

# Ancient Grains

Evening pre-order Menu

Our “pre-order” menu is created for people who don’t mind to pre-order their food at least 1 day in advance.

The “pre-order menu” has a wider selection of Sardinian dishes and more articulated options, that most of the time, require long hours slowly cooking or long hours marination, as the authentic recipes recommend, for this reason we need to know in advance what your choices are.

If you’d like to choose from the pre-order menu please let us know your choices at your earliest convenience. Thank you 😊

## ***Antipasti di Mare (fish starters)***

- Scabecciu**; A traditional starter from Cagliari; fried cod marinated in a delicious sweet and sour tomato and onions sauce. £9
- Polpetti alla Diavola**; Traditional starter from Cagliari, baby octopus slow cooked in a rich chili, garlic and wine sauce, served with sourdough bread. £12.5
- Calamaretti fritti**; A Classic starter from Sardinia, crispy deep fried small squid seasoned with maldon salt flakes and lemon. £9 (gluten-free available on request )
- Insalata di pesce spada**; Traditional from Cagliari, marinated Swordfish served on mixed salad and pickled red onions. £12
- Ostriche**;  
4 New Zealand finest Oysters £15

## **Antipasti di terra; (Meat, cheese and Vegetables Starters)**


- Tartare di manzo**  
Beef tartare £13.9  
(Naturally GF)
- Su talleri Pezza e Casu**;  
Platter with a selection of the finest, Traditional Sardinian cheese and Sardinian Cured meat, crudités and Pani Guttiau; traditional Sardinian flat Bread.

£23 \*for 2 or £12pp

•**Su Talleri Pezza;**

Platter with a selection of the finest Sardinian cured meat, crudités and Pani Guttiau; traditional Sardinian bread. £23 \*for 2 or £12pp  
(Dairy Free)


•**Cocci de Tamatta;**

Traditional starter from Jerzu a small village in the middle of Sardinia.  
Tortino (little savory cake) with courgettes, onions and pecorino cheese. £9 

•**Pecorino arrosto;**


A very simple and delicious traditional starter from Sardinia, homemade sourdough with aged grilled Sardinian pecorino cheese. £8 

**Melanzane Alla Bore;**


Succulent oven baked aubergine in tomato sauce and garlic, served with homemade sourdough. £9   
(G.F. options with **gluten-free** bread.)

## ***Main Courses***


•**Culurgiones al sugo e Pecorino;**

Traditional Sardinian handmade stuffed fresh pasta pockets. Freshly made and filled with potatoes, mint, our best pecorino cheese served with a delicious tomato sauce and grated mature topped with grated Sardinian pecorino cheese. £19 

**Risotto ai Carciofi;**

A Sardinian traditional risotto with artichoke hearts deliciously “mantecato” in extra virgin olive oil.   
(naturally **gluten-free**) £22

**Risotto ai funghi porcini;**

Another very popular Sardinian risotto made with porcini mushrooms  (naturally **gluten-free**) £22

## **Pisci** (fish dishes)

•**Risotto alla Pescatora;**

Risotto with our best seafood selection  
£23 (naturally **gluten-free**)

•**Triglia alla salsa ai capperi**

A very ancient recipe from Sardinia, grilled red mullet filets, served on a bed of pecorino cheese mashed potatoes and capers sauce. £26

(Preferably 2 days pre order otherwise ask if available please)

•**Zuppa di pesce alla casteddaia;**

A succulent traditional fish stew from Cagliari made with: mussels, clams, wild catch Argentinian tiger prawns, sardines and red mullet and potatoes served with sourdough bread. £26

(gluten-free bread available on request naturally dairy-free)

•**Linguine all'astice (minimum two people)**

(Minimum 4 days in advance pre-order, otherwise ask if it's available please )

Fresh linguine pasta with a Whole lobster to share in a scrumptious marinara sauce with fresh tomatoes. £78

•**Spigola o Orata al Cartoccio:**

(Minimum 3 days in advance pre-order, otherwise ask if it's available please)

Wild catch Sea Bream Or Sea Bass cooked in our traditional Sardinian way called "Cartoccio "

Basically the whole fish is stuffed with new potatoes ,sun dried tomatoes and garlic, wrapped in baking paper and oven baked. In this traditional way, the fish preserves all the nutrients and flavor. £27 (Naturally Gluten-free & dairy free)

•**Grigliata mista di pesce**

Marinated & Charcoal grilled fish selections, selections change on availability. Served with vegetables.

(Preferably 2 days pre order otherwise ask if available please. Naturally GF) £36

•**Fish Sardinian's Gastronomic Feast £70pp**

(minimum 2 people) An unique and authentic food experience, with starting platters, main platter and desserts platter. 1 jug of red or white wine is included plus a shot per person of Sardinian liquor served with the dessert platter.

**To Start:** Platters with New Zealand oysters, caviar croutons, homemade salmon pâté, prawn salad, canapés and crudités.

**Main platter:** a selection of marinated grilled fishes, king prawns, fresh salmon, sardines fillets, red mullet fillets, Tuna steaks or cod fillets. All marinated in our traditional way, grilled and served with grilled vegetable.

**Dessert platter:** A selection of Sardinian best sweets; pardulas, seadas, Sardinian amaretti and myrtle liquor

## **Pezza** (Meat dishes)

•**Malloreddus Alla Campidanese:** A traditional Sardinian handmade fresh pasta with a Sardinian sausage in a rich tomato sauce and sausages ragù. £19

(Homemade Gluten-free pasta available on request)

•**Arrosticini di pecora**

6 Grass feed mutton skewers, traditionally marinated in garlic and cannonau wine, grilled to perfection. Served with potato al cartoccio, ( wrapped oven cooked potato), with homemade sage flavored melted butter. £23

•**Lorighittas al Ragú di Cinghiale**

Homemade traditional Sardinian pasta with slow cooked wild boar ragú. £23

•**Grigliata mista di carne**

Marinated & Charcoal grilled meats selection, selection change on availability.

Served with vegetables.

(Preferably 2 days pre order otherwise ask if available please) £30

•**Meat Sardinian's Gastronomic Feast £70pp**

(minimum 2 people) An unique and authentic food experience, with starting platters, main platter and desserts platter. 1 jug of red or white wine is included plus a shot per person of Sardinian liquor served with the dessert platter.

**To Start:** Platters with a selection of Sardinian cheese and cured meat, pâté, fresh beef tartare and crudités.

**Main platter:** Grilled meat selection with Sardinian chipolata, pork, grass feed lamb and grass fed beef all marinated in our traditional way, grilled and served with vegetables sides.

**Dessert platter:** selection of Sardinian best sweets: pardulas, seadas, Sardinian amaretti and myrtle liquor.

(Preferably 2 days pre order otherwise ask if available please)

**Durci** (Dessert)

•**Amaretto e Angelo Rujo :**

homemade traditional Sardinian amaretto served with Angelo Rujo a fine sweet Sardinian wine £9,6

•**Seadas al Miele:** Seadas is one of the best known Sardinian desserts, simple, rustic and handmade deep fried pie, stuffed with lemon zest and fresh pecorino cheese, topped with Sardinian Eucalyptus honey. £9.60

•**Torta Pardula:** Traditional Sardinian cake made with Ricotta cheese, orange zest and saffron. £9.60

•**Affogato**

One scoop of vanilla ice cream and espresso coffee £6,20

**Plant Base options:**

**Starters:**

**Melanzane Alla Bore:**

Succulent oven baked aubergine in tomato sauce and garlic, served with homemade sourdough. £9

(G.F. options with [gluten-free](#) bread.)

**Bruschette:**

A Selection of bruschette; tomato and garlic, pan fried mushrooms; spinach homemade basil pesto and homemade cashew nuts cream. £8.5

([Gluten-free options with gluten-free bread](#))

**Main Courses:****Malloreddus pesto e pomodorini:**

Homemade Malloreddus pasta with homemade basil pesto and tomatoes £18

**Fregola Alle Verdure:** Tradizional toasted pasta from Sardinia with Mediterranean vegetables. £17

•**Panada alle Verdure:** Mixed vegetables pie.

Handmade vegetarian shortcrust pie filled with artichokes, sun blushed tomatoes, new potatoes, courgettes and mushrooms. £19.5 ([gluten-free available on request](#))

**Dessert:**• **Tartufi all'Arancia**

Dark chocolate orange truffle with cashew nuts, maple syrup and orange zest served on a bed of homemade vanilla ice cream €9

*\*If you have any allergies, please speak with us before your pre-order. Thank you.*

**\*All menu items are subject to change according to ingredients and seasonal availability.**