



*It's been 27 years since opening my first restaurant in 1983.
Working together with Head Chef Daniel Hughes, it has been our commitment to
source the finest produce available in Australia with particular focus on our
seafood and meat, presented to you with balance and dedication.*

This is our goal and passion.

Enjoy!

Rob Rubis

THE WHARF - WOOLLOOMOOLOO
6 COWPER WHARF ROAD - WOOLLOOMOOLOO 2023
T: 02 9332 3422 | F: 02 9332 3655
www.mantarestaurant.com.au
reservations@mantarestaurant.com.au



Oysters

Manta's oysters are hand picked and delivered directly to us by our growers Tim Dumbrell, Moreton Bay farmer (QLD) and Steve Feletti, South Coast farmer (NSW) to ensure proper care all the way to your plate. Our selection changes daily, ensuring the best oysters in peak condition.

We open our oysters to order, leaving them on the muscle with all their natural flavours remaining.

<i>claire de lune, bouton, batemans bay, nsw</i>	4.50 each
<i>sydney rock, pambula, nsw</i>	4.00 each
<i>pacific, coffin bay, sa</i>	4.00 each
half dozen tasting of above	25
dozen tasting of above	49

Raw

Manta's seafood is sourced daily from the best local produce available, focusing on freshness without compromise. With such exceptional natural quality, we offer this selection raw.

<i>blue eye carpaccio, sicilian capers, shaved fennel, radish, orange</i>	19
<i>ocean trout tartare, horseradish crème fraîche, cucumber, eschallot, lemon oil</i>	19
<i>king prawn ceviche, garlic, chilli, lime, baby basil</i>	19
<i>yellow fin tuna, preserved lemon, salsa verde</i>	19
sharing plate of above	38

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Appetisers

<i>san daniele prosciutto, grissini</i>	16
<i>locally produced smoked salmon, pickled fennel, capers</i>	16
<i>fried clarence river calamari, rocket, garlic aioli</i>	16
<i>pumpkin, pine nut and goats cheese arancini</i>	16
sharing plate of above	32

Entree

<i>woodside goats cheese, chive and hazelnut cannelloni, watercress, baby red and golden beetroots</i>	27
<i>lemon and pepper seared yellow fin tuna, shaved fennel, orange, frisée and ligurian olive tapenade</i>	28
<i>grilled atlantic scallops, braised pork shoulder and chestnut tortellini, celeriac and mushrooms</i>	28
<i>baked fish pie, kipfler potato, dill mustard, green peas, smoked salmon and chives</i>	26
<i>spaghetti of hand picked alaskan king crab meat, garlic, chilli, white wine and grape tomato</i>	28 / 38
<i>hand made taglierini, w.a. red claw yabbie tails, leek and fresh oberon truffles</i>	39 / 49
<i>pan fried garfish, king prawn and pancetta saltimbocca, jerusalem artichoke, baby spinach, walnuts and currants</i>	26

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Fish

Manta works closely with leading seafood suppliers such as Fergusons Seafood from South Australia, and our dedicated fishmonger from Demcos Seafood selects and sources whole fish daily and hand delivers to our door where they are dry filleted for service.

<i>grilled whole market fish, sautéed s.a. vongole, salsa verde and lemon</i>	42
<i>pan-fried crumbed king george whiting fillets, kipfler potatoes, aioli, preserved lemon and cornichons</i>	42
<i>crispy skin ocean trout, cauliflower puree, w.a. red claw yabbie tails, green peas and mint</i>	39
<i>steamed murray cod, potato puree, oyster mushrooms, pencil leeks and white truffle butter</i>	45
<i>oven roasted herb and macadamia crusted blue eye, braised brown lentils, celery heart, spring onion and lemon oil dressing</i>	43
bouillabaisse , <i>roasted shellfish broth, king prawns, alaskan king crab, atlantic scallops, blue eye, vongole, red claw yabbies, black mussels and clarence river calamari served with char-grilled sourdough, fresh chilli and roasted garlic aioli (suitable for two)</i>	98

Crustacean

Manta's lobsters and mud crabs are delivered live by air from Tasmania and the Northern Territory where they are held in our tanks until ordered.

<i>grilled whole yamba king prawns – parsley, garlic and olive oil</i>	<i>half kilo or kilo 49 98</i>
<i>steamed mud crab – bottarga, parsley and lemon butter</i>	<i>market price</i>
<i>grilled lobster – tomato, chilli, garlic and basil</i>	<i>market price</i>
create your own grilled seafood share plate of lobster, mud crab, prawns etc.	<i>market price</i>

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Beef from the Charcoal Grill

The extra virgin oil we use on our meats is Frantoi Cutrera 'Primo' from Sicily. Its strong peppery characteristics blend perfectly with our selected cuts of beef.

250g eye fillet , garlic, parsley and primo extra virgin olive oil <i>rangers valley, glenn innes, aged 30 days, 300 days grain fed angus beef, marble score 3+</i>	53
300g sirloin , garlic, parsley and primo extra virgin olive oil <i>grass fed coorong angus beef from south australia, aged 30 days</i>	43
330g scotch fillet , garlic, parsley and primo extra virgin olive oil <i>rangers valley glenn innes 300 day grain fed angus rib fillet (graded to manta's specifications)</i>	49
500g t-bone , garlic, parsley and primo extra virgin olive oil <i>selected and wet aged, grass fed 100% limousin beef from southern queensland</i>	43
500g rib-eye , garlic parsley and primo extra virgin olive oil <i>gippsland, vic, black angus, grass fed, dry aged for six weeks</i>	58

choice of sauces - béarnaise - salsa verde - roasted chilli

600g black angus eye fillet , northern nsw, grain fed rangers valley, marble score 3+, <i>roasted bone marrow, field mushroom, mixed greens and hand cut chips (selected to manta's specifications, suitable for two)</i>	129
whole roasted free range lamb rack , bordertown, south australia, <i>sautéed baby spinach, garlic and lemon (suitable for two)</i>	79

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Sides

<i>manta 'angel' chips with truffle oil and parmesan</i>	15.5
<i>hand cut chips with murray river salt</i>	9
<i>mixed greens, garlic, chilli and lemon</i>	9
<i>potato mash</i>	9
<i>roasted swiss brown mushrooms, button mushrooms, parsley and butter</i>	13
<i>baby iceberg, spanish onion, cucumber and trussed tomatoes</i>	9
<i>hand picked rocket, green apple, parmesan, hazelnuts and white balsamic</i>	9
<i>vine ripened tomatoes, mozzarella di bufala, basil and extra virgin olive oil</i>	16

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Dessert

Manta is proud to serve the world renowned Amedei chocolate from Tuscany, Italy. Amedei is a superior chocolate of the finest quality.

<i>baked apple, sultana and rhubarb crumble, custard ice cream</i>	16
<i>amaretto pannacotta, coffee cream macaroon, orange and date salad</i>	16
<i>citrus curd, shortbread biscuit, chocolate and pistachio soil, candied compote and blood orange salad</i>	16
<i>amedei chocolate fondant, strawberries, mandarin sorbet, sesame seed brittle</i>	18
<i>warm vanilla rice pudding, poached corella pear, prune puree, toasted almonds, shaved amedei white chocolate</i>	16
<i>hand made selection of ice cream and sorbet</i>	15
selection of petit fours and macaroons	12

Cheese

<i>tournée de l'aubier – cow's milk – france</i>	<i>fig paste</i>	50g / 17.50
<i>holy goat la luna – goat's milk – victoria</i>	<i>fresh grape salad</i>	50g / 17.50
<i>boerenkaas – cow's milk – holland</i>	<i>apple, prune puree</i>	50g / 17.50
<i>stilton – cow's milk – england</i>	<i>pear, walnut, organic honey</i>	50g / 17.50
tasting of four cheeses		28

Chef: Daniel Hughes

A 10% surcharge applies to Sundays and public holidays

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Manta Mythology.

MANTA [MAN_TA]

MAN - The provider

TA - Well being and pleasure

Celtic mythology has it that Manta was a sea god that spread good health to all marine creatures.

Emerging from Atlantis, he swam the Earth's oceans. This benevolent god once came ashore at that place on Sydney Harbour now named in his honour, **MANTA**, and extended his bounty also to the animals of the land.

This became the inspiration for **MANTA**, the restaurant, to use the finest produce from both the land and the sea to create its fine cuisine.

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