

*It's been over 28 years since opening my first restaurant.
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 Rubin

*Swipe your Qantas Frequent Flyer card to
earn 3 points per dollar spent.*



Terms and conditions apply.

*Earn 4 points per dollar spent with the Citibank Dining program.
Available for Citibank Rewards customers only.*



January 2012

Oysters

Manta's oysters are hand picked and delivered directly to us by our grower Tim Dumbrell to ensure proper care all the way to your plate. Our selection changes daily, ensuring the best oysters in peak condition.

<i>sydney rock, port stephens, north coast, nsw</i>	4.00 each
<i>sydney rock, greenwell point, south coast, nsw</i>	4.50 each
<i>sydney rock, wallis lake, north coast, nsw</i>	4.00 each
half dozen tasting of above	24
dozen tasting of above	48

Caviar

Manta's range of premium caviar is served with crisp bread and seasonal condiments.

<i>ocean trout roe - 30g</i>	38
<i>oscietra - 30g</i>	165
<i>wild caspian sea oscietra - 30g</i>	265

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>king prawn ceviche, garlic, chilli, lime, pink peppercorns, baby basil</i>	19 / 29
<i>swordfish carpaccio, sicilian capers, shaved fennel, radish, orange</i>	19 / 29
<i>ocean trout tartare, horseradish crème fraîche, cucumber, ocean trout roe, lemon oil</i>	19 / 29
<i>yellow fin tuna, avocado mousse, preserved lemon</i>	19 / 29
sharing plate of above	38

Appetives

<i>san daniele prosciutto, grissini</i>	16 / 26
<i>fried clarence river calamari, rocket, aioli</i>	16 / 26
<i>pumpkin, pine nut and goats cheese arancini</i>	16 / 26
<i>smoked ocean trout, pickled fennel, capers</i>	16 / 26
sharing plate of above	32

Joselito Iberico Jamon De Bellota

world renowned, entirely acorn fed black pig, three years naturally cured

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Entree

<i>char-grilled w.a. octopus, baby fennel, watercress, fregola, chilli, garlic and pedro ximénez vinegar</i>	26
<i>crispy goats cheese and hazelnut cannelloni, baby red and golden beetroots, frisée and balsamic</i>	26
<i>lemon and pepper seared yellow fin tuna, gazpacho salsa, baby herbs, lime and avocado mousse</i>	28
<i>seared atlantic scallops, sweet corn puree, jamon crumbs, oyster mushrooms and green asparagus</i>	28
<i>hand made tagliatelle, crystal bay prawns, broccolini, bottarga, chives and lemon butter</i>	27 / 37
<i>spaghetti of hand picked alaskan king crab meat, garlic, chilli, white wine and grape tomato</i>	28 / 38

A Taste of Manta

a share plate consisting of;

char-grilled eye fillet, *garlic, parsley and primo extra virgin olive oil ~ rangers valley, glenn innes, aged 30 days, 300 days grain fed angus beef, marble score 3+*

oven roasted humpty doo barramundi, *carrot and cumin puree, green peas, pancetta, lemon and mint*

grilled whole king prawns, *parsley, garlic and olive oil*

manta 'angel' chips *with truffle oil and parmesan*

\$69 per person, minimum two guests

Fish

Manta works closely with leading seafood suppliers and dedicated fishmongers who select and source whole fish daily and hand deliver to our door where they are dry filleted for service.

<i>grilled whole market fish, fried capers, fennel, radish, basil, lime and tarragon dressing</i>	<i>market price</i>
<i>pan-fried crumbed kangaroo island king george whiting fillets, kipfler potatoes, aioli, preserved lemon and cornichons</i>	42
<i>macadamia and herb crusted mooloolaba swordfish, eggplant puree, dried ox heart tomatoes and zucchini flowers</i>	39
<i>oven roasted humpty doo barramundi, carrot and cumin puree, green peas, pancetta, lemon and mint</i>	43
<i>crispy skin tasmanian ocean trout, asparagus, alaskan king crab, golden beetroots, hazelnuts and black olive dressing</i>	42

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 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>

Beef from the Charcoal Grill

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

<i>250g eye fillet, garlic, parsley and primo extra virgin olive oil</i>	58
<i>rangers valley, glenn innes, aged 30 days, 300 days grain fed angus beef, marble score 3+</i>	
<i>300g sirloin, garlic, parsley and primo extra virgin olive oil</i>	45
<i>grass fed coorong angus beef from south australia, aged 30 days</i>	
<i>330g scotch fillet, garlic, parsley and primo extra virgin olive oil</i>	52
<i>rangers valley glenn innes 300 day grain fed angus rib fillet (graded to manta's specifications)</i>	
<i>500g rib-eye, garlic parsley and primo extra virgin olive oil</i>	59
<i>gippsland, vic, black angus, grass fed, dry aged for six weeks</i>	

choice of sauces - béarnaise - salsa verde - roasted chilli

<i>600g black angus eye fillet, roasted bone marrow, field mushroom, mixed greens and hand cut chips</i>	
<i>rangers valley, northern nsw, grain fed, marble score 3+, (selected to manta's specifications, suitable for two)</i>	129

<i>wagyu rib-eye roasted on the bone, field mushroom, roasted bone marrow, garlic, parsley and primo extra virgin olive oil</i>	
<i>kobe cuisine, darling downs, qld, grain fed 500 days, marble score 5+ (suitable for two)</i>	
	<i>market price</i>

Sides

<i>manta 'angel' chips with truffle oil and parmesan</i>	<i>15.5</i>
<i>hand cut chips with murray river salt</i>	<i>9.5</i>
<i>mixed greens, garlic, chilli and lemon</i>	<i>9</i>
<i>roasted swiss brown mushrooms, button mushrooms, parsley and butter</i>	<i>13</i>
<i>baby iceberg, radicchio, cherry tomatoes, cucumber and spanish onion</i>	<i>9</i>
<i>hand picked rocket, peach, parmesan, walnuts and white balsamic</i>	<i>10.5</i>
<i>heirloom tomatoes, mozzarella di bufala, basil and extra virgin olive oil</i>	<i>16</i>

Dessert

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

textures of amedei dark chocolate and piemonte hazelnut	18
<i>passionfruit and tonka bean semifreddo, raspberry, pistachio, grand marnier and mint syrup</i>	17
<i>strawberry and vanilla slice, cracked black pepper and strawberry sorbet</i>	17
<i>warm chocolate fondant, amarena cherries, vanilla bean and cherry ice cream</i>	18
<i>amaretto pannacotta, poached peaches, stone fruit salad and almond biscotti</i>	17
<i>mango and coconut mousse, mango jelly, vanilla and white chocolate macaron</i>	17
hand made selection of ice cream and sorbet	15
selection of petit fours and macarons	15

Cheese

<i>tourrée de l'aubier – cow's milk – france</i>	<i>date chutney</i>	50g / 17.50
<i>holy goat la luna – goat's milk – victoria</i>	<i>grape salad</i>	50g / 17.50
<i>pyengana cloth cheddar – cow's milk – tasmania</i>	<i>apple and prune jelly</i>	50g / 17.50
<i>gorgonzola piccante – cow's milk – italy</i>	<i>pear, walnut, white truffle honey</i>	50g / 17.50
tasting of four cheeses		28

Chef: Daniel Hughes

Pastry Chef: John Ralley

A 10% surcharge applies to Sundays and public holidays

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.