

the routes frontemare

All the best of the Frontemare, three tasting routes designed by our chef.

the luxury of simplicity

BELLE DENTRO... COZZE FUORI! *Specialty*
Soup of our famous mussels, served with tomato sauce and crunchy croutons

"A&B" LINGUINE

Our famous linguine sautéed with clams, with and without shell and mullet bottarga

DESSERT OF YOUR CHOICE

30€ per person (at least 2 people)

best of Frontemare

SELEZIONE "FRONTEMARE"

A tasting of the best four starters, selected by the chef. Ideal to share

"A&B" LINGUINE

Our famous linguine sautéed with clams, with and without shell and mullet bottarga

DESSERT OF YOUR CHOICE

35€ per person (at least 2 people)

triumph of taste

POLPO SWEET & SOUR

Tentacle of fried octopus* with crunchy semolina on a cream of peas and cucumber with lemon

LINGUINE E TUTTO L'ASTICE

Specialty

Our famous linguine with lobster, creamed with its bisque and then served with a half lobster

MUGGINE IN CROSTA

Mullet fillet on rocket puree and bay leaf

DESSERT OF YOUR CHOICE

50€ per person (at least 2 people)

starters

fish

PLATEAU DE CRUDITÉ "FRONTEMARE"

Two red prawns "first choice", two scampi and four oysters | 43€

GAMBI DI GAMBERO

Shrimp* salad with rocket and radicchio, cherry tomatoes and glazed fruit | 15€

FLOWER SALMONE!

A tender salmon* carpaccio with purple cabbage, crispy leek and mousse of buffalo mozzarella | 15€

"SELEZIONE FRONTEMARE"

A tasting of the best four starters, selected by the chef. Ideal to share | 20€

Tip: add our fresh potato chips | +5€

OSTRICHE

Ask the staff about the variety of the day | from 4€ to 6€ each

POLPO SWEET & SOUR

Tentacle of fried octopus* with crunchy semolina on a cream of peas and cucumber with lemon | 16€

TARTARE SCOMPOSTA

Amberjack* tartare on home made crunchy vegetables and tomato water | 18€

BELLE DENTRO... COZZE FUORI!

Specialty

Soup of our famous mussels, served with tomato sauce and crunchy croutons | 14€

meat & vegetables

SELEZIONE DI FORMAGGI

A tasting of the best Sardinian and national cheeses served with honey and jam | 15€

FLAN FOREST

Soft flan with turnip tops, carasau bread powder, grains of fresh sausage and steamed broccoli | 12€

" *Cuisine is a sensory experience for us, a journey in search of lost fragrances and flavors to be rediscovered* "

first courses

fish

LINGUINE E TUTTO L'ASTICE

Specialty

Our famous linguine with lobster, creamed with its bisque and then served with a half lobster | 27€ (at least 2 people)

"A&B" LINGUINE

Our famous linguine sautéed with clams, with and without shell and mullet bottarga | 16€

SCRIGNO DI GAMBERO

Ricotta and shrimp bundle with citrus bisque and burrata cheese | 15€

A F-REGOLA D'ARTE

Fregola with clams, cherry and parsley sponge | 15€

TROFIE ALLA GENOVESE... SBAGLIATISSIMA!

Trofie with sea bream, zucchini cream and thyme | 15€

PASTA E PATATE ALLA MANIERA CAGLIARITANA

Handmade Malloreddus with mussels, potatoes and pesto made with basil and pine nuts | 14€

meat & vegetables

PANI FRATTAU

The typical Sardinian "pani fruttu", with layers of carasau bread dipped in tomato sauce and pecorino cheese and a poached egg on top. With a sprinkling of pepper crumble | 14€

SPAGHETTONE AL SUPER POMODORO

Our spaghettoni sautéed with tomato sauce and a generous sprinkling of Grana Padano Riserva | 13€

side dishes

FRESH POTATO CHIPS | 5€

MIXED SALAD | 5€

BAKED POTATOES | 5€

FRENCH FRIES* | 5€

BAKED VEGETABLES | 5€

* These products can be frozen or treated in a blast chiller as required by law

main courses

fish

IL FRITTO FRONTEMARE

Specialty

Always on the menu. With the best of the sea* and vegetables, floured and fried in hot oil.

Always crunchy and never greasy | 20€

FRITTURA DI CALAMARI

Only calamari*, lightly floured and fried in boiling oil | 18€

FILETTO DI PESCE

Baked fish fillet prepared in foil and served on sea soup | 18€

ORATA FERRO & FUOCO

Sea bream, from selected farms, grilled and served with salicornia | 17€

CALAMARO RIPIENO

Squid* stuffed with its pulp and breadcrumbs, sauce with tomato and cardamom fragrance | 16€

MUGGINE IN CROSTA

Mullet fillet on rocket puree and bay leaf | 16€

PESCATO DEL GIORNO

The taste of very fresh fish. Choose the cooking you prefer: baked in salt, the Grill, with Vernaccia, in Guazzetto.

From 7 € to 10 € every 100 gr

meat & vegetables

L'ENTRECOTE

Beef, served with Belgian endive and buttered mashed potatoes. Cooking on request, we recommend cooked rare | 20€

IL PUROSANGUE

The tender "parasangue" horse steak with radicchio and orange, we recommend cooked rare | 18€

IL BURGER*

Served at the plate with buttered mashed potatoes, "carasau bread" powder flavored with rosemary and cherry tomatoes | 18€

salads

CAESAR SALAD chicken, lettuce, bread croutons, parmigiano cheese, Caesar sauce | 10€

CAPRESE buffalo mozzarella, tomatoes, basil, organ, extra virgin olive oil | 10€

NIZZARDA* potatoes, green beans*, tomatoes, anchovies, tuna, onions, hard-boiled egg, black olive | 12€