



# PRONTO

*Meals Menu*





## Starters



Pronto Mini Platter 650/-



Chicken Spring Rolls 480/-



A pair of Samosa Beef/Chicken 250/-



Plantain 600/-





## Light Bites



Upgraded plantain 700/-



Masala Fries 550/-



French Fries 350/-



Nachos 500/-



Upgraded Fries 550/-

**ALSO  
AVAILABLE**

A pair of beef sausages 250/-





Cream of Pumpkin Soup



Carrot & Ginger Soup



Cream of Mushroom Soup



Clear Chicken and Mushroom





## Super Bowls Salads



### Grilled Salmon Salad 2200/-

Grilled salmon to perfection with broccoli, quinoa, avocado and caper sauce.



### Cobb Salad 1100/-

Boiled egg, tomatoes, avocado, chicken, lettuce, onions, cucumber, sweet corn, beef, ranch dressing and garlic bread.



### Grand Nicoise Salad 1100/-

Lettuce, potatoes, boiled eggs, French beans, tomatoes, grilled fish with french dressing.





### Thai Prawns Salad 1150/-

Grilled prawns, mango, avocado, tomatoes, white onions, grapes, roasted peppers & thai peanut dressing.



### Ceasar Salad 900/-

Lettuce tossed in ceasar dressing, cherry tomatoes, grilled chicken served with parmesan cheese and garlic bread.





### Arabian Quinoa Salad 1050/-

Ancient grains of quinoa, cilantro, avocado, chick peas, red radish pomegranate topped with grilled chicken with ranch aioli dressing.



### Pronto Garden Salad 850/-

Lettuce, cherry tomato, onions, avocado, black olives, cucumber, red cabbage, french dressing & garlic bread.



### Fruit Salad H.N.Y 600/-

Pineapple, watermelon, banana, pawpaw, grapes with honey, nuts & yoghurt.

## ★ ★ ★ ★ ★ ADDONS

|             |       |
|-------------|-------|
| Prawns      | 450/- |
| Yoghurt     | 200/- |
| Cashew Nuts | 200/- |
| Cheese      | 250/- |

|             |       |
|-------------|-------|
| Mayonnaise  | 100/- |
| Avocado     | 100/- |
| 1000 Island | 100/- |
| Honey       | 50/-  |





## Sandwiches, Burgers & Wraps

All sandwiches and burgers are served with a choice of accompaniment



### Club Sandwich 1250/-

Chicken & beef, tomatoes, onions, cheddar cheese, lettuce, mayo served in white or brown bread.



### Grilled Vegetable Sandwich 950/-

Zucchini, egg plant, red & yellow pepper roasted, basil pesto, cheddar cheese & a touch of feta cheese.



### Melanese Chicken Sandwich 1100/-

Breaded chicken breast, red & yellow pepper, cheddar cheese in toasted sour dough bread.



### Caprese in Rustica Ciabatta 1200/-

Ciabatta bread, chicken or beef, feta cheese, pesto sauce, sun dried tomato & cheddar cheese



### Double Beef / Chicken Burger 1350/-

Two grilled beef Pattie's / two chicken breast with lettuce, tomatoe and cheese.





**Hawaiian Chicken Burger** 1080/-  
Pineapple, onions, tomatoes, Macon, bbq sauce, cheddar cheese, grilled chicken in a bun.



**Classic Chicken/ Beef/ Veg Burger** 1050/-  
Chicken/ beef/ vegetable, lettuce, tomato and caramelized onion.



**Mexican Burger** 1050/-  
Chicken/beef, cheddar cheese, green pepper, white onion, tangy salsa, chilli mayo & jalapenos in a bun.



**Aussie Chicken Burger** 1080/-  
BBQ chicken, grilled pineapples, egg, lettuce, tomato, Macon, cheddar cheese and ranch aioli.



**Chicken Fajita Wrap** 1050/-  
Saute \* chicken with red and yellow peppers, cilantro, carrots, onions, chilli mayo wrapped in a tortilla and served with chips and coleslaw.



**Tacos Wrap** 1050/-  
Grilled chicken with tacos spicy, red onion, lettuce, avocado & chilli mayo wrapped in a tortilla.

**ALSO  
AVAILABLE**

**Vegetarian Wrap** 1050/-  
Broccoli, mushroom, zucchini, roasted peppers, chili guacamole, wrapped in a tortilla.



# MAIN MEALS



## Chicken Meals



### Periperi Chicken 1200/-

Roasted chicken lemon & herb periperi marinade, chips, mixed vegetables and periperi sauce.



### Grilled chicken breast 1200/-

Tender juicy grilled chicken breast, steamed vegetables served with sauce of your choice (mushroom sauce, pepper sauce or gravy sauce).



### Caribbean Royal Chicken 1250/-

Marinated spicy chicken on bone served with garden salad, salsa & ranchero sauce.



### Sweet Chilly Chicken 1200/-

Grilled chicken in sweet chilly sauce emulsion.



### BBQ Chicken Wings 1100/-

Well marinated chicken wings, tossed in BBQ sauce.





**Crispy Chicken 1100/-**

Breaded chicken strips, deep fried served with coleslaw and honey mustard.



**Chicken Nuggets 1100/-**

Breaded chicken pieces, salad, chips and tartar sauce



**Chicken Stir Fry 1150/-**

Julienne of chicken sauted with vegetables



**Chicken Curry 1100/-**

Chicken cubes in creamy curry sauce



**BBQ Chicken Skewers 1200/-**

Turkish BBQ styled chicken served with tortilla, salad, guacamole and BBQ sauce.



**Shish Taouk 1200/-**

Turkish styled chicken served with tortilla, salad, guacamole and mint garlic sauce.





**Lamb Shank 1500/-**

Slow braized lamb shank in our special sauce



**Grilled Beef Fillet Steak 1150/-**

Grilled prime fillet steak, vegetables served with sauce of your choice (Mushroom sauce, pepper sauce or gravy sauce).



**Ossobucco 1400/-**

Braised beef in piquante sauce.





## Sea Food and Crustacean



**Grilled Norwegian Salmon** 2500/-

Grilled salmon, olive oil lemon marinade, creamy spinach, sautéed vegetables, mashed potato and caper sauce.



**Grilled Tilapia** 1200/-

Well marinated grilled fresh tilapia fillet served with vegetables & capers sauce.



**Fish Curry** 1200/-

Fillet tilapia cubes in creamy curry sauce.



**Malay King Fish** 1600/-

Grilled king fish, mixed vegetables & caper sauce.





### Fish Stir Fry 1200/-

Grilled julienne of fish sautéed with vegetables



### Grilled Red Snapper Fillet 1400/-

Grilled red snapper fillet, vegetables with peri peri sauce.



### Fish Fingers 1150/-

Breaded fish strips deep fried and served with tartar sauce and coleslaw



### Whole Fish 1200/-

It can be dry/wet in our special sauce/coconut sauce.





## Pasta Dishes



**Chipotle Chicken pasta 1200/-**

Penne or spaghetti in spicy sauce, garden peas, chicken & parmesan cheese



**Chicken Alfredo Pasta**

**1100/-**

Penne in creamy sauce, mushroom, chicken & parmesan cheese



**Sea Food Pasta 1600/-**

Fettuccine pasta tossed in pink sauce with salmon and prawns



## Vegetables

**Vegetable Curry**

**800/-**

Fresh market vegetables in creamy curry sauce.

**Stir fried vegetables**

**800/-**

Assorted vegetables, sauted in house special sauce





## Mexican Cuisine



### Hissy Chicken/Beef/Vegetables

1200/-

served in a bed of toast green pepper, white onions, sour cream, salsa, guacamole and a side of tortillas.



### Classic Tacos

1200/-

Spicy chicken/beef topped with avocado salsa, cheddar cheese & sour cream in tortilla bread.



### Mehico Quesadilla

1200/-

Chicken/beef/vegetables tossed in a ranchero sauce, served in a tortilla with mozzarella cheese, side sour cream, guacamole & salsa tossed in a sauce.

**ALSO  
AVAILABLE**

### Tacos Chicken/beef/vegetables

1200/-

Chicken/beef/veg stir fried, wrapped in a tortilla served with fries





## Special Rice Dishes



Salmon Rice 1150/-



Prawns Rice 1000/-



Chicken Rice 950/-





## African Dishes



Platter for 2, with Dailo, Rice & Pilau 1750/-



Arosto with Pilau 1100/-



Beef with Rice 950/-



Chicken Fry with Pilau 980/-



Karanga with Rice  
(Camel Meat) 1000/-





Dailo with Rice 1400/-



Chicken Biryani 800/-



Beef Biryani 800/-



Spaghetti Saldato 600/-



Rice Saldato 600/-

**ALSO  
AVAILABLE**

Costato with Rice 1400/-  
Alesso with Rice 1400/-



## ***Reach & follow us on***

|                    |          |                                    |
|--------------------|----------|------------------------------------|
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| <b>Facebook</b>    | <b>:</b> | <b>Pronto Restaurant</b>           |
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