

FRATINI'S RESTAURANT
FRATINI'S
KOTA KINABALU BRANCH
 GROUND FLOOR AND FIRST FLOOR, UNIT NO.10
 BLOCK B, WARISAN COMPLEX, KOTA KINABALU SABAH
 TEL NO: 088 484333/088 484733 / FAX NO: 088 484398

CHEF'S SPECIAL

PASTA D PENNE IN ZAFFERANO CON SALMON
 Penne pasta sauté in saffron sauce served w/ grilled salmon.
 RM 45.00++

PASTA BROCCOLO DEL MERLUZZO
 Spaghetti sauté in extra virgin olive oil, garlic, chili, & broccoli w/ cod fish top.
 RM 45.00++

BISTECCA COTTA DI SPAGHETTI PASTA
 Spaghetti pasta in arrabbiata sauce served w/ grilled 1.5kg steak.
 RM 45.00++

RISO CON GAMBRETTI DI FRUTTI DI MARE
 Italian rice w/ fried tiger prawn braised in light tom. sauce & mixed seafood.
 RM 45.00++

RISO CON LA TIBIA DEL AGNELLO
 Italian rice w/ lamb shank braised in light tomato sauce.
 RM 45.00++

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 "Awarded membership of famous chef special committee for china cuisine association"

新海港海鮮大酒樓有限公司
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To eat the fruit, you have peel or cut the skin. The pearly white flesh of the fruit varies in quality and taste. A good rambutan is said to have firm and juicy flesh. Rambutan is usually eaten in fresh and raw or can be added to fruit salads or made into jams.



You can see clusters of rambutans in the people's compound during the fruit seasons. In fact some of the fruits will just dry up on the trees as the market is literally flooded with rambutan at this time.

Langsat fruits are also available during this season but there are less of them. This fruit which is smaller than duku is pale in colour. The fruits usually grow in a cluster. The skin exudes latex or sap even when it is mature; this makes it less welcome than duku.

And of course there is the durian. We usually call it 'King of Fruits'. The fruit is round to elongated in shape and is green when it is young. When it ripens it gets a tinge of bronze.

This fruit may sport sharp spikes but it does not deter enthusiasts from enjoying the custard-like aril which is whitish-cream to orangey yellow in colour.

A ripe durian produces a very strong smell that it is prohibited in most of the hotel and airplane in Malaysia.

Beside eaten fresh, it is also produced into various traditional products such as durian cake, durian ice cream or the fermented tempoyak which is eaten with the ulam or traditional salad.

Durians can be seen being sold in most roadside stalls and markets during the fruits season.

The Star fruit is oval in shape with five ribs or angles which give it a star shape when cut. When unripe, the fruits are green but when it matures it turn yellow or orange. It is juicy when eaten ripe but sometimes it is quite sour.

And of course there is the various type of bananas available alongside the seasonal fruits. There are different types of bananas. The Pisang mas is the short and sweet, Pisang rastali and Pisang Tanduk are often made into banana fritters. The most expensive banana in Sabah is the Pisang berangan. It is believed that one of these bananas is equivalent to full traditional meal nutrition for a day.

The Mangosteen is round in shape and the skin is light green when it is young and will eventually turn to reddish or dark purple when it is ripe.

It takes about 15 years to

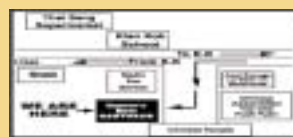
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grow a mangosteen tree before it is matures enough to produce any fruit. The flesh in the fruit is snowy white and nicely arranged in segmental form To eat the fruit, you have to cut the thick but yet soft cortex.

It is also called 'the Queen of Fruits' as it is believe to be cool in nature and will neutralized the heat from other fruit, such as. Durian, the King of the fruits.

Papaya varies in sizes, shape, colour and taste. The outer skin is smooth and always in green colour and will turn to yellow when it is ripe. It is



believed to be laxative in nature.

Ciku looks similar to a kiwi fruit except it has smooth, non hairy skin. Ciku is granulated and yellowish to pinkish brown in colour when it is ripe. t can be oblong or round in shape.

Ripe ciku is soft and sweet, but before it gets ripe it is hard with milky sap. It is normally eaten fresh.

When the skin is peeled, it will reveal light chocolate coloured flesh which is then sliced into pieces.

If you are going towards Sindumin or Lawas in Sarawak, you will see watermelons being sold along the road from papar right down to Beaufort. Watermelon is the best choice to quench your thirst on a hot sunny day.

Watermelon has herbaceous stem and tendrils and creeps on the ground. They are large round and green until they mature. Some people tap on the fruit to find out how ripe it is.

These and many other fruits will be available all over Sabah come September, so if you are involved in 'fruit tourism' or you just love to show off our fruits, get your guests to visit us during these months.