



MENU

SARDINIAN OYSTER (per piece) *2	5
MARINATED SARDINIAN OYSTER *2,11	7
BOLIDE EGG, LOCAL PRAWN, COCKTAIL SOUCE, PRAWN CAVIAR *1,4,6,9	18
POTATO ROSTI, CASU AXEDU, FRIED EGG, GRAY MULLET BOTTARGA *1,3,9	14
SLOW FOOD PRESIDUM LOCAL CHEESES WITH RED ONION MARMALADE V *3,10,11	13
HOMEMADE FISH SALUMI AND PRESERVED SELECTION (for 2 poeople) *1,2,4,5,10,11,	30
ROSTEAD AUBERGINE, SESAME, YOGHURT SAUCE, SPRING ONION V *3,11,12	13
EGG BENEDICTINE, AMBERJACK BACON, OLANDESE SOUCE WITH SEA FENNEL *1,3,4,9,11	16
FRENCH TOAST, SMOKED GRAY MULLET, RICOTTA CHEESE, POMEGRANATE *1,3,9	12

COVER CHARGE 2 EUROS
MORE VEGETARIAN AND VEGAN OPTIONS ON DEMANDE



LUNCH AND TAKE AWAY

HANDCRAFTED PAN LOAF TOAST, SMOKED SEAFOOD, DOLCE SARDO *1,3,4	8
FOCACCIA, TUNA IN OIL, BBQ VEGETABLES, CASU AXEDU, TOMATOS, SALAD, HERBS MAYO *1,3,4,9	15

KIDS MENU

ORGANIC PASTA, LOCAL TOMATO, BASIL V *4	12
FILLET OF SUSTAINABLE FISH, ROASTED POTATO *1	15

DESSERT

FRESH SEASONAL FRUIT	5
FRUIT SORBET	6
GOAT MILK ICE CREAM *3	6
CREME CARAMEL, CITRUS GELATINE *3,9	7



FRADIS LAB

A glance to the west, at the thousand sunset lights and surrounding nature.

FradisLAB is research, experimentation and a blend of flavours, convivial cuisine for carefree moments

ALLERGENS

1 FISH – 2 MOLLUSCS – 3 DAIRY – 4 GLUTEN- 5 NUTS -6 CRUSTACEANS –
7 PEANUTS -8 LUPINS – 9 EGG -10 SULPHITES – 11 SOYA – 12 SESAME – 13 MUSTARD –
14 CELERY – 15 BROAD BEANS - 16 PEAS

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