

LA CUCINA DELLA MARMILLA

ARIEDDAS

The logo for ARIEDDAS features the brand name in a clean, sans-serif font. The letter 'A' is teal, 'R' is black, 'I' is black, 'E' is light brown, 'D' is orange, 'D' is black, 'A' is teal, and 'S' is black. A black wavy line starts from the bottom of the 'R' and extends to the right, ending under the 'S'.

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 €

Bonesa Charcuterie Sharing with Artisanal Cheeses

A curated selection of Bonesa cured meats—crafted from 100% Sardinian, semi-free-range animals with authenticity and respect for tradition—and a selection of cheeses from small local producers.

20 €



TO START

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

Marinara meatballs

12€

Fried beef meatballs served with marinara tomato sauce.

Suggested wine pairing: Su’anima Cannonau di Sardegna DOC

(1, 3, 7)

Onion “Cotoletta,” mustard, and honey

11€

Margherita onion salt-baked and fried, served with mustard and honey

Suggested wine pairing: Su’bri Rosé Brut

(1, 3, 4, 7)

Artichoke, sheep’s ricotta, herbs

11€

BBQ artichoke, fresh sheep’s ricotta and herb pesto

Suggested wine pairing: Su’imari Vermentino di Sardegna DOC

(7, 8, 12)

Marinated pork skewer, herbs, and orange Jus

11€

Marinated pork skewer grilled on the BBQ

Suggested wine pairing: Su’anima Cannonau di Sardegna DOC

(7)

Egg, spring onion, potatoes, and almonds

12€

Egg frittata, spring onion, almonds, potatoes, pecorino cheese, and arugula

Suggested wine pairing: Tèrruas Vermentino Superiore Cagliari DOC

(3, 7, 8)

Strawberry gazpacho with spring vegetables

11€

Strawberry gazpacho, peas, spring onion, and leek oil

Suggested wine pairing: Su’aro Marmilla IGT

(1)

Pane lentu, pork, casizolu

12€

Pane lentu flatbread, smoked pork, swiss chard and Casizolu cheese

Suggested wine pairing: Su’diterra Bovale Marmilla IGT

(1, 7)

Local sheep sausage

12€

Grilled sheep sausage with marjoram

Suggested wine pairing: Nina Rosé Isola dei Nuraghi IGT

(12)

Arieddas’ fries

10€

Fresh potatoes accompanied by the dressings of the day

Suggested wine pairing: Su’bri 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)

“Dirty pasta”

15€

Fresh pasta, wild herbs, and pecorino cream

Suggested wine pairing: Tèrruas Vermentino Superiore Cagliari DOC

(1, 3, 7)

Risotto, marrow, Bovale

16€

Risotto with bone marrow, Bovale wine reduction and spices

Suggested wine pairing: Tèrruas Vermentino Superiore Cagliari DOC

(7, 12)

Tagliatelle with wild fennel, pecorino, and black pepper

15€

andmade tagliatelle, wild fennel cream, pecorino cheese, and black pepper

Suggested wine pairing: Su’aro Marmilla IGT

(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

BBQ Beef hanger steak (Parasangue) 17€

Beef diaphragm cooked on the barbecue, served with marinated and smoked fennel

Suggested wine pairing: Tèrruas Bovale Marmilla IGT
(9)

Mutton from Sanluri 17€

Locally sourced sheep meat

Suggested wine pairing: Su'nico Bovale Marmilla IGT
(9)

Spring Chicken, lemon e rosmari 16€

BBQ-marinated spring chicken with purple potatoes

Suggested wine pairing: Su'diterra Bovale Marmilla IGT
(3, 6, 9)

Marmilla's fried pork 16€

Breaded pork cutlets, citrus and almonds.

Suggested wine pairing: Su'anima Cannonau di Sardegna DOC
(1, 3, 8, 9)

Upside down veggie pie 15€

Puff pastry with fresh homegrown vegetables and wild herbs pesto

Suggested wine pairing: Nina Rosé Bovale Isola dei Nuraghi IGT
(1, 7, 8)



DESSERT

Artisanal soft serve ice cream

9€

Our artisanal soft serve, topped with the best seasonal and local ingredients
(7, 8)

Chocolate fondant cake

10€

60% dark chocolate fondant cake with chocolate ganache and crème anglaise
(1, 3, 7)

Apple & rose millefeuille

9€

Apple millefeuille, custard cream, rose petals and almond crumble
(1, 3, 7)

Cannolo with ricotta, vanilla, and citrus

9€

Cocoa cannolo shell, vanilla-infused sheep's milk ricotta, and mandarin orange
(1, 3, 7, 12)

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