

Mare Sole

ristorante bar



*16 Belgrave Street, Manly. NSW - Australia Phone: 9977 5511
www.maresole.com.au*

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ENTRÉE

Focaccia Italian herbs & garlic pizza with extra virgin olive oil	v	8
Bruschetta Toasted Italian bread with tomato, garlic & basil	v	10
Calamari Fritti Golden salt & pepper calamari with aioli		16
Capesante al forno Baked scallops gratinata with bread crumbs, parmesan cheese & parsley		16
Cozze piccanti Mussels in tomato sauce with white wine, chilli, garlic & parsley		16
Antipasto Italiano (tasting board for 2 persons) Prosciutto, salami, mortadella, cheese, Sicilian olives & grissini bread sticks		26

Please ask your host if you require any special meal requirements

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MAINS - PASTA

Rigatoni alla Norma	v	18
Rigatoni pasta with eggplant, tomato sauce, fresh basil & ricotta cheese		
Lasagna		20
The traditional lasagne with layers of pasta, Bolognese ragú, creamy béchamel sauce, mozzarella & parmesan cheese		
Cannelloni	v	20
Baked pasta tubes filled with fresh spinach & ricotta, in napoli tomato sauce served with parmesan cheese & fresh basil		
Rigatoni Carbonara		22
The traditional Roman recipe with rigatoni pasta, strong in flavour with pancetta, eggs, pecorino cheese, parmesan cheese & pepper		
Penne Salmone		22
Penne pasta with fresh smoked salmon, cream, onions & parsley		
Gnocchi Gorgonzola	v	22
Gnocchi classic Italian with creamy gorgonzola & parmesan cheese		
Tagliatelle Ragú		24
Fresh handmade fettuccine pasta with pork sausage & beef Bolognese sauce		
Linguine alla busera		24
Linguine pasta with prawns, tomatoes, garlic, chilli & parsley		

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MAINS - PIZZA

Margherita	v	18
Tomato, mozzarella & fresh basil		
Cotto e Funghi		20
Tomato, mozzarella, ham & mushrooms		
Napoli		20
Tomato, mozzarella, capers, anchovies & oregano		
Vegetariana	v	20
Tomato, mozzarella, eggplant, cherry tomatoes & fresh basil		
Quattro Stagioni – Four seasons		22
Tomato, mozzarella, ham, mushrooms, artichokes & olives		
Diavola		22
Tomato, mozzarella & chilli salami		
Salsiccia e Funghi		22
Tomato, mozzarella, pork sausage & mushrooms		
Quattro Formaggi – Four cheeses	v	22
Mozzarella, gorgonzola, pecorino & parmesan cheeses		
Mare Sole		24
Tomato, mozzarella, prawns, cherry tomatoes & pesto		
Prosciutto Crudo e Rucola		24
Tomato, mozzarella, prosciutto & rocket		

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MAINS - MEAT

Pollo con Peperoni		24
Tender chicken in rich Italian tomato sauce with capsicum		
Ossobuco	gf	28
Slow cooked beef for 3 hours in a rich tomato sauce with peas		
Tagliata di Manzo	gf	32
Grilled scotch fillet steak served the Italian way, with rocket & parmesan salad		

SALADS & SIDES

Caprese	v gf	14
Tomatoes, fresh basil & fior di latte mozzarella		
Insalata di pera	v gf	12
Rocket, pear, parmesan cheese salad with honey glaze vinaigrette		
Insalata di rucola e noci	v gf	12
Rocket, walnuts, tomato, grana & balsamic vinegar		
Patatine fritte	v	8
Fries		
Garlic Bread	v	6

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DESSERTS

Gelato 2 scoops	gf	8
Selection of Vanilla bean, Chocolate, Pistachio, Strawberry or Lemon sorbet		
Tiramisú		12
Coffee soaked savoiardi sponge biscuit layered with mascarpone cream		
Panna cotta	gf	12
Vanilla bean panna cotta with chocolate & strawberries		
Pizza con nutella e fragole		
Nutella Pizza with strawberries	small	12
	large (suitable for 2-4 persons)	20
Affogato	gf	14
Vanilla gelato with expresso coffee & Frangelico		
Piatto di formaggi – cheese platter (suitable for 2 people)	gf	20
Gorgonzola, pecorino, parmesan cheese, sliced pear, walnuts, honey & fig jam served with crackers		

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CHILDREN'S MENU

14

(12 years & under)

Pizza(small) or **Pasta, Dessert** (1 scoop of Gelato) & **Drink**

Pizza – Margherita or Ham & cheese

Pasta – Bolognese, tomato sauce or butter & parmesan

Drink – Lemonade, coke, lemon squash, orange, pineapple or apple juice

SPECIALS

(not with any other promotion deals)

TUESDAY	PIZZA ALL NIGHT	12
THURSDAY	PASTA ALL NIGHT	12
FRIDAY	DRINKS ALL NIGHT with meal any beer or wine by the glass	5
SUNDAY	ALL YOU CAN EAT PIZZA OR PASTA	25