

Ancient Grains Menu

Sardinian Lunch Menu



Small Plates

Invidia Gratin

Grilled chicory with pecorino cheese sauce. £8.5

Melanzane alla Bore

Slowly cooked aubergine with garlic and tomatoes. £8.5 G.F.

Cocci de tamatta

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

Cocci Prena

Pecorino potatoes and mint Sardinian open pies. £9

Sartizzu e Casu

Sardinian cured sausage with Sardinian pecorino cheese and bread. £11

Salsiccia Grigliata

Grilled Homemade Sardinian sausage with onions. £11

Polpetti alla diavola

Baby octopus slowly cooked in a rich chili, garlic and wine sauce, served with sourdough bread. £12.5

Gamberoni grigliati

Grilled reg king prawns. £12.5 G.F.

Baccala' e patate

Fried potatoes cubes with cod garlic & parsley. £13 G.F.

Sardinian Platter

A selection of Sardinian cured meat and Sardinian pecorino cheese with canapés, £12.9pp or £24 for 2

With a glass of wine for 1 person £18

With 2 glasses of wine for 2 people £35

Lunch Mains

Lorighittas al ragù di gamberoni
Homemade Sardinian pasta with king prawn ragù. £18

Agliata di merluzzo
Cod filet in white wine and garlic tomato sauce served with tenderstem broccoli. £16.9 G.F.

Triglia grigliata
Grilled Mullet served with mash potatoes and peas. £18 G.F.

Campidanese
Homemade fresh pasta with Sardinian sausages ragù. £16

Salsiccia Grigliata
Grilled Homemade Sardinian sausage with onions and peas. £22 G.F.

Lorighittas al ragù di cinghiale
Homemade Sardinian fresh pasta with wild boar ragù. £22

Agnello al limone
Grilled lamb in lemony sauce. £22 G.F.

Culurgiones sugo o burro e pecorino
Sardinian homemade pasta pockets filled with potatoes mint and pecorino cheese *tomato sauce or butter and sage. £16

Salad

Mixed leaves, pecorino cheese, tomatoes, homemade pickled peppers, carrots, apple and bread. £15

Please let us know if you have any allergy⁺