

Stuzzichini

Appetiser

Olive GF V VG 6.95

Unpitted green & black olives served with a selection of warm bread.

Bruschette GF VG 8.95

Toasted bread topped with sweet baby tomatoes, creamy goat cheese, little garlic, extra virgin olive, hot honey.

Alici Marinate GF 8.95

White anchovies marinated with little red wine vinegar, extra virgin olive oil and spring onion. Served on wild rocket and tomato & garlic flatbread.

★ **Da gustare in due** / Sharing Platters

Sapori Sardi GF 29.95

All in one, Sardinian flavours and aromas for two people to share. Selection of our finest cured meats, pecorino cheese, smoked ricotta with honey and bottarga, artichokes, olives, aubergines, sweet peppers, baby pickled onions, marinated anchovies and warm bread.

Fantasia di Mario GF 38.00

King prawns, octopus salad, anchovies, sardinian cured meat & flatbread, baked aubergines & mayo bottarga, blend of lime-marinated red smoke tuna, cucumber, extra virgin olive oil, sweet chilli, red onion, pomegranate.

Vegetariano Sfizioso GF VG 18.95

Sweet peppers, aubergines, olives, baby pickled onions, artichokes, pecorino cheese, jam, selection of warm bread, garlic flatbread, rosemary focaccia, red onion and chilli flatbread.

VG These dishes are suitable for Vegetarians. **V** These dishes are suitable for Vegans.

GF These dishes are suitable for Gluten Free **DF** These dishes are suitable for Dairy Free

Akentannos Restaurant Menu

270 Sharrow Vale Rd, Sheffield S11 8ZH - info@akentannos.co.uk - 0114 268 0505

Antipasti

Starters

Vellutata GF VG	8.95
Freshly homemade leek and potato velouté with saffron and extra virgin olive oil. Topped with pecorino cheese. Served with artisan bread.	
Degustazione Tipica Sarda GF	15.95
A platter of mixed Sardinian cured meats served with cheeses, olives, aubergines, artichokes and warm bread.	
Prosciutto di Cinghiale GF	14.95
Wild boar ham, pecorino cheese, steamed pears with orange zest, truffle honey.	
Melanzane GF VG	13.95
Grilled aubergines, baked with pecorino cream, fresh tomato sauce, basil reduction. Served with warm bread.	
Polpi Piccanti GF DF	14.95
Fresh and tender octopus with garlic, parsley, chilli, white wine, little red wine vinegar and fresh tomato sauce. Served with Squid Ink, Balsamic Pearls and Bread.	
Caprino Arrosto GF VG	14.95
Baked goat's cheese, orange and walnut compote. Served with flatbread.	

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Pasta

Ravioli GF VG	16.95
Fresh ravioli, filled with sheep ricotta cheese and spinach, served with tomato and basil sauce, topped with pecorino cheese.	
Tagliatelle GF ★★	23.95
Mixed seafood and shellfish tagliatelle with fresh tomato, basil emulsion and little chilli,	
Penne con Asparagi e Fave GF VG	15.95
Penne pasta served with fresh asparagus, broad beans, potatoes, rosemary, pine nuts, cherry tomatoes, extra virgin olive oil, garlic, fresh chilli and pecorino cheese.	
Mezze maniche con Salsiccia GF ★★	19.50
Half tube shape pasta with fresh sausage, porcini mushrooms, a hint of truffle oil, little garlic, pecorino cheese.	
Malloreddus con Sugo di Agnello GF ★★	17.95
Traditional Sardinian, shell-shaped pasta served with delicious sauce made with fillet of lamb, tomato sauce, fennel seeds. Topped with sardinian pecorino cheese shavings.	

★★ Chef's recommendation

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Carne

Meat

Stinco di Maiale al Cannonau GF	23.00
Baked pork shank with rosemary, garlic, black pepper and little Cannonau red wine. Served with roasted potatoes.	
Coniglio GF	19.95
Fresh Rabbit on the bone, with carrot, onion, celery, little garlic, a touch of tomato sauce, white wine, rosemary and whole unpitted green olives. Served with artisan bread.	
Tagliata GF	33.95
10 oz prime aged Fillet of Beef, grilled, generously sliced laid on a bed of fresh wild rocket, topped with extra virgin olive oil and pecorino cheese shavings.	
Costine di Agnello GF	26.50
Rack of lamb with broad beans and peas, a little tomato sauce, rosemary, garlic, onion, lemon zest and a touch of white wine.	
Pancia di Maiale & Polpo GF ★★	29.95
Baked pork belly and grilled octopus on a broad beans velouté and pan fry savoy cabbage with onion, fresh chilli and sultana	
Anatra GF ★★	23.95
Sous vide Gressingham Duck leg, wild mushrooms, rosemary, truffle Honey.	

★★ Chef's recommendation

Pesce

Fish

Zuppa di Pesce GF ★★

34.95

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.

Filetto di Branzino alla Vernaccia GF

23.95

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

Salmone Aromatizzato GF

24.95

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

Gamberoni GF

26.95

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

Polpo, Gamberone & Branzino alla Piastra GF ★★

28.95

Grilled sea bass, king prawn and octopus tentacle on creamy potatoes & leek and roasted potatoes.

★★ Chef's recommendation

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

Contorni

Side dishes

Patatine Fritte GF V VG Homemade hand-cut fries	4.90
Patate al Rosmarino GF V VG Roast rosemary potatoes	4.90
Melanzane alla Sassarese GF V VG Baked aubergines with garlic, cherry tomato, parsley and little chilli.	5.95
Verdure di Stagione GF V VG Seasonal vegetables	4.90
Insalata Mista/Verde GF V VG Mixed/Green salad	4.90
Rucola Pecorino & Noci GF VG Rocket leaves, walnuts and pecorino cheese shavings, extra virgin olive oil and balsamic reduction.	5.95
Warm Bread GF VG	4.80
Mixed Herbs & Garlic Flatbread GF V VG DF NF	4.50

Important

Our dishes do not contain Gluten but some of our menu items contain nuts, seeds and other allergens. Therefore there may be 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.

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