



*Il Pesce per le tue occasioni!*

SEAFOOD RESTAURANT

Welcome  
at the MAESTRALE RESTAURANT



CARD MENU'

See our H24 menus on [www.ristorantemaestrale.com](http://www.ristorantemaestrale.com)

**PLEASE READ BELOW BEFORE ORDERING** Before ordering the dishes, we kindly remind our celiac, intolerant, allergic, and food-sensitive customers to inform the Dining Room Manager and consult the safety document attached herewith for an informed and autonomous choice. Allergens are indicated in square brackets [ ... ] after the dish description, as listed in the last pages of this menu. Please note that while nature provides us with excellent flavors, it is not always consistent. Therefore, dishes may be subject to changes without prior notice depending on the availability of ingredients. The Maestrale Restaurant complies with current regulations on food hygiene and preservation. Carasau bread and other specialties of the house are always served at the table as part of the meal and incur a cost of 3 euros per person. The welcome aperitif, with the first glass of prosecco, is complimentary. The foods marked with an asterisk (\*) may be frozen or chilled for customer food safety and proper preservation.

## APPETIZERS

RAW SEAFOOD (variable availability)		€
1	RAW SEAFOOD for 1 person: Fine de Claire oyster, *red shrimp from Mazzara del Vallo, langoustine, gobetto and littleneck clams or cockle(5 seafood) [2,12,14]	16
2	SEAFOOD SELECTION for 2 people: Fine de Claire oyster, *red shrimp from Mazzara del Vallo, *langoustine, gobetto and littleneck clams or fasolare (10 seafood) [2,12,14] <b>The most requested for two people</b>	30
3	*TARTARE OF RED SHRIMPS from Mazzara del Vallo [2,12]	24
4	*TRIO OF TARTARE: Tuna, salmon and sea bass or umbrine or amberjack [2, 4] <b>The second most requested</b>	20
5	*King prawns from Mazzara del Vallo or langoustine, each [2,12]	7
6	Littleneck clams or gobetti, each [2,12,14]	3
7	*Shrimps or *scampi, each [2,12]	5

CHILLED		€
1	CAVIAR of Russian sturgeon tasting on smoked salmon and local bread crouton with Normandy butter [1, 7, 4] <b>Precious</b>	20
2	Cantabrian anchovies, on burrata pugliese with pumpkin flower and corn bread croutons [1, 4, 7] <b>Tasty</b>	16
3	*TRIO OF CARPACCIOS: salmon, tuna, swordfish and various souces [3,4,7,9,10,11,] <b>The most requested</b>	16
4	SEARED TUNA in a pistachio crust with kiwi [1, 4, 8]	20
5	<b>News</b> FREDDI TRIS: Smoked salmon bundle stuffed with soft goat cheese; Sardinian pecorino cheese canestrino stuffed with *citrus shrimp salad; *seared tuna in a pistachio and kiwi crus [1,2,3,4,7,8] <b>The second most requested</b>	22

COOKED		€
1	<b>News</b> COOKED TRIO: Nut-crust *red shrimp from Mazzara del Vallo on provolone cheese fondue and broccoli friariello, Caramelized octopus on bed of seared potatoes and cinnamon powder, Seared tuna cream of pumpkin and truffle [1, 2, 3, 8, 12,14]	22
2	<b>News</b> Scallops with ginger and spinach puree [7,14] <b>The most requested</b>	18
3	<b>News</b> Stockfish with chickpea soup, roasted cherry tomatoes spring onion and rosemary oil [4]	16
4	Fried baby octopus. [1,14] <b>Timeless</b>	17
5	Scallops and cannolicchi au gratin [1,3,4,7,14]	16

OYSTER (variable availability)		€
1	<b>News</b> <b>Northern Ireland Sentinelles.</b> Special oyster matured for 3 years. Fleshy and crisp, with a nutty, almond aroma it is iodized on the finish [14]	6
2	<b>News</b> <b>Special Pleiades Poget.</b> A Great Oyster. One of the most renowned oysters in France and multi-awarded in Paris. Hard shell, crisp and firm in the mouth, vegetal aromatic persistence and unobtrusive sweetness. [14]	7
3	<b>Bretagne du Nord.</b> A quality oyster with a high quantity of shellfish. Raised in the northern part of Brittany. An oyster that surprises at first taste full and crisp, the palate offers a fresh, vegetal finish. [14]	5
4	<b>Utah Beach Special.</b> Oyster raised in Normandy in the famous Utah Bay in the Cotentin Nature Park. It presents a pale, meaty, crisp flesh. . The taste evolves with rare finesse. [14] <b>The most requested</b>	6
5	<b>News</b> <b>Gillardeau.</b> The flesh is nutty, pulpy and succulent. Every sensation is balanced, the slight savoriness is balanced by a unique sweetness.[14].	8
6	<b>Regal Oro.</b> The sweet Irish with a nutty aftertaste. An oyster with 36 months of aging covered in 18 kt edible gold petals.	9

FIRST COURSES			€
1	<b>News</b> Spaghettone pastificio "Felicetti" pasta, anemones and *sea urchin pulp [1] (subject to availability)		22
2	<b>News</b> Squid ink ravioli stuffed with shellfish (lobster shrimp scampi) nuts and potatoes [1,2,3,8,12]		24
3	Calamarata "Felicetti" pasta, Mazzara del Vallo *red shrimp and pistachio pesto [1,2,8,12] <b>The most requested</b>		22
4	Risotto *shrimp, white truffle cream and zucchini with grated black truffle [1,2,3,4,5,6,12] <b>Timeless</b>		24
5	Fregola with *seafood and saffron [1,2,12,14] <b>Sardegna</b>		22
6	Maestrale potato gnocchi with sea bass, zucchini and cherry tomato		20

N.B. For first courses, it is possible to request half a portion at a cost of 70% of the whole

MAIN COURSES			€
1	<b>News</b> *Monkfish roll in crispy bacon crust [4] portion		24
2	Sliced amberjack or *tuna or grilled shad with rosemary oil and arugula [4] (subject to availability) "		24
3	Gurnard fish in guazzetto sauces (subject to availability) [1,4] "		26
4	<b>News</b> KING'S FRIED: 1 *shrimp and 1 *imperial prawn, *squid, battered zucchini [1,2,3,12] "		30
5	Catalan-style lobster, (each average weight 500/600 grams) [2,9] <b>Sardegna</b> every 100 grams		12
6	Lobster bellavista in various sauces or catalan [2,9] <b>Sardegna</b> every 100 grams		18
7	Fillet of Maestrale-style *turbot, baked in a zucchini and potato crust [1,4] <b>The most requested</b> portion		22
8	Mazzara del Vallo prawns in Sardinian myrtle and rosemary [1,2,12] portion		30

N.B. See in the fish exhibition other daily fresh fish arrivals.

SIDE DISHES			€
1	<b>News</b> Selection of Sardinian cheeses, white truffle honey [7] <b>Sardegna</b>		14
2	<b>News</b> Fennel orange and avocado salad		7
3	*Asparagus boiled or in butter [7]		10
4	Crudités of vegetables in pinzimonio		7
5	Sour chicory or repassed in a pan		7
6	Petals or diced baked potatoes with rosemary		7
7	Mixed grilled vegetables		10

SWEETS - FRUIT - ICE CREAM			€
1	<b>News</b> Cup of Pistachio Tiramisu [1,3,7,8]		8
2	<b>News</b> Ricotta and pear cake [1,3,7,8]		8
3	<b>News</b> Compound millefeuille with chantilly cream and berries [1,3,7]		8
4	<b>News</b> Soft caprese cake, chocolate and almonds, served with red berries [3, 8]		8
5	Souffle: pistachio <b>News</b> or dark chocolate or white chocolate [1,3,7,8]		8
6	<b>News</b> Tonara almond nougat parfait <b>Sardegna</b>		8
7	Lemon or tangerine sorbet [1,2,7]		7
8	Seasonal fruit		8
9	Cup of *garnished ice cream, various flavors to choose from: cream, chocolate, pistachio, hazelnut [1,3,7,8]		7

FOR THOSE WHO DO NOT EAT FISH			€
APPETIZERS			
1	Italian style with Parma ham, cheeses, cold cuts, mozzarella, olives [1,7]		18
3	News	Selection of Sardinian cheeses, <i>truffle honey</i> [7] <b>Sardegna</b>	14
FIRST COURSES			
1	News	Malloreddus pasta with organic tomato and Sardinian pecorino cheese [1,7] <b>Sardegna</b>	16
2	News	Culurgiones ogliastrini (potato and mint) original recipe tomato and Sardinian pecorino [1,7,3] <b>Sardegna</b>	22
MAIN COURSES			
1	*Tagliata of beef with arugula and grana cheese		24
2	*Beef Tenderloin		26
For side dishes, fruit desserts and ice cream see menu on previous page			

## TASTING MENU'

RAW MATERIALS MAY VARY DEPENDING ON AVAILABILITY

### GOLD TASTING

€ 70/person BEVERAGES NOT INCLUDED. MINIMUM ORDER FOR TWO PEOPLE

RAW SEAFOOD for 1 person

Fine de Claire oyster, \*red shrimp from Mazara del Vallo, langoustine, gobetto and littleneck clams or cockle(5 seafood) [2,12,14]

SCALLOPS WITH ginger and spinach puree ½ portion

CALAMARATA ½ portion

pastificio "Felicetti" pasta, Mazzara del Vallo \*red shrimp and pistachio pesto [1,2,8,12]

CATALAN-STYLE MONKFISH ½ portion

DESSERT 1 portion of your choice from the menu

### DIAMOND TASTING

€ 95/person BEVERAGES NOT INCLUDED. MINIMUM ORDER FOR TWO PEOPLE

RAW SEAFOOD for 1 person

Fine de Claire oyster, \*red shrimp from Mazara del Vallo, langoustine, gobetto and littleneck clams or cockle(5 seafood) [2,12,14]

CANTABRIAN ANCHOVIES 1 portion

on burrata pugliese with pumping flower and corn bread croutons [1, 4, 7]

FREGULA SARDA ½ portion with \*seafood and saffron [1,2,12,14]

CATALAN-STYLE LOBSTER (Astice) ½ portion

DESSERT 1 portion of your choice from the menu

### KINGS AND QUEEN'S TASTING

€ 130/person BEVERAGES NOT INCLUDED. MINIMUM ORDER FOR TWO PEOPLE

#### RAW SEAFOOD for 1 person

Fine de Claire oyster, \*red shrimp from Mazara del Vallo, langoustine,  
gobetto and littleneck clams or cockle(5 seafood) [2,12,14]

RED SHRIMP TARTARE ½ portion (Mazara del Vallo)

CAVIAL ½ portion

Russian sturgeon tasting, on smoked salmon and local bread crouton with Normandy butter. [1, 7, 4]

FIRST COURSE ½ portion your choice from the menu

LOBSTER (Aragosta) ½ portion catalan style

DESSERT 1 portion of your choice from the menu

### **FOOD SAFETY INFORMATION NOTE REGARDING THE PRODUCTS SEAFOOD ADMINISTERED WITHIN THE MAESTRALE RESTAURANT**

As is well known, the health risk associated with the consumption of raw fish has received increasing media attention in the recent period, linked both to changes in eating habits increasingly oriented towards the consumption of "raw" prepared fishery products (shellfish, carpaccio and tartare of raw fish of various species such as swordfish, salmon, tuna, etc.), and to the frequent detection of potentially dangerous parasites for the consumer in fishery products that are traditionally consumed practically raw (marinated, cold-smoked or weak brine preparations).

Measures to prevent and control this risk are contained in the European Community Regulation(1) by which it is stipulated that fishery products intended to be consumed raw or practically almost raw be subjected to preventive treatment by freezing and storage for at least 36 hours at a temperature not exceeding -20°C. mediant the use of an equipment called "Temperature Blast Chiller". Therefore, in order to protect the health of the Gentlemen customers, we inform, the same, that the seafood products, already pre-announced, present in this menu have been placed in preventive reclamation treatment and the product complies with the requirements of the Regulations already mentioned.

In summary, this mandatory treatment counteracts bacterial growth and eliminates the microorganisms called: ANISAKIS and OPISTHORCHIS potentially present in all fresh seafood products; this rapid action, which takes place inside the blast chiller, respects the organoleptic qualities of the food because it prevents the formation of macro-crystals within the product.

In conclusion, and in view of the above, it should be noted that:

as stipulated in the Ministry of Health Circular No. prot. DGSAN/0004379-P- of 17/02/2011, that "....freezing aimed at the preventive reclamation of fish is a procedure expressly required by the regulations in force, applied for a specific period of time and aimed at the protection of consumer health....".

Therefore, the Administration of the Maestrale Restaurant declares that all fish products intended for raw consumption, present in this menu and administered to the Gentlemen customers, have been slaughtered and assume the designation of "frozen" and, therefore, it can be stated that the fish products in place, are guaranteed in terms of turgidity, nutritional values, organoleptic qualities and safety of the product itself in compliance and respect of the regulatory impositions already mentioned. Other cooked products, in the case of not finding fresh, could be frozen.

As for oysters, sea truffles, clams, tellins, mussels, fasolari and cannolicchi (when available) to be consumed fresh, they are accompanied by a label showing the date of packaging and the references of origin (2); the label is available to Mr. and Mrs. customers and, if they wish, they can request to see it.

NOTES: (1) EEC Reg. 853/2004 - Annex III°, section VIII°, ch. 3, letter D, point 3, - "Specific hygiene rules for food of animal origin". (2) L.D. No. 530, Dec. 30, 1992, "Implementation of EEC Directive 492/91 concerning the marketing of live shellfish." **CRUDE FISH** All raw, non-living fish is slaughtered according to current regulations either at the source or here on site. All products, of course the non-live ones, that are part of this menu, and not on the display case in the dining room (at the restaurant's cash bar counter) if not sourced fresh could be frozen, i.e., culled at source. If sourced fresh and intended for raw consumption they are culled here on site according to current regulations.

**ALLERGENS** Before consuming any dish, customers are requested to consult the allergen information inside this case for informed and independent choice.

### ALLERGEN LIST

Kind customers are advised that our dishes may contain, as basic or trace constituents, some substances considered allergens and indicated below. "Information about the presence of substances or products that cause allergies or intolerances is available within this transparent cover under this sheet.

WE INVITE CUSTOMERS TO TELL US ABOUT THEIR ALLERGIES, WE WILL GUIDE YOU IN A RIGHT CHOICE.

List of allergens given in Annex II of EC Regulation 1169/11

1. Cereals containing gluten (i.e., wheat, rye, barley, oats, spelt, khorasan wheat and their hybridized strains) and products thereof;
2. Crustaceans and derived products;
3. Eggs and derived products;
4. Fish and fish products except
5. Shellfish and shellfish products
6. Peanuts and products thereof;
7. Soybeans and products thereof;
8. Milk and milk products (including lactose);
9. Nuts i.e. almonds (*Amygdalus communis* L.), hazelnuts (*Corylus avellana*), walnuts (*Juglans regia*), cashew nuts (*Anacardium occidentale*), pecans [*Carya illinoensis* (Wangenh) K.Koch ], Brazil nuts (*Bertholletia excelsa*), pistachio nuts (*Pistacia vera*), macadamia nuts or Queensland walnuts (*Macadamia ternifolia*) and their products, except for nuts used for the manufacture of alcoholic spirits, including ethyl alcohol of agricultural origin
10. Celery and products thereof
11. Mustard and products thereof;
12. Sesame seeds and derived products;
13. Lupin and lupin products.
14. Sulfur dioxide and sulfites in concentrations exceeding 10 mg/kg or 10mg/L expressed as SO<sub>2</sub>, such to be calculated for products as proposed ready-to-eat or reconstituted in accordance with manufacturers' instructions.