

HALLMARK OF QUALITY SINCE 1962

WE LOOK ON OUR PATRONS AS FRIENDS WHO COME TO VISIT US AND ENJOY OUR FOOD, PREPARED SIMPLY, USING ONLY FRESH PRODUCTS AND ADHERING TO THE ANCIENT TRADITIONS USING ONLY THE FRESHEST INGREDIENTS AVAILABLE TO US. WE WOULD SUGGEST BEFORE CHOOSING, TO KINDLY CONSULT WITH OUR STAFF TO CONFIRM WHAT DISHES ARE AVAILABLE TO AVOID DISAPPOINTMENT. THEREFORE HAVE PATIENCE WITH US IF SOME DISHES ARE NOT AVAILABLE AND THAT WE MAY RECOMMEND OTHER CHOICES.

WE ALSO KINDLY REQUEST, GIVEN THE DIMENSIONS OF OUR PREMISES THAT YOU TURN DOWN AND LIMIT THE USE OF CELL PHONES AND TO USE OUR ENTRANCE FOR TELEPHONE CONVERSATIONS.

WE THANK YOU FOR YOUR COOPERATION.

THE FAMILY ALLEGA WISHES YOU BUON APPETITO!

NOTE: OUR RESTAURANT HAS BEEN MENTIONED IN MANY OF THE BEST FOOD GUIDES



Virgin olive oil : produced by the old mill, Mosto de L'Antico Frantoio Villamagna(Ch)

Durum wheat semolina pasta produced by pasta artisan Cav. Cocco from Fara San Martino (Ch)

Pulses: Barley and Spelt from the old country lodge "Casino di Caprafico" di Guardiagrele (Chieti)

Lentils from Santo Stefano di Sessanio farmed by "Ciarocca"

Beans hand picked in Sulmona

Saffron supplied by the Altopiano di Navelli Cooperative

Caprini cheese from Cansano, **Pecorino** from Farindola (PE), Castel del Monte and Scanno,

Caciocavalli from Agnone, **scamorze** from Sulmona

Red-skin garlic of Sulmona

Sausages, liver, pressed meat, cheese, offal from Pollutri(Chieti)

The abovenamed products and other specialties are for sale in our speciality shop.

Various other types of salami and cheeses also available.

STARTERS

FANTASY OF ANTIPASTI

MORSELS OF GOOSE BREAST — THIN SLICES OF RAW BEEF — THIN SLICES OF COOKED TURKEY
— PLATE OF VARIOUS CURED MEATS AND LOCAL CHEESES — GARLIC SHOOT PRESERVED IN OIL — TOASTED
CRUSTY BREAD DRIZZLED WITH VIRGIN OLIVE OIL

CURED MEATS, LOCAL CHEESES AND GARLIC SHOOTS AND TOASTED CRUSTY BREAD

TRIO OF THIN SLICES OF BEEF, TURKEY AND GOOSE MEAT

THIN SLICES OF BEEF WITH ROCKET AND GRANA PARMESAN

(AGED BEEF MARINATED WITH SPICES)

THIN SLICES OF TURKEY COOKED IN HONEY ON A BED OF MIXED GREENS WITH A DRIZZLE OF GRAPE SYRUP
AND BALSAMIC VINEGAR

THIN SLICES OF SMOKED GOOSE BREAST

THIN SLICES OF AIR CURED BEEF SERVED WITH ROCKET AND GRANA PARMESAN

PLATTER OF ITALIAN CHEESES

PANFRIED CHEESES

TOASTED CRUSTY BREAD TOPPED WITH LOCAL PORK CHEEK

CHAR-GRILLED CRUSTY BREAD WITH TOMATO

GARLIC SHOOTS PRESERVED IN OIL

FRIED LAMB OFFAL WITH ONION

FIRST COURSES

ASK OUR STAFF FOR THE DAILY MENU

HOWEVER WE GIVE YOU A TYPICAL EXAMPLE OF FIRST COURSES

ZUCCHINI FLOWER CARRATI WITH SAFFRON FROM NAVELLI
HOME MADE PASTA TYPICAL OF THE ABRUZZI
POTATO GNOCCHI

A TYPICAL MENU

CHARGRILLED CRUSTY BREAD WITH PORK CHEEK FROM ABRUZZI AND GARLIC SHOOT PRESERVED IN OIL (RED SKIN GARLIC OF SULMONA)

CARRATI ZUCCHINI FLOWER WITH SAFFRON FROM NAVELLI
TYPICAL HAND MADE ABRUZZI PASTA

CASSERUOLE OF LAMB WITH VEGETABLES

DESSERT – COFFEE

SECOND COURSES

CHARGRILLED LAMB

CASSEROLE OF LAMB

FILLET OF NORWEGIAN STOCKFISH IN TOMATO SAUCE

FILLET OF NORWEGIAN STOCKFISH WITH A PINENUT SAUCE

CHARGRILLED SCAMORZA CHEESE WITH PARMA HAM

CHARGRILLED LOIN OF BEEF

SLICES OF CHARGRILLED BEEF SERVED WITH ROCKET, PARMESAN, SMOKED SALT AND BALSAMIC VINEGAR OF MODENA

FAGGO OF VEAL WITH FIELD MUSHROOMS FILLED WITH MOZZARELLA AND HAM

CHICKEN CUTLET WITH ROCKET (FAGGOT OF BEEF WITH HAM AND FONTINA CHEESE)

CHAR-GRILLED RAINBOW TROUT (BONES REMOVED) TOPPED WITH BREADCRUMBS AND SALT

VEGETABLES

SEASONAL VEGETABLES – CRUMBED AND BAKED

MIXED GREENS

DESSERT (ASK OUR STAFF FOR DAILY SUGGESTIONS)

BAKED ALMOND CUSTARD

FRUIT TART

CRUMBLY CHOCOLATE WALNUT CAKE

LOCALLY PRODUCED CHEESES

GOAT CHEESE FROM CANSANO

CACIOCAVALLO FROM AGNONE

CHARGRILLED CHEESE

CHEESE FROM CASTEL DEL MONTE

PECORINO FROM FARINDOLA

HERBED PECORINO CHEESE

N.B.: SOME CHEESES ARE SEASONAL. WE SUGGEST YOU CONSULT OUR STAFF FOR SUGGESTIONS

HELPFUL GLOSSARY

ANTIPASTO: LITERALLY 'BEFORE THE PASTA'. A COLLECTION OF MEATS(SALAMI) PICKLED OR GRILLED VEGETABLES SERVED AS A STARTER TO WHET THE APPETITE

BRUSCHETTA: SLICES OF DENSE BREAD THAT ARE GRILLED WEITER OVER COALS OR ON A CAST-IRON GRILL AND THEN TOPPED WITH ANY VARIETY OF INGREDIENTS. THE CHAR MARKS ARE PART OF THE CHARM, AS IS THE CHARCOAL FLAVOUR.

RUCOLA: PEPPERY SALAD LEAF WE KNOW AS ROCKET/RUGULA/ARUGULA

CARPACCIO: TRADITIONALLY PAPER-THIN SLICES OF RAW BEEF FILLET BUT NOW EXTENDED TO INCLUDE, MANY OTHER MEATS AND FISH

SCAMORZA: IS A PEAR-SHAPED FRESH CHEESE MADE FROM COWS MILK. IT SHOULD BE EATEN WITHIN ONE WEEK. IT IS MADE USING THE PASTA-FILATA METHOD. THE CHEESE IS WHITISH AND HAS A SWEET-SOUR TASTE. ALTHOUGH IT IS MADE THROUGHOUT THE YEAR, IT IS MAINLY PRODUCED DURING JULY AND AUGUST. LIKE MOZZARELLA IT CAN ALSO BE SMOKED

PECORINO: MADE FROM SHEEP'S MILK CAN BE EATEN FRESH OR AGED AND ALSO USED FOR GRATING

PARMIGIANO: WHOLE COWS MILK AGED FOR AT LEAST 14 MONTHS. YOUNGER CHEESES (MILDER AND CHEAPER) CAN BE EATEN AND ARE GOOD FOR GRATING.

RICOTTA: A FRESH GRAINY CHEESE MADE FROM COWS OR SHEEP MILK MADE BY SKIMMING OFF THE SOLIDS AFTER HEATING THE WHEY.