



FRADIS MINORIS
CULTURA E SAPORI DEL MARE
NELLA LAGUNA DI NORA
SARDEGNA

OUR TASTING MENU

LAGOON AND SURROUNDINGS **80**

PRAWN, BEETROOT, VERMOUTH, HELICHRYSUM

GREY MULLET, CUTTLEFISH FAVATA, LENTISK

SHEEP'S RICOTTA CHEESE BUTTON, SMOKED SCORPIONFISH,
AGED BEER

BLACK RUFF, ARTICHOKE, OLIVES, SEA FENNEL

CHOCOLATE, AUSTIS HAZELNUT, CARDAMOM

GARDEN IN LAGOON **65**

BURNT CARROT, SPICY SEA BEET, YOGURT

BROAD BEANS AND PEAS

MINISTRONE

SEASONAL VEGETABLES, CEREALS, ANCIENT BEANS, BRACKISH HERBS, SPIRULINA

CAULIFLOWER, ALGAE, CASU AXEDU CHEESE, CANNONAU WINE

MEDLAR, ALMOND, LAVANDER

FROM THE SEA **95**

7 COURSES MENU CREATED BY THE CHEF

GREEN SEA **80**

7 VEGETARIAN COURSES MENU CREATED BY THE CHEF

LAGOON AT MIDDAY (only for lunch) **50**

CREATE YOUR OWN MENU OF 3 COURSES

(A STARTER, A FIRST OR MAIN, AND DESSERT OF YOUR CHOICE FROM LA CARTE)


Tasting menu is served to the all guests at table. Available for lunch until 1:30 P.M./ dinner until 10:00 P.M.
Please inform about any allergies, food intollerances or any dietary restrictions at the time of ordering




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A LA CARTE


STARTER

BURNT CARROTS, SPICY SEA BEET, YOGURT 	20
LONGFIN TUNA, OYSTER, POTATO	24
GREY MULLET, CUTTLEFISH FAVATA, LENTISK	22
PRAWN, BEETROOT, VERMOUTH, HELICHRYSUM	28

PASTA & RICE

MANCINI'S LINGUINE, GREY MULLET GARUM, ITS BOTTARGA, AXRIDDA CHEESE 	26
THE MINISTRONE: SEASONAL VEGETABLES, CEREALS, ANCIENT BEANS, BRACKISH HERBS, SPIRULINA	25
SHEEP'S RICOTTA CHEESE BUTTON, SMOKED SCORPIONFISH, AGED BEER	24
RICE, FIORE SARDO CHEESE, PEAS, MUSSELS	23

MAIN COURSE

BLACK RUFF, ARTICHOKE, OLIVES, SEA FENNEL	30
GLAZED FISH OF THE DAY, ANCIENT BEANS, ASPARAGUS SELVATICI, SANTOREGGIA 	28
ROASTED OCTOPUS, LENTILS, BLACK PEPPER, GOLDEN SAMPHIRE	32
CAULIFLOWER, ALGAE, CASU AXEDU CHEESE, CANNONAU WINE	26

Chef Partner Claudio Melis
Resident Chef Francesco Stara





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DESSERTS

RICOTTA CHEESE, SAFFRON PEAR , MOSTARDA 	12
MEDLAR, ALMOND, LAVANDER	12
CHOCOLATE, AUSTIS HAZELNUT, CARDAMOM	15
LIQUORICE, POMPIA AND SAGE	12
LOCAL CHEESE SELECTION WITH PAIRINGS	24

Chef Partner Claudio Melis
Resident Chef Francesco Stara

