



*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 2025
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 and Steve Feletti to ensure proper care all the way to your plate. Our selection changes daily, ensuring the best oysters in peak condition.

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

Caviar

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

<i>ocean trout roe – 30g</i>	38
<i>osietra – 30g</i>	165
<i>caspian sea sevruga (wild) – 30g</i>	295

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

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Appetiser

<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>locally produced smoked salmon, pickled fennel</i>	16 / 26
sharing plate of above	32

Joselito Iberico Jamon De Bellota <i>world renowned, entirely acorn fed black pig, three years naturally cured</i>	29
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Entree

<i>char-grilled w.a. octopus, baby fennel, watercress, fregola, chilli, garlic and pedro ximénez vinegar</i>	26
<i>n.t. black figs, woodside goats cheese, chive and hazelnut cannelloni, jamon, rocket and balsamic</i>	26
<i>lemon and pepper seared yellow fin tuna, lime, wasabi and avocado mousse and gazpacho salsa</i>	28
<i>seared atlantic scallops, pancetta, chardonnay vinegar, green pea, mint and eschallot salad</i>	28
<i>macadamia and herb crusted n.z. scampi, roasted shellfish aioli and salsa piccante</i>	28
<i>spaghetti of hand picked alaskan king crab meat, garlic, chilli, white wine and grape tomato</i>	28 / 38

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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, crisp sage leaves, pine nuts, brown butter and lemon</i>	42
<i>pan-fried crumbed king george whiting fillets, kipfler potatoes, aioli, preserved lemon and cornichons</i>	42
<i>steamed murray cod, cannellini beans, enoki and oyster mushrooms, pencil leeks, white truffle butter and chives</i>	45
<i>oven roasted tiger flathead, carrot and cumin puree, king prawn, pickled carrot, prosciutto and baby coriander salad</i>	42
<i>crispy skin ocean trout, seared calamari, zucchini flowers, heirloom tomatoes and caper vinaigrette</i>	39

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 rangers valley, glenn innes, aged 30 days, 300 days grain fed angus beef, marble score 3+	55
300g sirloin , garlic, parsley and primo extra virgin olive oil grass fed coorong angus beef from south australia, aged 30 days	45
330g scotch fillet , garlic, parsley and primo extra virgin olive oil rangers valley glenn innes 300 day grain fed angus rib fillet (graded to manta's specifications)	52
500g t-bone , garlic, parsley and primo extra virgin olive oil selected and wet aged, grass fed 100% limousin beef from southern queensland	43
500g rib-eye , garlic parsley and primo extra virgin olive oil gippsland, vic, black angus, grass fed, dry aged for six weeks	59

choice of sauces - béarnaise - salsa verde - roasted chilli

600g black angus eye fillet , northern nsw, grain fed rangers valley, marble score 3+, roasted bone marrow, field mushroom, mixed greens and hand cut chips (selected to manta's specifications, suitable for two)	129
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wagyu rib-eye roasted on the bone , field mushroom, roasted bone marrow, garlic, parsley and primo extra virgin olive oil export quality kobe cuisine from qld, marble score 5+ (suitable for 2)	market price
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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>	9.5
<i>mixed greens, garlic, chilli and lemon</i>	9
<i>roasted swiss brown mushrooms, button mushrooms, parsley and butter</i>	13
<i>baby iceberg, radicchio, spanish onion, cherry tomatoes and cucumber</i>	9
<i>hand picked rocket, red sorrel, black figs, parmesan, hazelnuts and white balsamic</i>	10.5
<i>heirloom 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>carpaccio of pineapple, watermelon and passionfruit with kiwi and basil granita</i>	16
<i>amaretto pannacotta, poached amarena cherries, white chocolate and ginger bread soil</i>	16
<i>amedei chocolate fondant, blood orange ice cream, burnt orange glaze and sesame tuile</i>	18
<i>vanilla mousse, mango jelly and almond meringue slice with coconut sorbet</i>	16
<i>caramelised banana, fig and passionfruit pavlova, raspberry jelly and baby mint</i>	16
<i>hand made selection of ice cream and sorbet</i>	15
selection of petit fours and macarons	12

Cheese

<i>saint angel – cow’s milk – france</i>	<i>fresh dates</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, prune puree</i>	50g / 17.50
<i>saint agur – cow’s milk – france</i>	<i>pear, walnut, white truffle 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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