

MARCONATO *House Specials*

Starter Specials

	GRILLED CALAMARI	£7.60
	<i>Grilled fresh calamari marinated in white wine, garlic & extra virgin olive oil</i>	
	PRAWN COCKTAIL	£6.90
	<i>Prawns served with salad & home made Marconato sauce</i>	
New	SEAFOOD TOMATO BREAD	£7.20
	<i>Prawns, calamari, tomato sauce, garlic, fresh chilli, red onions</i>	
	PIZZA GARLIC & TOMATO BREAD	£5.10
	<i>Thinly rolled flat bread with tomato sauce & fresh garlic</i>	
	GAMBERONI ALLA ELVIRA	£8.80
	<i>Grilled king prawns with garlic, parsley, served with salad & Marconato dressing</i>	
New	GAMBERETTINO	£8.20
	<i>King prawns, butter, garlic, fresh chilli, lemon juice, white wine served with dough balls</i>	
	FUNGI AL FORNO	£7.40
	<i>Large flat mushrooms with garlic, butter, parsley, mozzarella, grana padana, served with rocket & cherry tomatoes</i>	
	MARCONATO SALAD	£5.50
	<i>Rocket, sundried tomatoes, peppers, bocconcini mozzarella, onions, pesto, olives & extra virgin olive oil</i>	

Main Course Specials

HEALTHY EATING MEATS

The alternative meats we feature here provide a healthy, low fat & low cholesterol option, as well as being high in iron & very tender. We have experienced a consistent increase in the demand for these alternative meats as diets become more health conscious. These meat sources adhere to strict conservation & welfare policies.

New VENISON FILLET STEAK **£18.50**

Venison is the perfect red meat. It has tremendous health benefits, is highly nutritious & houses fewer calories, less fat & more iron than chicken breast. Venison meat is lean, flavourful & wonderfully delicious.

Prime grilled venison fillet steak with onions, garlic, olive oil, brandy, demi-glace, stilton cheese served with salad & chips

New REINDEER FILLET STEAK **£18.00**

Reindeer meat is healthier than beef or pork. This is not just because of its healthy low fat content. Reindeer meat also has a much higher content of vitamins & minerals. The health advantages of reindeer meat have a great deal to do with the fact that reindeer spend a large part of the year out in vast open pastures, get more physical activity & eat lichen, heather, herbs & berries, which are packed with antioxidants.

Prime grilled reindeer fillet steak with onions, garlic, chilli, flat mushrooms, demi-glace, red wine served with salad & chips

BISON STEAK **£17.80**

A rich meat with a distinctive full flavour. Bison steaks are 97% fat free & contain 40% more protein than beef.

Grilled prime bison steak with sweet pineapple sauce, garlic, white wine & butter, served with fries & garnished with rocket & strips of red pepper

KANGAROO STEAK **£17.80**

A succulent, versatile, lean red meat. Low fat & high in iron. Internationally recognised as high quality game.

Grilled prime kangaroo fillet with demi-glace & brandy sauce, touch of double cream, served with fries & garnished with rocket & strips of red pepper

CROCODILE..... **£17.90**

This meat is high in protein whilst being a low fat option. A delicate flavour which many think is comparable to chicken & crab; a luxury meat that will not disappoint!

Grilled prime crocodile fillet steak with onions, garlic, black pepper, butter, crème fraiche & vodka, served with basmati rice & garnished with salad

SPRINGBOK..... **£17.90**

This is one of the finest game meats available. It has a beautiful red colour & a refined taste with a subtle flavour. A great tender game meat to try & about as natural as you can get!

Grilled prime succulent springbok fillet with onions, garlic, a touch of tomato & vodka, served with fries & garnished with salad

IMPALA..... **£18.20**

Impala is red in colour with a medium grain. It has a very refined & subtle game taste as it contains very little fat & is high in protein & iron. An extremely tender & light meat - must try for meat lovers!!!

Grilled lean impala fillet with demi-glace sauce, butter, onions, touch of double cream, red wine, parsley served with salad & chips

ZEBRA **£17.90**

Zebra meat with its beautiful deep red colour, medium grain, sweet game flavours & very tender.

Grilled zebra fillet with tomato sauce, demi-glace sauce, butter, onions, garlic, red wine, parsley served with salad & potatoes

BISTECCHA ALLA MARCONATO

(Prime fillet steak 8oz plus!!!) £23.00

Grilled prime fillet steak - a unique lean grilled steak with special Marconato flavouring served with potatoes & salad

SIRLOIN STEAK WITH PEPPERCORN SAUCE **£18.00**

Grilled prime sirloin steak with peppercorns, demi-glace sauce, cream, red wine, garlic & onions, served with potatoes & salad

MARCONATO STROGANOFF **£14.20**

Small beef strips with tomato & bechamel sauce, garlic, onions, red wine, served with a bed of rice garnished with parsley

POLLO ALLA MILANESE CON SPAGHETTI..... **£16.50**

Breast of chicken in breadcrumbs served with spaghetti bolognese

GRILLED LAMB CHOPS **£15.90**

Lamb chops marinated in olive oil, garlic & Marconato seasoning, served with potatoes & salad

POLLO ALLA CREMA **£14.90**

Breast of chicken in a cream & white wine sauce served with potatoes & fresh mushrooms

HEALTHY EATING FISH

The combined nutrient strengths of all the fish below, enable them to aid in stabilising blood sugar levels, prevent the build up of cholesterol & can reduce the risk of heart disease.

New KINGKLIP FILLET FISH **£14.40**

The kingklip is an excellent source of high quality protein. It is also rich in calcium, iodine, iron & less than 1% fat content! The flavour is mild & slightly sweet, the texture is dense but tender with good large flake.

Grilled boneless kingklip fillet with onions, garlic, bechamel sauce, touch of lime juice, white wine served with cos lettuce & basmati rice

New PLAICE FILLET..... **£15.00**

Plaice is a sweet, delicate white flesh that chefs & consumers everywhere enjoy: low fat, fine-textured meat & delicate mild flavour.

Grilled plaice fillet with onions, garlic, bechamel sauce, touch of lime juice, white wine served with cos lettuce & basmati rice

TILAPIA **£14.60**

A popular boneless fish with a sweet, mild, flavour & firm flaky texture.

Grilled tilapia with lemon sauce, black pepper, garlic, hint of chilli, white wine sauce, served with fries & salad

SPICY HOKI **£14.10**

This white fish is, tender, boneless and full of flavour. It is considered by fishermen to be the pinnacle of game fishing.

Grilled prime hoki with hollandaise sauce, onions, garlic, hint of Tabasco, white wine served with potatoes & salad

SALMONE AL GRILLO **£14.70**

Prime salmon fillet with a hint of lemon, marinated in white wine sauce, served with potatoes & salad

SEABASS **£16.80**

Grilled seabass with a hint of lemon, marinated in white wine, served with potatoes & salad

Side Dishes

Spanaci - Spinach sautéed in garlic & butter **£2.20**
Broccoli - Fresh broccoli sautéed in garlic & butter **£2.20**
Fine Green Beans - Sautéed in garlic & butter **£2.20**

Fungi - Fresh mushrooms sautéed in garlic & butter **£2.20**
Carota - Fresh carrots sautéed in garlic & butter **£2.20**
French Fries **£3.50**



Weddings & Celebrations

THE MARCO SUITE ...excellence with a personal touch

MARCONATO
The Home of Italian Cooking

For any information or bookings, please contact Farook Adam Momoniat
on 01992 444 336 (all day Tuesday) or 07899 062 916 (anytime 7 days-a-week)

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All gratuities go to your waiter or waitress • We will ask for a discretionary 10% service charge for parties of 7 or more.
Whether you include it or not is entirely up to you. Marconato hopes you have enjoyed your meal • Your comments will be welcomed by the manager