



# TRAMONTI

## **Appetisers / snacks / starters**

Olives, bread and Aioli \$6, Humus , flat bread \$6 , Garlic bread \$5 , Coconut Shrimp \$12, Onion rings with dip \$10

For sharing - **Bloomin Onion** \$20

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

**Salads** - starter / Lunch size \$16, Dinner main course \$24

**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 \$16

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

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## **BVI Bites**

**Cracked Conch** – dipping sauce, individual \$12, sharing size \$22

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

**Traditional Roti** – our special skins

**Veggie** - \$12    **Chicken Breast** - \$15    **Fish** - \$15    **Lobster** - \$20

## **Grand alliance**

**Fish and chips** \$20

Beer batter, famous for decades

**Hamburger** \$18

In Greek Bread, chunky fries with lettuce, tomato, onion, dill

Add cheese \$2 and / or bacon \$2

**Bangers and mash**

onion gravy \$23

## **Pasta Masta**

Spaghetti Bolognese or Carbonara - \$24

Spagetti and Meatballs \$24

Plain Buttered Spaghetti - \$14 or Mediterranean Spaghetti \$18

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 \$18

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

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## **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

Lemon Chicken Piccata \$29

8oz chicken breast in lemon cream sauce

Cod Fish Mediterranean \$29

Healthy option, pan seared cod fillet, med salsa

*Choose salad, pasta or chunky fries with the above three dishes*

Steak and Frites \$33

8oz Rib eye steak served with chunky fries

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## **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, sun dried tomatoes, ham, olives

### **Fishermans \$18**

Tomato paste , oregano, mozzarella, smoked oysters, shrimp

### **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

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### **Desserts**

**Rum Tiramisu \$7    Key Lime Pie \$7    Mouse o Chocolat \$7**

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

### **Coffee Station**

Regular, Espresso , Latte, Cappuccino \$5

## **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 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, **Egg** \$2, **Mushroom** \$3, **Spinach** \$2

**Drink special - Bottomless Mimosa \$20**

**Full lunch menu also available**

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

## **Drinks - House Wine**

All \$39 per bottle \$10 per glass

Special purchase unique to Tramonti - **BROADBENT** Excellent value Portugese

Douro Red, Vinho verde – white , Rose - frizzante

### **White**

**La Baume** – French sauvignon blanc – crisp and fruity

**Montes Chardonay** – medium bodied and buttery from Chile

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

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

### **Red**

**Gnarly Head** – Californian Pinot noir, dark flavoursome and satisfying

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

**Cote De Rhone** – rounded southern France 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

**Benziger sonoma Chardonnay** -Hints of fruits and citrus, with mineral notes and vanilla that give it great complexity. \$59

**Babich Marlborough Sauvignon Blanc 2018** - Classic Marlborough Sauvignon Blanc aromas of citrus, tropical fruit and crushed herbs. \$59

**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. \$79

**Chateau st Michel Columbia Valley** – sophisticated Pacific merlot - \$49

**Mon Frere Pinot Noir** – aromas of cherry, raspberry , plums with a hint of violet. Slightly oaked \$69

**Morgon - Hospice de Belleville** – beautifully rounded Burgundy with the taste of a classic French Red \$69

**Champagne - Bollinger Brut \$99**

## Other drinks

**Beers selection \$5**

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

**Soda \$4**

Coca cola, Diet coke, Sprite, Ginger ale

**Juices \$6**

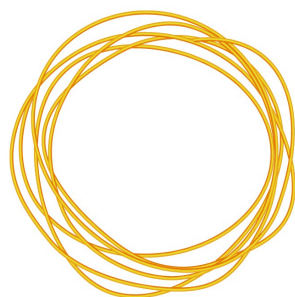
Orange, Pineapple, Guava, Mango, Cranberry

**Water served in 750 ml bottles**

Panna still, San Pellegrino sparkling \$7

**Cocktails** Pina colada, Pain killer, Margarita, Bloody Mary, Mimosa \$13

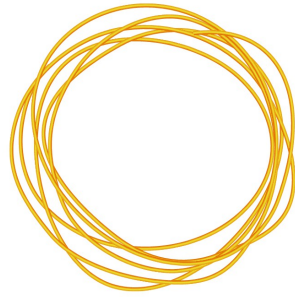
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# TRAMONTI

By the Sea

Menu



# TRAMONTI





## **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 Benedict** -bacon, or spinach \$15

With smoked salmon \$18

**The Great 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

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**Cereals** – selection \$8

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## **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 Egg \$2 Mushroom \$3, Spinach \$2

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## **Breads**

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

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## **Beverages**

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

**Yorkshire Tea** \$5

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

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