15

Eggs Norwegian - 2 poached eggs on English muffins, smoked salmon hollandaise sauce \$18

Steak Benedict - 2 poached eggs on English muffins, steak , hollandaise sauce \$22

Lobster Benedict - 2 poached eggs on English muffins, lobster , hollandaise sauce \$22

Tradition

The Might Empire Breakfast - 2 eggs anyway, bacon, sausage ,fried bread, baked beans, fried tomato \$18

Born in the USA - 2 eggs anyway, bacon, American sausage , pancakes , syrup \$18

Texas Stack – 6 pancakes with syrup – add what you wish from the extras list below \$12

Steak and Eggs – 2 eggs anyway with steak \$22

Why not

Monsta Burger – flat bread, 16 ounce chopped steak pattie, mushrooms, bacon and fried egg , chunky fries \$30

Surfers – Hummus , flat bread , sauteed mushrooms, spinach V \$15

Pancho Villa – Toast with poached eggs, guacamole, bacon , tomato \$14

Extras

French toast \$6, **Pancake** \$2, **Salmon** \$6 , **Bacon** \$3 , **Beans** \$2, **Fried Tomatoes** \$2 , **Sauteed Mushrooms** \$2, **Toast** \$2, **Fried Bread** \$2,

Drink special - Bottomless Mimosa \$20

Full lunch menu also available

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Drinks - House Wine

All \$37 per bottle \$9 per glass

White

Sutherland Sauvignon Blanc – bold and fruity South African

Montes Chardonay – medium bodied and buttery from Chile-

Trapiche - From Argentina, their best Pino Grigio. Crisp and refreshing

Muscadet De Sevre et Maine - From the north west Loire Valley of France. Dry. Great with seafood

Red

Hobnob Pinot Noir 2017 – From France. Very pleasant with duck, pork and red meats.

Dark Horse Merlot from California - robust flavors of jammy dark fruit. No horse.

Beringer Cabernet - From The Napa Valley. Medium bodied. Great with steaks or duck.

Cote De Rhone – rounded southern burgundy from George De Bouef- and it goes very well with beef and most other meats

Kaiken Malbec – Argentina. Medium to full body and a flavorful finish

Rose

Rose D'Anjou - Slightly sweeter, light, fruity and refreshing.

Chateau Minuty – Leading Provence rose – you cant stick at one, can you

Sparkling

Prosecco Lunetta – dry, now outsells champagne

Moscato- local favourite Italian from Asti

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Select Wines

Norton Reserve Chardonnay – Hints of fruits and citrus, with mineral notes and vanilla that give it great complexity. \$49

Kim Crawford Sauvignon Blanc 2018 - Classic Marlborough Sauvignon Blanc aromas of citrus, tropical fruit and crushed herbs. \$49

Pouilly Fume Les Ombelles 2017 – The grapes in this Loire region acquire a greyish bloom due to the cold winter. Hence “fume” or smoked. The wine is however clear and crisp and a classic. \$69

Carnivor 2016 - The name says it all. Drink it with meat, preferably red and rarish. From California, its dark and moody, smooth and fruity, like the film stars. \$49

Champagne

Veuve Cliquot Brut - \$99

Other drinks

Beers selection \$5

Carib, Corona, Red Stripe, Coors light, Blue moon

Soda \$4

Coca cola, Diet coke, Sprite, Ginger ale

Juices \$6

Orange, Pineapple, Guava, Mango, Cranberry

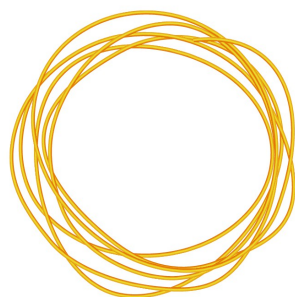
Water served in 1L bottles

Panna still, San Pellegrino sparkling \$5

Cocktails

Pina colada, Painkiller, Margarita, Bloody Mary, Mimosa \$10

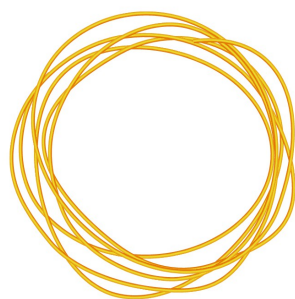
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TRAMONTI

By the Sea

Menu



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