

Stuzzichini

Appetiser

Olive GF V VG 5.95

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

Bruschette con Ricotta Mustia e Miele GF VG 7.95

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

Alici Marinate GF 6.95

White anchovies marinated with little red wine vinegar, extra virgin olive oil and spring onion.

Served on wild rocket and crispy Sardinian bread.

* **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, sun-dried tomato, baby pickled onions, marinated anchovies and crispy Sardinian bread.

Fantasia di Mario GF 36.00

King prawns, octopus salad, anchovies, pecorino & bottarga cream, smoked duck breast with baked pears & goat's cheese and lavender honey, sardinian cured ham & flatbread.

Vegetariano Sfizioso GF VG 18.95

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

Antipasti

Starters

Vellutata GF VG	7.95
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 Sardinian crispy bread.	
Petto d'oca Affumicato GF DF	13.95
Smoked goose breast, orange slices, wild rocket, almond flakes, balsamic reduction.	
Melanzane con Crema di Pecorino e Pane Carasau GF VG	11.95
Grilled aubergines, baked with pecorino cream, fresh tomato sauce, basil oil and crispy Sardinian 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 Rustic Bread.	
Pera Caprino Anatra GF	14.95
Baked Bartlett pears & goat's cheese, topped with smoked duck breast and lavender honey.	

Pasta

Ravioli con Ricotta di Pecora e Spinaci GF VG 15.95

Fresh ravioli, filled with sheep ricotta cheese and spinach, served with tomato and basil sauce, topped with pecorino cheese.

Pappardelle ai Frutti di Mare GF 22.95

Mixed seafood and shellfish pappardelle 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.

Zuppetta di Fregola GF 22.95

Sardinian pasta pearls stew with shellfish and mixed seafood, fresh tomato sauce, basil, vegetable broth, lemon zest and bottarga.

Malloreddus con Sugo di Agnello GF 16.95

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

Pane Frattau GF 16.95

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**)

Carne

Meat

Capretto GF	30.95
Slow cooking mild-fed goat shoulder with black pepper and rosemary. Served with fresh vegetables.	
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 con Fave e Piselli GF	24.95
Lamb cutlets served with broad beans and peas, a little tomato sauce, rosemary, garlic, onion, lemon zest and a touch of white wine.	

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.

* 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	4.80
Patate al Rosmarino GF V VG Roast rosemary potatoes	4.80
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	4.50
Insalata Mista/Verde GF V VG Mixed/Green salad	4.80
Carciofi e Patate GF V VG Pan-fried artichokes and potatoes, sun-dried tomatoes, garlic, little chilli, parsley and extra virgin olive oil.	6.95
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

Some of our menu items contain nuts, 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.

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