

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

INVOLTINO DI ROSPO

Monkfish* wrapped in black cabbage, cream of cannellini beans, dust of cuttlefish ink and cherry tomatoes

LINGUINE E TUTTO L'ASTICE *Specialty*

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

QUALCUNO HA VISTO IL PRINCIPE RANOCCHIO?

Fillet of monkfish* stewed with Taggiasca olives, pine nuts and cherry tomatoes

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 | 45€

INVOLTINO DI ROSPO

Monkfish* wrapped in black cabbage, cream of cannellini beans, dust of cuttlefish ink and cherry tomatoes | 16€

COOKIE SALMON

Salmon carpaccio* and a carasau bread biscuit with soft burrata cream inside | 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€

OYSTERS

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

SEPIA SHABU IN SELLA DI POLENTA

Blanched cuttlefish*, polenta, tomato sauce and cuttlefish ink wafer | 15€

ISOLETTA DI CAPESANTE

Scallop tartare* on tomato water and crunchy rocket | 15€

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€

UOVO SORPRESA CON ASPARAGI E GRANA

Soft egg with potato and parmesan cream, asparagus and crunchy waffle of Grana Padano cheese | 15€

SPAGHETTO GREEN VEGAN

Cucumber spaghetti on a cream of cannellini beans, cherry tomatoes and black cabbage chips | 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€

LA CALAMARATA

Calamarata with squid ragout* and tomato slightly spicy | 14€

A F-REGOLA D'ARTE

Fregola with grouper ragout* and crispy zucchini | 15€

LINGUINE BLACK & CHERRY

Cuttlefish ink linguine with cherry tomatoes and cuttlefish* ragout | 15€

RAVIOLI CORALLO

Pink ravioli with wild rocket, parsley and mussels | 15€

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€

RISOTTO SELVATICO

Risotto with butter and Grana Sardo cheese, asparagus and crispy sliced bacon | 13€

RAVIOLI ROSA VEG VEGAN

Vegan pink ravioli stuffed with potatoes and red Tropea onion, served with rocket pesto | 15€

salads

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

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

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

* These products can be frozen or treated in a blast chiller as required by law
Service 2 euro per person

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 O SPIGOLA FERRO & FUOCO

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

GIOIELLO DI SEPIA

Cuttlefish* filled with potato cream, asparagus and bottarga slices | 18€

FISH & CHIPS DI CERNIA

Grouper fillet* breaded and fried, served with fresh potato chips | 18€

QUALCUNO HA VISTO IL PRINCIPE RANOCCHIO?

Fillet of monkfish* stewed with Taggiasca olives, pine nuts and cherry tomatoes | 18€

meat & vegetables

L'ENTRECOTE

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

BITTER SWEET LAMB

Lamb cooked at low temperature, blanched black cabbage and carrot cream | 20€

IL BURGER*

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

PATA-CROC! VEGAN

Vegan ingot* with creamy potato heart and black cabbage. Breaded and fried, tasty and crunchy | 13€

side dishes

FRESH POTATO CHIPS | 5€

MIXED SALAD | 5€

BAKED POTATOES | 5€

FRENCH FRIES* | 5€

BAKED VEGETABLES | 5€

Dessert Self Made *Specialty*

Frontemare he is the first restaurant in Italy where you build your dessert!

*Self Made Desserts are served in **XL format!** Ideal to be tasted at your table with friends.*

Post your creations on Instagram by tagging @frontemaresardinia, we will repost it on our account!

10€ each

TIRALOSÚ

Like a master carpenter, put the biscuit in hot coffee! Alternate layers of soft mascarpone cream. Finally, some chocolate flakes... and it's done!

Admire your architectural work, then destroy it with your spoon.

CHEESE-CAPPA LA CHEESECAKE!

Our cheesecake can't wait to get to your table, do you know we can't keep it composed? So ... make it yourself!

Teach her a lesson, but be careful, you won't be able to eat it in one bite!

CUORE DI... PARDULA

Other than the famous Italian ice cream, this is much better!

Our cone is a bag of soft ricotta and saffron cream, the waffle is fried, small sugar balls and candied orange peel.

Warning: addiction but eat it without any caution!

Our Classics Dessert

PARDULA SCOMPOSTA *Specialty*

Ricotta cream and saffron, crispy fried pastry, orange zest and sugar spheres

SFERA SURPRISE LASCIATI TENTARE!

Hazelnut chocolate sphere*, spicy dark chocolate and salted pastry crunch

We recommend a glass of: Amentos Di Moscato + 6 €

TAGLIATA DI FRUTTA FRESCA

Sliced fresh fruit. To finish on freshness, with the best of fruit

SEADAS* CON MIELE

Sardinian fried specialties, a specialty of the Frontemare

We recommend a glass of: Audarya Bisai + 8 €

LE CHEESECAKE

Choose the sauce you prefer: wild berries, nutella or fresh fruit

SCRIGNI DOLCI

Fried ricotta and saffron ravioli accompanied by honey and sugar

NERO E CALDO

Chocolate cake with a soft heart, candied orange and white chocolate namelaka

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

Frontemare cares about your health! So if you have **allergies and / or intolerances**, please ask our staff the **book of allergens**