

LA CUCINA DELLA MARMILLA



BENVENUTI

Immerse yourself in a sensory journey of flavors and discover a true sense of place. Our dishes are a reflection of the tastes, people, and history of the Marmilla region.

Through our cuisine and our wines we aim to keep our traditions alive as well as celebrate and protect the rich heritage of our land.

By sharing this experience with us you will become an ambassador of Marmilla.



THE ROAD TO ARIEDDAS

Explore the flavors of Marmilla through a unique tasting experience which features a selection of 7 specially curated bites

44 €

Paired with wine

16 €

Selection of three Bonesa cured meats

12 €

Selection of three artisan cheeses

(7)

12 €



TO START

“Our chef suggests ordering different plates to share with your table companions.”

Tomato tartare

12€

Tomato tartare, roasted tomato, oregano oil, figs, almonds and citrus

Suggested wine pairing: Su'brì Bianco Brut

(8)

BBQ watermelon

12€

Chargrilled watermelon, basil pesto and fresh herbs

Suggested wine pairing: Nina Rosè Bovale Rosato Isola dei Nuraghi IGT

(7, 8, 9)

Kofta

13€

Lamb and pork kofta skew with mixed seeds, spices and yogurt sauce

Suggested wine pairing: Su'aro Marmilla Bianco IGT

(7, 9, 11)

Melon carpaccio

11€

Marinated melon, melon dressing, lemon and chilli

Suggested wine pairing: Su'anima Cannonau di Sardegna DOC

Fried pizza

12€

Fried pizza with Bonesa shoulder ham, watermelon and cucumber

Suggested wine pairing: Su'brì Rosè Brut

(1, 7)

Braised courgette

12€

Slow-cooked courgette, meat jus, wine reduction, aromatic herbs and pecorino cheese

Suggested wine pairing: Tèrruas Vermentino Superiore Cagliari DOC

(7, 12)

The “Special day” egg

12€

Fried eggs, roasted tomato, pecorino cheese and basil

Suggested wine pairing: Su'diterra Bovale Marmilla IGT

(3, 7)

Eggplant steak

12€

Purple eggplant, tomatoes, peaches and pecorino cheese

Suggested wine pairing: Nina Rosè Bovale Rosato Isola dei Nuraghi IGT

(1, 7)

Arieddas' fries

10€

Fresh potatoes accompanied by the dressings of the day

Suggested wine pairing: Su'brì Bianco Brut



FIRST COURSE

Lorighittas with 'the farmyard ragout'

15€

Plaited, ring-shaped handmade pasta served with a ragout of mixed meats from small farmyard animals and marinated chicken egg

Suggested wine pairing: Su'anima Cannonau di Sardegna DOC

(1, 3, 7, 9)

Chilled fregula with crunchy vegetables

15€

Artisan fregula, herb courgette cream, bottarga and herb oil

Suggested wine pairing: Su'imari Vermentino di Sardegna DOC

(1, 4, 7)

Risotto, tomato & myrtle

15€

Risotto, tomato extract and myrtle-infused oil

Suggested wine pairing: Tèrruas Vermentino Superiore Cagliari DOC

(7)

Tagliatelle alla parmigiana

15€

Fresh tagliatelle, eggplant cream, tomato, parmesan and basil

Suggested wine pairing: Tèrruas Cannonanu di Sardegna Riserva DOC

(1, 3, 7)

Filindeu in sheep broth

15€

Ancestral Sardinian pasta in a rich sheep consommé

Suggested wine pairing: Su'diterra Bovale Marmilla IGT

(1, 9)



MAIN COURSE

All meat and fish dishes are chargrilled for enhanced centuries-old flavors that come with a contemporary twist

Sanluri sheep 17€

Local sheep from the Sanluri countryside

Suggested wine pairing: Su'nico Bovale Marmilla IGT

(9)

Roast beef slices 17€

Roast beef, meat jus, mustard and almonds

Suggested wine pairing: Su'diterra Bovale Marmilla IGT

(8, 9, 11)

Rabbit with Vermentino 16€

Pan-cooked rabbit with aromatic herbs and Vermentino wine

Suggested wine pairing: Tèrruas Vermentino Superiore Cagliari DOC

(9, 12)

Chicken bombetta 16€

Bbq chicken thigh, bonesa pancetta, pecorino cheese and parsley

Suggested wine pairing: Su'anima Cannonau di Sardegna DOC

(7)

Upside down veggie pie 15€

Puff pastry with fresh homegrown vegetables and wild herbs pesto

Suggested wine pairing: Nina Rosé Bovale Rosato Isola dei Nuraghi IGT

(1, 7, 8)



DESSERT

Arieddas ice cream

9€

Traditional custard ice cream served with the best seasonal ingredients from our land

(3, 7)

Chocolate and cherries

9€

Chocolate mousse, baked cherries and chocolate shortbread

(3, 7, 12)

Moscato granita

9€

Passito Muscat sweet wine granita, peaches, sage and whipped cream

(7, 12)

Brûléed fig

9€

Caramelised fig carpaccio, crème anglaise, sapa wine sauce, almonds and oregano oil

(3, 7, 8)

Sanluri-Brest

9€

Almond choux pastry, custard, whipped cream, white chocolate and almond ganache

(1, 3, 7, 8)



DRINKS

Water 0,750 l	2,5 €
Bottle Smeraldina Still Water 0,750 l	3 €
BioPlose organic pear juice 200 ml	4 €
BioPlose organic peach juice 200 ml	4 €
BioPlose organic and frizzante cola 275 ml	4 €
BioPlose organic and frizzante gassosa 275 ml	4 €
BioPlose organic and frizzante chinotto 275 ml	4 €
BioPlose organic and frizzante orange juice 275 ml	4 €
BioPlose organic and frizzante lemon juice 275 ml	4 €
BioPlose peach flavored tea 275 ml	4 €
BioPlose lemon flavored tea 275 ml	4 €
'Ruju' myrtle liqueur - IstintoSardo	5 €
'Arbe' white myrtle liqueur - IstintoSardo	5 €
'Santeria' licorice liqueur - IstintoSardo	5 €
Mirto Pilloni' myrtle liqueur - Silvio Carta	5 €
'Limonello' lemon liqueur - Silvio Carta	5 €
'Orange' orange-based liqueur - Silvio Carta	5 €
'Bomba carta' amaro (bitter liqueur) - Silvio Carta	5 €
Vernaccia-based grappa - Silvio Carta	5 €
Oak-aged Bovale-based grappa - Su'entu	5 €
Calvados, Armagnac, Wiskey and Rhum	12 €
Gin Tonic	12 €
La Reserva de iTierra! espresso - Lavazza	1,5 €
Decaf coffee	1,5 €
Cappuccino	2 €



Allergen index

Gluten 1, Crustaceans 2, Egg and egg-derived products 3, Fish/Fish products 4, Peanuts 5, Soy 6, Milk and milk products 7, Nuts 8, Celery 9, Mustard 10, Sesame 11, Sulphur dioxide and sulphites 12, Lupins 13, Mollusks 14.

Food allergies and intolerances

The items/ingredients designated with an asterisk (*) may have been subjected to blast chilling/freezing and stored at -18°C in order to guarantee the absolute integrity and safety of the product(s) in full compliance with the HACCP Plan pursuant to EC Reg. 852/04 and EC Reg. 853/04.

The items/ingredients marked with two asterisks (**) might have been purchased/sourced