

Stuzzichini & Antipasti

Appetiser & Starters

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.

Acciughe Marinate GF 6.95

Marinated anchovies with lemon juice, spring onion little red wine vinegar and extra virgin olive oil. Served on wild rocket and crispy Sardinian bread.

Bruschette con Ricotta Mustia e Miele GF V 6.95

Toasted bread topped with Sardinian smoked ricotta cheese and pine nuts, sprinkled with acacia honey.

Zuppa GF V 5.95

Freshly homemade broccoli, potatoes and pecorino soup.

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.

Polpi Piccanti GF 11.95

Fresh and tender octopus with garlic, parsley, chilli, white wine, little red wine vinegar and fresh tomato sauce.

Gnocchi con Pesto e Stracchino V GF 8.95

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

Pasta

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 Cartoccio 16.95

Mixed seafood and shellfish spaghetti with fresh tomato, basil and little chilli, served in a sealed foil parcel to maintain the delicious flavours and aroma.

Penne con Asparagi & Fave GF V 12.95

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

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, fennel seeds and sardinian pecorino cheese.

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 vegans.

Carne

Meat

Stinco di Maiale al Cannonau GF 19.95

Baked pork shank with rosemary, garlic, black pepper and little Cannonau red wine. Served with roasted potatoes

Quaglie ai Carciofi GF

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. 16.95

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.

Pancia di Maiale Croccante GF 17.95

Crispy pork belly on potatoes, leek and pecorino cheese cream.

Pesce

Fish

Gamberoni con Pomodori Secchi e Vermentino GF 18.95

Shell on king prawns flavoured with little garlic, sun dried tomato, fresh chilli, lemon zest, parsley and Vermentino wine sauce.

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.

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.

Zuppa di Pesce GF 25.95

A delicious Mediterranean stew, made with a colourful mixture of fish and shellfish, flavoured with tomato, lemon zest, thyme and a little chilli. Served with rustic bread.

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

Contorni

Side dishes

Carciofi e Patate GF V Vg	5.95
Pan-fried artichokes and potatoes, sun-dried tomatoes, garlic, little chilli, parsley and extra virgin olive oil.	
Patate al Rosmarino GF V Vg	4.00
Roast rosemary potatoes	
Verdure di Stagione GF V Vg	4.00
Fresh mixed vegetables	
Insalata Mista/Verde GF V Vg	4.00
Mixed/Green salad	
Rucola & Pecorino GF V	5.95
Rocket leaves, walnuts and pecorino cheese shavings, dressed with extra virgin olive oil and balsamic reduction.	

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.

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