

Stuzzichini

Appetiser

Olive e Pane Guttiau GF Vg	4.95
Unpitted green & black olives served with very thin and crispy Sardinian bread, flavoured with extra virgin olive oil, little garlic, rosemary and salt.	
Bruschette con Ricotta Mustia e Pinoli GF V	6.95
Toasted bread served with Sardinian smoked ricotta and pine nuts, sprinkled with acacia honey.	
Crostini con Acciughe Marinate GF	6.95
Marinated anchovies with lemon juice, little red wine vinegar, extra virgin olive oil and spring onion. Served on wild rocket and crispy Sardinian bread.	
Morsetti di Calamari e Pergamena Nera GF	6.95
Skewers of steamed squid bites with sun-dried tomato and basil. Served with very thin and crispy Sardinian black bread.	

Important

Dietary information:

GF These dishes are or can be made suitable for a gluten-free diet.
Please ensure you **clearly advise** your server that you require a gluten-free option.

V These dishes are suitable for vegetarians.

Vg These dishes are suitable for vegan.

Antipasti

Starters

Zuppa del Giorno GF V 5.95
Freshly homemade soup, served with artisan bread.

Antipasto Sardo GF 12.95
A platter of mixed Sardinian hand-carved cured meats served with cheeses, olives, aubergines, artichokes and Sardinian bread.

Antipasto Vegetariano GF V Vg 8.95
Sweet peppers, grilled aubergines, black olives, artichokes and oyster mushrooms marinated in basil oil.

Prosciutto di Cinghiale al Miele Tartufato GF 10.95
Sardinian wild boar ham served with truffle honey, walnuts, pecorino cheese and rocket leaves.

Melanzane con Crema di Pecorino e Pane Carasau GF V 8.95
Grilled aubergines, bake with pecorino cream, fresh tomato sauce, basil oil and crispy Sardinian bread.

Polpi Piccanti GF 10.95
Fresh and tender octopus served with garlic, parsley, chilli, white wine and fresh tomato sauce.

★ **Da gustare in due** / Something to share

Sapori Sardi GF 19.95
All in one, Sardinian flavours and aromas to share, hand-carved cured meats, skewers of steamed squid bites, cheeses, olives, aubergines, sweet peppers, marinated anchovies and crispy Sardinian bread.

Pasta & Risotti

Ravioli con Ricotta di Pecora e Pistacchi V 13.95

Fresh ravioli, filled with sheep ricotta cheese and pistachios, served with tomato and basil sauce, topped with parmesan cheese.

Spaghetti al Nero di Seppia con Tonno e Gamberi 16.95

Delicious squid ink spaghetti with fresh tuna, salmon, prawns, cherry tomatoes, courgette, spring onion, basil and extra virgin olive oil. Topped with pecorino cheese and bottarga.

Penne con Asparagi & Fave GF V 11.95

Penne pasta served with fresh asparagus, broad beans, potatoes, rosemary, pine nuts, cherry tomatoes, extra virgin olive oil, garlic, fresh chilli and pecorino cheese.

Fregola ai Frutti di Mare e Bottarga 16.95

Sardinian pasta pearls cooked in a fish broth with mixed seafood and shellfish, fresh tomato, basil, little Vermentino wine, lemon zest and bottarga.

Malloreddus con Sugo di Agnello GF 13.95

Traditional Sardinian, shell-shaped pasta served with delicious sauce made with fillet of lamb, tomato sauce, little chilli and fennel seeds. Topped with sardinian pecorino cheese shavings.

Risotto con Funghi Porcini, Zafferano e Tartufo GF V 15.95

Sardinian Arborio rice, flavoured with porcini mushrooms, saffron, black truffle, parsley, little wine and homemade vegetable broth. Topped with pecorino cheese.

Pane Frattau 13.95

Pane Frattau is a typical dish and traditional Sardinian based on layers of Sardinian bread “pane carasau”, softened using meat broth, served with lamb sauce and pecorino cheese. Topped with free range poached egg.

(Pane Frattau can also be served **Vegetarian & Gluten Free**)

Carne

Meat

Filetto al Filu'e Ferru e Pecorino Tartufato GF 27.95

10 oz pan-fried Fillet of Steak served with wild mushrooms, onion, little garlic, black truffle, cream, pork loin ham and a touch of Sardinian grappa. Topped with creamy truffled pecorino cheese.

Costine di Agnello con Fave e Piselli GF 19.95

Lamb cutlets served with broad beans and peas, a little tomato sauce, rosemary, garlic, onion, lemon zest and a touch of white wine.

Pollo con Peperoni GF 15.95

Pan fried free range chicken breast served with fresh peppers, capers, onion, black olives and tomato sauce.

Coniglio in Umido GF 16.95

Fresh Rabbit on the bone, cooked with a little garlic, carrot and onion, celery, fresh tomato sauce, lemon zest, white wine, rosemary and whole unpitted green olives.

Tagliata di Manzo GF 25.95

10 oz prime aged Fillet of Beef, grilled, generously sliced lied on a bed of fresh wild rocket, topped with basil dressing and pecorino cheese shavings.

Quaglie ai Carciofi GF 15.95

Pan-fried quails with artichokes, thyme, capers, sun-dried tomatoes, onion, extra virgin olive oil and a touch of Vermentino white wine. Served with Sardinian crispy bread and rosemary potatoes.

Pesce

Fish

Zuppa di Pescatrice e Funghi Porcini GF 25.95

Fish stew made with monkfish, sea bass, king prawns, porcini mushrooms, parsley, rosemary, celery, carrot, onion, a little tomato sauce, and extra virgin olive oil.

Filetto di Branzino alla Vernaccia GF 18.95

Pan-fried fillet of sea bass served with baby prawns, spring onion, cherry tomatoes, lemon zest, flaked almonds, little Vernaccia white wine and basil oil.

Tagliata di Tonno con Pesto alla Menta GF 20.95

Pan-fried fresh red tuna crusted in pistachios and sesame seeds, sliced and flavoured with mint pesto. (Served rare).

Salmone Aromatizzato GF 17.95

Pan fried fillet of fresh salmon, marinated with extra virgin olive oil, basil, garlic, rosemary, thyme, lemon zest. Topped with grilled asparagus.

Gamberoni con Pomodori Secchi e Vermentino GF 18.95

King Prawns flavoured with little garlic, sun dried tomato, fresh chilli, lemon zest, parsley and Vermentino wine sauce.

★ All the fish served at Akentannos is bought fresh daily and may, therefore, be subject to availability.

Contorni

Side dishes

Patatine Fritte V Vg Fries	3.60
Patate al Rosmarino GF V Vg Roast rosemary potatoes	4.00
Sautéed Broccoli GF V Vg Fresh broccoli pan-fried with garlic, fresh chilli & extra virgin olive oil	4.00
Vegetali Misti di Stagione GF V Vg Fresh mixed vegetables	4.00
Insalata Mista/Verde GF V Vg Mixed/Green salad	4.00
Insalata di Patate e Alici GF Potatoes, anchovies, cherry tomatoes, red onions, chickpeas, extra virgin olive oil and a dash of red wine vinegar.	5.95
Rucola & Pecorino GF V Rocket leaves, walnuts and pecorino cheese shavings, dressed with extra virgin olive oil and balsamic reduction.	5.30
Portion of Rustic Bread V	1.20

★ Except a few dishes all main courses are served with vegetables of the day

Important

Some of our menu items contain nuts, gluten, seeds and other allergens. Therefore there maybe some risk that traces of these could be in any dish served here. Please discuss with your server if you have any concerns or allergies so we can ensure the safety of your meal. We are happy to help you with any dietary requirements or just simply modifying a dish to your liking.

Specials of the month

Starters

Gnocchi con Pesto e Stracchino GF V 8.95

Stuffed potato dumplings with Italian creamy cheese & pesto. Served with fresh tomato sauce, basil and parmesan cheese.

Prosciutto d'Anatra con Insalata di Arance GF 11.95

Duck ham made following a old family artisan recipe. The unique roasting method ensures the meat is extremely tender and succulent. Served with oranges, rocket, almonds, extra virgin olive oil and fig balsamic reduction.

Insalatina Tiepida di Polpo e Ceci GF 10.95

Sautéed fresh octopus with extra virgin olive oil, chickpeas, rosemary, basil and red onion.

Mains

Pappardelle con Porcini e Gamberi 18.95

Pappardelle seasoned with spring onions, garlic, prawns, porcini mushrooms, black truffles, little cream and pecorino cheese.

Filetto di Anatra con Lamponi GF 19.95

Duck breast, served with raspberries, dolcelatte cheese, spring onion and Porto wine.

Malloreddus con Melanzane e Coda di Rospo GF 16.95

Traditional Sardinian, shell-shaped pasta served with aubergines, monkfish, tomato sauce, garlic, little chilli, capers, basil, sun-dried tomatoes, pistachios and pecorino cheese.