

Stuzzichini

Appetiser

Olive e Pane Guttiau GF V Vg 4.95

Unpitted green & black olives served with very thin and crispy Sardinian bread, flavoured with extra virgin olive oil and little salt.

Bruschette con Ricotta Mustia e Miele GF Vg 6.95

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 25.95

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 Mare GF 32.00

Selection of high quality smoked fish carpaccio, tuna loin, cod and salmon. Served with octopus salad, anchovies, pecorino & bottarga cream, crispy Sardinian 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.

Vg These dishes are suitable for vegetarians.

V These dishes are suitable for vegan.

Antipasti

Starters

Vellutata GF Vg	6.95
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.	
Antipasto Vegetariano GF V Vg	9.95
Sweet peppers, grilled aubergines, black olives, baby pickled onions, artichokes and wild mushrooms marinated in basil oil.	
Prosciutto di Cinghiale al Miele Tartufato GF	11.95
Sardinian wild boar ham served with truffle honey, walnuts, pecorino cheese and rocket leaves.	
Melanzane con Crema di Pecorino e Pane Carasau GF Vg	10.95
Grilled aubergines, baked with pecorino cream, fresh tomato sauce, basil oil and crispy Sardinian bread.	
Polpi Piccanti GF	13.95
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.	
Purpuzza & Mozzarella di Bufala GF	10.95
Rustic bread, fennel sausage, wild mushrooms, buffalo mozzarella DOP, basil emulsion.	

Pasta

Ravioli con Ricotta di Pecora e Pistacchi Vg **15.95**

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

Spaghetti al Cartoccio GF **17.95**

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 e Fave GF Vg **13.95**

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 **18.95**

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 **14.95**

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.

Pane Frattau **15.95**

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

Capretto GF	28.95
Slow cooking mild-fed goat shoulder with black pepper and rosemary. Served with fresh vegetables.	
Stinco di Maiale al Cannonau GF	20.95
Baked pork shank with rosemary, garlic, black pepper and little Cannonau red wine. Served with roasted potatoes.	
Coniglio GF	17.95
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	30.00
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	22.50
Lamb cutlets served with broad beans and peas, a little tomato sauce, rosemary, garlic, onion, lemon zest and a touch of white wine.	
Guancia di Manzo GF	24.95
Grandma's secret recipe, slow cooked Beef cheek. Served with roast potatoes.	

Pesce

Fish

Zuppa di Pesce GF **28.00**

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 **21.00**

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 **19.95**

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 **22.00**

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 **£ 24.95**

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	4.00
Patate al Rosmarino GF V Vg Roast rosemary potatoes	4.00
Melanzane alla Sassarese GF V Vg Baked aubergines with garlic, cherry tomato, parsley and little chilli.	4.90
Verdure di Stagione GF V Vg Seasonal vegetables	4.50
Insalata Mista/Verde GF V Vg Mixed/Green salad	4.50
Carciofi e Patate GF V Vg Pan-fried artichokes and potatoes, sun-dried tomatoes, garlic, little chilli, parsley and extra virgin olive oil.	5.95
Rucola Pecorino & Noci GF V Rocket leaves, walnuts and pecorino cheese shavings, extra virgin olive oil and balsamic reduction.	5.95
Portion of Rustic Bread V	2.50

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.

Akentannos Restaurant Menu

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