

Ristorante Mari e Monti *da Emanuela*



Antipasti di terra – Classic Starters

Carpaccio di Manzo con Rucola & Parmigiano, Pomodorini Beef Carpaccio with rocket salad, Parmesan and cherry tomatoes (A,G)	12,90
Prosciutto e Melone Parma Ham and Honey Melon	12,90

Antipasti di mare – Starter from the sea

Carpaccio di Salmone marinato agli Agrumi Crostini di pane Salmon Carpaccio marinated in Lemon and Orange, citrus Butter, natural crusted Bread (D,R,A,L,G)	12,90
Impepata di Cozze al Vino Bianco Fresh Mussels in white wine served with crusted bread (R,A,O)	13,90

Antipasti Vegetariani

Bruschette Toscane Aglio, Pomodoro Fresco, Cipolla, Origano Classic Bruschette with fresh tomatoes, Garlic, Onions Oregano (A)	6,90
Caprese di Mozzarella di Bufala e Pomodoro Caprese with Buffalo Mozzarella, fresh tomatoes (A)	10,90

- Smaller portion only for childrens available
- Variations of Dishes are subjected to €5,00 charge

hinweis für den Konsumenten:

Alle auf dieser Speisen-/Getränkerte ausgewiesenen Beträge verstehen sich in EURO inkl. der jeweils vom Gesetz vorgeschriebenen Steuer rnt

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Antipasti Vegani – Vegan Starters

Bruschette Toscane Aglio, Pomodoro fresco, Cipolla, Origano
Bruschetta with fresh Tomatoes, Oregano, Garlic and onion (A) 6,90

Primi Vegani – Pasta Vegan

Paccheri Arrabbiata
Short Pasta "Paccheri" in Tomato Sauce, Garlic, black Olives, Spicy (A,L) 10,90

Spaghetti aglio olio Peperoncino
Spaghetti garlic, oil, chilli – Spicy (A,L) 10,90

Pasta all'Ortolana
Pasta with fresh vegetables (A,L) 14,90

Secondi Vegani – Hauptgerichte Vegan

Hamburger Vegano con Patatine Fritte 15,90
Vegan Vegetables Burger with fries (A,M,F,L,E)

Insalatona mista di Frutta e Noci 14,90
Big Salat Bowl, Fruits and Nuts (A,E)

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We do prepare penne gluten free

Pasta classica – Classic Pasta

Tagliatelle Bolognese Egg Tagliatelle (long strips of flat Pasta) Bolognese (A,L,C,O)	12,90
Paccheri alla "Amatriciana" Short ridged pasta tubes "Paccheri" with tomato sauce, garlic and Italian Guanciale (A,L,O)	11,90
Spaghetti Carbonara Spaghetti Carbonara with italian Guanciale, eggs Pecorino Romano cheese (A,C,G,O,L)	13,90
Tortellini Panna e Prosciutto Fresh Tortellini with Ham and Cream (A,C,G,O,H,L)	13,90
Tagliatelle Imperatore Egg Tagliatelle in Tomato sauce, a little bit of cream, wrapped in Prosciutto di Parma Ham and topped with fresh Mozzarella (A,C,G,O)	13,90 15,90

Pasta di Mare – Seafood Pasta – all the fish Pasta are spicy

Tagliatelle „Emanuela“ gamberoni, zucchini, zafferano Egg Tagliatelle with Prawns, Courgettes and Saffron (A,G,B,O,L)	16,90
Tagliolini nero di Seppia "Mari e Monti" Calamari e Gamberi Profumate al pesto di Basilico Tagliolini "Mari e Monti" infused with squid ink, prawns, Calamari, perfumed with Basi and served with a creamy sauce (A,R,D,B,L,O,C)	17,90
Spaghetti Aglio, Olio, Gamberoni e pomodorini Spaghetti with a traditional garlic-oil sauce, prawns and cherry tomatoes (A,B,D,R,O,L)	16,90
Spaghetti Frutti di Mare Spaghetti with mixed seafood and fish (A,R,O,L)	18,90

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Pasta vegetariana – Pasta vegetarian

Paccheri Arrabbiata

Short Pasta "Paccheri" in tomato sauce, garlic, black olives, spicy
(A,L)

10,90

Tagliatelle al Pesto Genovese

Tagliatelle in home made Basil-Oil-Nuts-grana cheese Pesto
(A,E,G)

13,90

Paccheri Pomodoro e Mozzarella a crudo, gocce di Pesto

Short ridged pasta tubes "Paccheri Napoli" with
Tomato sauce, garished with Mozzarella and Pesto drops
(A,C,H,G)

13,90

Pasta al forno - Pasta gratin

Lasagna Bolognese

Homemade classic (A,G,L,C,O)

12,90

Insalatone - Salads bowls

Fitness Salad

Mixed salad bowl topped with grilled turkey
(A,O)

15,90

Insalata Greca

Green Salad, Tomatoes, Feta Cheese, Olives, Onions,
Cucumber, Oregan (A,O,G)

14,90

Insalata Mista

Mixed Salad (O)

5,00

Insalata Verde

Green Salad (O)

4,00

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Secondi di pesce – Seafood main courses

Branzino all'Isolana Verdure e patate (circa 300 gr) 23,90
Seebass „all'Isolana“ with vegetables and potatoes
(circa 350 gr) (D,O)

Calamari e Gamberi fritti con Insalata o Patatine Fritte 24,90
Fried squid and prawns with mixed salad or french fries
(A,R,E,O,D,H)

Fish to share for two Persons

Orata all'Isolana con Verdure e Patate (circa 450 gr) 18,00 p.P.*
Island sea bream „Isolana“ with vegetables and potatoes
Circa 450 gr. (D,O)

Rombo al forno con Patate e Verdure (circa 550 gr) 29,00 p.P.*
Turbot with vegetables and potatoes (Circa 550 gr) (D,O)

**Grigliata mista di Pesce all'italiana per due (Orata, Gamberoni, Seppia)
e verdure grigliate** 25,00 p.P.
Grill mix Fisch Plate with grilled vegetables fort two persons
(sea bream, big prawns and squid) (D,H,R)

*p.P. = price per person

Secondi di carne – Meat main courses

Hamburger Toscano di Salsiccia e Patatine Fritte 15,90
Tucany Salsiccia (Pork and Beef) Hamburger with french fries
(A,E,L)

Wiener Schnitzel con Patatine Fritte 15,90
Pork Wiener Schnitzel with fries (E,C,A)

Tagliata di filetto di Manzo, Rucola, Pomodorini, Parmigiano 28,90
Sliced beef tenderloin with rocked, tomatoes
and finely sliced Grana cheese (G,O,C)

**Grigliata di carne mista all'italiana (Agnello, Filetto di Manzo e Maiale)
Salse fatte in casa e patatine fritte rustiche** 27,90
Italian grilled meat plate (lamb, beef and pork fillet) with homemade sauces and rustic
Chips (A,E,L,O)

Tacchino alla griglia con Patatine Fritte e Burro alle Erbe 14,90
Grilled Turkey with french fries, garnished with herbal butter (E,C,A)