

Ancient Grains
A la Carte Menu
Family Recipes From the Sardinian Tradition

Small Plates

Favette alla laconese

Broad beans with onion, Italian extra virgin olive oil and fresh melted Sardinian pecorino cheese **£9**

Melanzane alla Bore

Slowly cooked aubergine with garlic and tomatoes with Italian extra virgin olive oil **£9.5**

Cocci de tamatta

Sardinian Tortino with courgettes onion tomatoes Sardinian pecorino cheese & eggs. **£9**

Ricotta Mustia

A very fine and rare Sardinian smoked ricotta cheese served with a warm homemade pears mousse and Sardinian flat bread. **£11.5**

Polpetti alla diavola

Baby octopus slowly cooked in a rich tomato chili, garlic, extra virgin olive oil and wine sauce, served with sourdough bread. **£13**

Gamberoni grigliati

Grilled red king prawns sautéed in Vernaccia wine and extra virgin olive oil, **£12.5**

Main Courses

Malloreddus al Ragù di Pesce

Homemade and handmade fresh pasta with fish ragù **£19**

Campidanese

Homemade and handmade fresh pasta with Sardinian sausages ragù. **£19**

Ravioli al Ragù di Cinghiale

Homemade and handmade ravioli, stuffed with ricotta, pecorino cheese and saffron with a 6 hours slowly cooked wild boar ragù sauce. **£23**

Favata di Maiale alla Laconese

A traditional succulent pork stew, with broad beans and pork belly. **£ 23**

Agnello al Limone

Grilled lamb in lemony sauce, served with tenderstem broccoli and fresh fried potatoes **£23**

Culurgiones

Sardinian handmade and homemade pasta pockets, filled with potatoes, mint, pecorino cheese and extra virgin olive oil, *tomato sauce or butter and sage. **£19**

Ravioli di Ricotta e Pecorino

Homemade and handmade ravioli stuffed with ricotta pecorino cheese and saffron, in tomato sauce or butter and sage **£19**

Please let us know if you have any allergy