



IL MONASTERO

SUNA

Menu

Starters

CANNIBALS' SKEWERS (1,3,7,8) € 15,00

Handmade sheep skewers from Roccasale (Abruzzo)
cooked strictly on the grill with bruschetta (7 pcs - 200g)

THE FLAN (1,3,7,8) € 10,00

Florentine zucchini flan "alla scapece"
with crispy Livorno fried yolk egg

I MUST TRY IT (4,7,8) € 16,00

Sea bass tartare marinated with Granny Smith apple
and Amalfi coast lemon with herbskefir sauce.

THE TARTARE (7,8) € 16,00

French Frisona tartare with red sun shallots, stracciatella from
Andria, and prized black truffle from Norcia

LET'S PUT THE DOTS ON THE I'S (9,13) € 18.00

Octopus stewed with Modena IGP balsamic vinegar, Navelli
chickpea cream with crunchy celery

NEAPOLITAN BONBONS (1,3,7,8) € 9,00

Cilento eggplant bonbons with cherry tomatoes and fresh
basil sauce

MUSSELS (1,3) € 12,00

Do you want it Neapolitan style or Italian style?

First Courses

HAVE FAITH (1,3,7) € 18.00

Egg tagliatelle with Norcia truffle and stracciatella from Andria (Puglia)

TOP SELECTION (1,13) € 16.00

Half pacchero from Gragnano with CRAB

TAN LINE FROM THE GULF (1,13) € 18.00

Gragnano spaghetti with clams

CAN NEVER BE MISSING (1,2) € 14.00

Erik's Carbonara Candies: sheep cheese fondue, pork cheek from Amatrice and fresh black pepper

CHEF'S FANTASY (1,7) € 18.00

The "Riserva Monastero" Carnaroli Grand Risotto. We offer it based on seasonal ingredients and the daily creativity of Chef Erik Lo Schiavo

Main Courses

THE MONASTERY GRILL (1,2,4,13) € 24.00

Grilled fishes: jumbo prawns, breaded squid,
salmon, tuna skewer

AEOLIAN ISLANDS (4,8) € 22.00

Yellowfin tuna steak with Bronte green pistachio and
caramelized Tropea onions served with rocket

ENTRECÔTE DI ANGUS IRLANDESE (7) € 18.00

Served with a 24 month aged Grana Padano cream

THE LITTLE PIGLET (6) € 16.00

Iberian suckling pig fillet with Chablis reduction
and Tropea onion caviar

SQUID GAME (13) € 16.00

Mediterranean squid with pea cream

Our Grill

CANNIBAL SCOTTISH TOMAHAWK € 10/HG

The Tomahawk, also known as the "Brontosaurus steak," is a cut from the front part of the beef loin. The main characteristic of the Tomahawk is its juicy and intense flavor, which blends with its persistent aroma, particularly appreciated by meat lovers.

BAVARIAN AAA+ BEEF FIORENTINA € 8.5/HG

The delicacy of our Fiorentina steaks comes primarily from the quality of the AAA+ animal, and secondarily from the dry-aging process. The meat is aged strictly as a whole piece in vacuum bags at a temperature of 1°C for a period ranging from a minimum of 20 to a maximum of 40 days.

BAVARIAN AAA+ BEEF RIB € 7/HG

The Bavarian rib comes exclusively from traditional Bavarian breeds. The rib corresponds to a specific muscle group: THE LOIN, which is classified in the first group of fundamental foods. The rib is a food rich in high biological value proteins, vitamins, and specific minerals.

IRISH FILLET 240 GR € 28,00

Irish farming is a niche source for the meat industry. Mostly family-run, they still rely on ancient practices and are generally small to medium-sized. The animals are fed only grass in large outdoor pastures. In fact, in Ireland, the percentage of agricultural land dedicated to grazing is 80% (compared to 40% of the European average). The climate, influenced by the Gulf Stream, also contributes to the quality of the meat, bringing frequent rainfall and moderate temperatures, increasing the calcium content in the already limestone-rich soil.

Side Dishes

MARINATED LETTUCE HEARTS € 6,00

GRILLED VEGETABLES € 7,00

eggplant, peppers, zucchini, fior di latte cheese

OVEN-ROASTED POTATOES € 6,00

From the Sila mountains

Large Salads

Potato Salad € 12,00

(Potatoes, onions, capers, tomatoes, cucumbers)

Greek Salad (7) € 14,00

(salad-Feta, cucumbers, tomatoes, taggiasca olives, onions)

Caesar Salad (1,3,7) € 13,00

(lettuce, bread croutons, chicken breast, ceasar sauce, parmesan flakes)

Desserts

Tiramisu "del Cavaliere" (1,3,7) € 7,00

Cheescake (1,7) € 7,00

Almond semifreddo (3,7,8) € 7,00

Lemon Sorbet € 6,00

Strawberry Sponge (1,3,7) € 8,00

with Creamy White Chocolate and Raspberry Coulis

Allergens

- (1) CEREALS CONTAINING GLUTEN AND DERIVATIVES
- (2) CRUSTACEANS AND CRUSTACEAN-BASED PRODUCTS AND THEIR DERIVATIVES
- (3) EGGS AND EGG-BASED PRODUCTS
- (4) FISH AND FISH-BASED PRODUCTS
- (5) PEANUTS AND PEANUT-BASED PRODUCTS
- (6) SOYA AND SOYA-BASED PRODUCTS
- (7) MILK AND MILK-BASED PRODUCTS INCLUDING LACTOSE
- (8) NUTS
- (9) CELERY AND CELERY-BASED PRODUCTS
- (10) MUSTARD AND MUSTARD-BASED PRODUCTS
- (11) SESAME SEEDS AND SESAME SEED-BASED PRODUCTS
- (12) LUPINS AND LUPIN-BASED PRODUCTS
- (13) MOLLUSCS AND MOLLUSC-BASED PRODUCTS
- (14) SULPHUR DIOXIDE AND SULPHITES

For any other allergies and/or intolerances, please inform the waiting staff.