

VEGGIE STYLE

Carasu bread cigars stuffed with Chickpeas Humus TAHIN Mint Cucumbers
Crispy Fruit & Vegetable tartar Citrus Zest Touch minced Pecans Almonds & Pumpkin seeds

Baby Zucchini field with white Red Wild Rice Coconut TomYum

Really thin Wild Fennel Dark Olives sweet roast Peppers Gaspacho dressing
Wild Grain Spaghetti with fresh Aglione Sweet Tomatoes Avocado & Coriander
Fregola - Sardinian Cous Cous with Chicory Chilli Spring onions Caramelized 3 colors Carrots

Panzanella of fried rustic Bread Cubes Nuts Pink Pepper Rosemary Onions
Fresh Tomatoes Basil

Aubergine dumpling - delicately cooked softened in squeezed coconut milk,
pressed with aromatic herbs Braised in lava stone

Roast Potatoes in Millefoglie, flavoured with rosemary

3 colors Potato - Steamed open topped with olive pesto Almonds Ginger
Tarragon evoo

SWEETS

Amaretti crumble Green Apple Mango Melon cubes Crunchy Pistachios
Honey & Limoncello dip

Refreshing Sorbetto Watermelon

Sambuca Granita The Original

MARE SEA STYLE

Blue Fish Carpaccio spicy radishes Fresh Coconut Ginger Mayo

Prawns salad Veggie Carpaccio on CARASAU TACO

Octopus Pickled Veggie Potatoes green Beans Salad Vermentino Wine & EVOO reduction

Braised Dorada Bites Broccoli Black Olives Cucumber EVOO & Lime

Tortello Mashed Pots Sardins Cappers Gazpacho Sauce fresh Cilantro

HandMade Farfalle Zucchini Flower Dried Tomatoes fresh chilli Coriander

Durum wheat Spaghettone Clams Garlic Cives Crunchy Pepper

Fried Calamari Wasabi Dip & FreshTop Lime

From the Sea to Your Pot.. Seafood Risotto Wild Rice

Fish fillet on Jumped Chicory black Olives Yogurt & Pumpkin OliO

Mullet

Mussels spa ..Smothy Tomato & Chilli served on Maxi durum wheat burger with dried tomato Panzanella

Wild Fish Pocket Spinach & Tre colors Yung Peppers Red wine reduction

SWEETS

Tiramisù but.. HomeMade Sponge Fingers soaked of Limoncello Liquor Layered with Figs & Chocolate 90%

Wild Baby Pear Pastry Roll crispy PineNuts Ginger & Honey Pesto

Classic & Fresh Affogato al Caffè

CoccoNut Iced creams Fruit Trattare and Aperol Flame

MEAT STYLE

The Quinn Tomatoes Basil Mozzarella Bruschetta

Different aged cheeses served with ripe figs Hazelnuts and pears cooked in red wine Il re Melon Cantaloupe Prosciutto Cured meats Various Italian regions

Mini Faleffel Veggie Carpaccio TzaTzichi dip

Wild Rice Artichokes Pecorino & Pinuts

Gnocchi Wild Fennel fresh Garlic dried Tomatoes Mint
Grana Cheese

Wild Red Rice With Porcini Mushrooms Tom Dried Chicken Cooked With
Charcoal Asparagus Purple Basil

Pork Rack Top Ribs Spiced Really Slow Cooked GrandMa Style

Sardinian Beef Manzetta Braised Pink at the heart Mix of Sprouts and
Cubotto of Red Turnip Baked Pumpkin Capers flower and Cumin Nuts

Lamb Tender Loin Delicate Touch of Mediterranea Crudaiola

New Potatoes Jumped with Rosemary & Juniper

Celleriac Green Beans & Potatoes Mustard dip

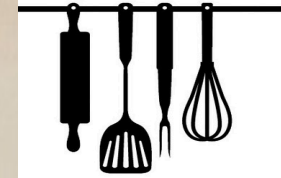
SWEETS

Traditional HandMade Almonds pastry Bites with Frozen Mirtoliquor
Sorbetto

Aranzada Nuoresa Cocco Nut Ice Cream & Dill

Crispy Thin Cannolo Fuit Orange zest And Bitter Chocolate





RAW IS ON

- 100% quality and safety certified !!

WE Do NOT alter Natural food Composition for High Digestibility Top Taste

Land

White Celery – Green TomYum gaspacho Crunchy Pecans

Mango Melon Ceviche Wild Apple Citrus Zzzest SPICY Aranzada Nuoresa

Wild Spinach Strawberry tree Shallot & Borage in Bloom dressing Myrtle Vinegar Honey & EVOO

Porcini Mushroom & Asparagus Tartare Smashed AppleQuince Fennel wisp Pumpking oil and ... a bunch of seeds

Sea

Natural Oysters Shallot & Apple vinegar dressing served with black bread herbered Margarine FingerLime

Prawn crunchy Dill & Fennel whow..sabi Mayo & Cardmomo

Little Falaffel ITALiano Scampo Pistachos Macadamia Bitter Olive pesto Oregano flower petals

Tuna Taco Fennel Cellery Pinapple Radish Cucumbers Cumin Mint Yogurt Hotness of Cilly

Salmon Papillote thaiStyle Ginger Veg & Green CoccoCurry



Mediterranean NEW FOOD STYLE that goes back to its origins but .. Making a big Effort respecting Animals & Environment !

It is a dietary approach based on our genetic makeup .
The "U o m o" has progressed in many areas, but the genetics are "equal" to P a l e o l i t h i c E r a

So... O n l y S e a s o n a l food returns to the Paleolithic ..

Porcino Mushroom Chips Veghino Cheese = **based on pressed almonds and fatty herbs and mastic berry oil**

Crunching Bacon Soft Top Tahini Hummus

Wild Rice Spicy Artichoke shredded Lamb Tzatziki rice shredded and flavored on Sardinian lava stone

Carasau Azzurro Pie- Crunchy Taco Pocket - contains Sardines Raisins Olives Celeriac Cream Pine Nuts EVLO (Lentisk OIL)

Filindeu Sardo Pasta.. Thin Purple threads wrap Prowns Spinach Sprout & Zucchini flower petals delicate Olive Paste

Durum wheat Bruschetted Garlic Bread BroadBean Hummus & Mint Ricotta Salata River Roasted Eel & Grapes

Chicory Threads Calamari Chard EVOO Pesto Cumin Garlic Radish Spinach Bitter olives

Charcoal Tofu Dense Of Lentils Friarelli Smoked Ham & Sardins deep

Mussels "spa .. Open in earthenware /lava S t o n e Tomato Chilli Coriander Coconut EAPS OF Cives

Dates & Duck Hazelnuts Bamboo Kebab meets three colors Beets Turnip Beans Mashed potato Salted Cumin butter

SWEETS

Sweet Figs Pastry VinoCotto Taste Lime Nuts pink pepper Pesto

Fresh Goat Cheese Candied Citrus Zzzest SabaDressing Nutmeg

Mango Tateen Ice Cooconut 70% Darck Chocolate





SI VEGAN PLANT BASED

CHEF FOR YOU
RESPONSE • ITALIAN • PERSONAL • CHEF

Dishes you don't expect .. **Tasty - Healthy - Light** = 100% SUSTAINABLE

Me-Stacke Braised Red Turnip marinated with Saba Steamed Fennel EVOO Cashews & Many
Many Seeds Crumble

Spinach Tom Yum Crispy Chestnuts Fainè

Undercooked three Kales Broad Beans Greens Spring Onions Carrots & Tahina Sauce Pumpkin
oil

Olive falafel lemon crumble Pink pepper Ginger Coriander smashed Celeriac

Crunchy Panzanella made with Beetroot Wild Roasted Asparagus Striped Tomato Onions & Crostoni
EVOO & OLIVS

The Four famous Beans Topinambour Turmeric Oil & Pumpkin Seeds

Marinated Potato Tortilla Mustard Tarragon Sweet Garlic

Cardamom Carasau different Taste

Avocado guacamole -Tzatziki - Carrots and Turmeric - NutsCheese Crunchy fennel

Cabbage Papillot Soya Beans in Spicy Cream HorseRadish Tofu Calabrese Very Hot !!
Red Lentils Lime Chilli Chervil Thistles Puff Pastry fresh Spinach

How Sweet & Friendly You can be...

Bon Bon Dried Fruit Coconut Alcoholic Ribesssss Chocolate Sauce

3Di .. Caramelized Vegetables on crunchy disc Cumin biscuit VeggyMou

Ciliegie sotto Spiritose (Under Spirit) Puff Pastry & whipped Cream

Prickly Pear Sorbet