



THE DINING ARTISANS OF SARDINIA

STARTER

GREY MULLET MARINATO £ 21.00

Marinated in lemon & mint, bottarga carpaccio, ginger paste, shallots jam

OCTOPUS £ 21.00

Saffron erborinato drops, broad beans, roasted zucchini

PLOAGHE'S WILD BLACK PIG HAM £ 19.00

Pattadese knife cut, dried figs, pecorino shavings, balsamic gel

SARDINIAN COLD CUTS £ 32.00 (2 PERSONS)

Ploaghes black pig ham, wild boar sausage, pecorino cheese, pickles & artichokes

HOME MADE PASTA & RISOTTO

TAGLIOLINI £ 26.80

Mediterranean red prawns, cherry tomatoes, parsley mousse, fresh chili

MEDITERRANEAN RAVIOLI £ 22.60

Selected fish filling, red prawns' ragout, zucchini julienne, Campidano cream

MALLOREDDUS SARDI £ 19.00

Semolina gnocchi in lamb ragout & Casar tomato sauce with herbs

SARDINIAN AGNOLOTTI £ 22.60

Venison filling, velvet Gran Campidano, mushrooms, Cannonau myrtle berries

MUSHROOMS RISOTTO £ 26.00

Truffle sauce, Gran Campidano sauce, porcini mushrooms powder

MAIN COURSE

CORVINA FILLETS £ 23.50

Backed in herbs crust, roasted red onions, tomato & oregano jam

BLACK PIG FILLET £ 24.00

On velvet zucchini & spinach cream, black truffle drops, crispy ham

SARDINIAN TRADITION

PO CUMENZAI (starter)

PANI FRATTAU £ 12.90

Carasau in lamb broth, tomato sauce, pecorino cheese, poached egg

Let's start by saying that the name of 'Pane Frattau' derives from the use of broken pieces of 'Pane Carasau'. It is said that the dish was born during the outbreak of the Second World War, during which the peasants, in order not to surrender to misery, were forced to work out to feed themselves by creating a complete dish with the ingredients they had available in the pantry; in this way they could consume the remains of 'Pane Carasau' by boiling them in water, placing them on a plate, covering with grated pecorino cheese, tomato sauce making sure not to throw anything away.

SU PRIMU PRATTU (pasta)

CULURGIONES £ 18.80

Ravioli filled with potato, mint & pecorino cheese in tomato & basil

Culurgiones hail from the Sardinian province of Ogliastra where I come from, Lanusei. They are filled with potato, mint, Sardinian Pecorino cheese, served with a simple tomato sauce. Their distinctive closure takes practice and deft hands to master, when done properly, the front seam of the dumpling resembles a wheat spike.

A SIGHIRI (main course)

SA PANADA E ANZONI E PISU £ 24.80

Semolina pastry filled with lamb stew, green peas, potatoes and dried tomatoes

The traditional recipe of Sardinian panada varies from area to area but the best known municipalities are those of Assemini, Oschiri and Cuglieri. However, it is Assemini's "Sa Panada" that recently became part of the National List of traditional products. The specialty of the town a few kilometres from Cagliari has, in fact, obtained ministerial recognition and a certification that certifies its quality and origin. The path towards this goal dates back to 1987 when a folk group from the city of Assemini decided to establish the first "festival of Sa Panada" which is currently held on the first weekend of September. An important certificate also came from the doctor Roberto Pili of the World Longevity Community, who confirms the quality of this tasty dish: "Sa panada, which can be represented as a cultural-anthropological asset, summarizes the nutritional needs of a complete meal: a real jewel of the Sardinian-Mediterranean diet, a successful synthesis between taste and health".

SU DRUCCI ANTIGU (dessert)

SEBADAS £ 11.00

Deep fried pastry, filled with pecorino & citrus zest, topped with Sardinian honey

This ancient dessert nowadays is offered in every season and time, while once it was mainly packaged for the Easter holidays. It was mainly prepared with soured fresh sheep's cheese. It took on round shapes as large as a plate and more diffusely in round or square shapes for small individual portions. They could have been sweet preparations, because they were flavoured, after frying, with honey and rarely even with sugar. The main ingredients are: semolina mixed with lard which wraps slices of fresh sour pecorino cheese, grated lemon zest and honey. As soon as it is ready, it is fried in abundant extra virgin olive oil, or as in the past, even the lard. As soon as it is drained, it is seasoned with abundant and excellent local honey.

ARTISANS OF SARDINIA

Set Lunch

2 courses £ 19.80*

Monday to Saturday 12pm 2.30pm

STARTER

PANI FRATTAU

Carasau in lamb broth, tomato sauce, pecorino cheese, poached egg

PLOAGHE'S WILD BLACK PIG HAM

Pattadese knife cut, dried figs, pecorino shavings, balsamic gel

PASTA

CULURGIONES

Ravioli filled with potato, mint & pecorino cheese in tomato & basil

MEDITERRANEAN RAVIOLI

Selected fish filling, red prawns' ragout, zucchini julienne, Campidano cream

MAIN COURSE

CORVINA FILLET

Backed in herbs crust, roasted red onions, tomato & oregano jam

BLACK PIG TENDERLOIN

On velvet zucchini & spinach cream, black truffle drops, crispy ham

DESSERT

ARTISANS TIRAMISÙ

Espresso coffee & filu e ferru

CHOCCOLATE PANNA COTTA

Vanilla scent almonds flour crumble, wild berries jam, crunch baby meringues

*Doesn't include pasta and main as 2 courses set

DULCIS IN FUNDU

ARTISANS TIRAMISÙ £ 9.00

Espresso coffee & filu e ferru

CHOCOLATE PANNA COTTA £ 9.50

Vanilla scent almonds flour crumble, wild berries jam, crunch baby meringues

HAZELNUTS SEMIFREDDO £9.95

Villacidro's Saffron & anisette scents, Abbamele honey & pollen

VANILLA ICE CREAM £ 9.50

Truffle oil, Maldon salt, crushed hazelnuts

SEBADAS £ 11.00

Deep fried pastry, pecorino cheese & citrus zest, honey

SARDINIAN CHEESE SELECTION £ 19.60

Served with dry fruits, & homemade berries jam

Match your dessert with a lovely glass of:

Hermes Isola dei Nuraghi IGT Tenute Soletta 2018

£14.00

Made with late-harvest Moscato grapes, this light amber dessert wine boasts evolved aromas of caramel, roasted chestnuts, honey and dried apricot.

Dried ginger and sharp resin characterize the close.