



IL GABBIANO
— beach&restaurant —

MIENÙ
— 2023 —





to *Start*



Tuna Tartare

3-5

tuna*, avocado mousse, salmon roe and crunchy baguette - 19,00

may contain: 8-7-13-11-6

Sauteed Squid

1-12-14

fried squid* on caramelized onion, raisins and pine nuts - 17,00

may contain: 6

Sautéed Mussels and Clams

1-14

in tomato stew and crusty bread - 21,00

may contain: 8-7-11-3-6

Lista Allergeni

1. Glutine
2. Crostacei
3. Uova
4. Pesce
5. Arachidi

6. Soia
7. Latticini
8. Frutta a guscio
9. Sedano
10. Senape

11. Sesamo
12. Anidride
solforosa e solfiti
13. Lupini
14. Molluschi



the **Pasta**



Spaghetti alle Vongole Veraci

1-14-6

spaghetti with clams

- 19,00

Lo Scoglio

1-2-14-12

spaghetti, datterino tomatoes, mussels, clams - 19,00

The Lobster

12-2-1

spaghetti, the soft lobster meat* is served with a datterino sauce that binds the flavors - 29,00

Fregola ai Crostacei

1-14-4-12-

fregola, red prawns*, scampi*, prawns* - 20,00

7-2-9

Il Culurgiones

1-7

Ogliastra culurgiones* with three tomatoes and pecorino cream
- 17,00

may contain: 6-10-4-14-2-7

Cheese and Sea pepper

1-7-2-14-12

paccheri*, mussels, clams, crustaceans* - 19,00

may contain: 4-14

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Fish & Meat



La Paranza

1-4

fried fish and zucchini crunchy - 19,00*

may contain: 2

Il Rosso

4-12

tuna on avocado, cucumber, pink grapefruit and fennel puree
crunchy - 26,00*

Octopus

4-12

octopus on guacamole cream, kiwi and spicy picada - 23,00*

may contain: 11-10

Just Fished

4

€11,00x100gr

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Accompagnano

Hand-cut new potatoes - 8,00
Grilled seasonal vegetables - 10,00

The salads

Maestrale

1-7-3-8-

Radicchio, Fassona bresaola, parmesan cheese, walnuts, yogurt sauce and croutons - 19,00

may contain: 12-5-8-6

Libeccio

7

Rocket, mozzarella, tomato, Taggiasca olives, basil and endive, vinaigrette sauce - 19,00

may contain: 4-9-12

Lista Allergeni

- | | | |
|--------------|--------------------|----------------------------------|
| 1. Glutine | 6. Soia | 11. Sesamo |
| 2. Crostacei | 7. Latticini | 12. Anidride solforosa e solfiti |
| 3. Uova | 8. Frutta a guscio | 13. Lupini |
| 4. Pesce | 9. Sedano | 14. Molluschi |
| 5. Arachidi | 10. Senape | |



Dessert



Tentazione ricotta e cioccolato

Sponge cake with coffee fragrant, soft ricotta cream and chocolate sauce heart with single origin cocoa paste from Madagascar
8,00

allergeni: 1-3-5-7-11-8

Cre moso ai frutti rossi

Sponge cake with vanilla flavored cream and filled with red berries core, decorated with white chocolate and red berries sauce. - 8,00

allergen: 1-3-5-7-11-8

Cre moso al pistacchio

Soft hazelnut biscuit base with ricotta cheese cream and pistachios cream on the top, filled with pistachios core, decorated with white chocolate curls and crushed pistachios - 8,00

allergen: 1-3-5-7-11-8

Goccia tiramisù

A delicate cloud of sweetness that meets the texture of sponge cake drenched in coffee and scented with citrus and cardamom, between a mascarpone cream and fresh cream and a delicate coffee creamer
- 8,00

allergen: 1-3-5-6-7-8-10

Nonna 4.0

A base of luscious butter crumble welcomes the freshness of lemon cake with lemon custard, a delicate vanilla mousse and fresh cream wrapped in an elegant golden frosting - 8,00

allergen: 1-3-5-6-7-8-10

Rubino cheesecake

The crunchiness of butter crumble embraces a delicate cheesecake custard with fresh cream and a raspberry-strawberry gelee for a unique symphony of flavors - 8,00

allergen: 1-3-5-6-7-8-10

Cubo ai due cioccolati

Cream with white chocolate and fresh cream, enriched with hazelnut crunch, on a sponge cake. Covered with a soft layer of dark chocolate with Santo Domingo's cocoa seeds - 8,00

allergen: 1-3-5-6-7-8-10

Geometria di cioccolato e pere

Cream with dark chocolate with Madagascar's cocoa seeds, pear puree and pieces of italian pear, decorated with dark chocolate. - 8,00

allergen: 1-3-5-6-7-8-10

Seadas

Two discs of semolina fried dough filled with fresh sheep's cheese and topped with strawberry tree honey or sprinkled with sugar - 8,00

allergen: 1-4-7



TENUTA
L'ARIOSA

Arenu

VERMENTINO
DI SARDEGNA

DENSITÀ IN COLTE DI UVA 800g/ha, 100% UVA



TENUTA
L'ARIOSA

Fondato nel 1920

Wine



Bianchi

Jankara	8,00	35,00
<i>Vermentino di Gallura DOGS, Cantina Jankara</i>		
Funtanaliras		26,00
<i>Vermentino di Gallura, Cantina del Vermentino - Monti</i>		
Estiu	8,00	28,00
<i>Sauvignon, Cantina Santa Maria La Palma</i>		
Triulas	8,00	22,00
<i>Chardonnay, Cantina Santa Maria La Palma</i>		
Lupus Infabula		35,00
<i>Vermentino di Sardegna, Tenuta Olbios</i>		
Galatea		24,00
<i>Vermentino di Sardegna, Tenuta L'Ariosa</i>		
Is Argiolas		22,00
<i>Vermentino di Sardegna, Cantina Argiolas</i>		
Sabbia		22,00
<i>Vermentino di Sardegna, Viticoltori Romangia</i>		
Romangian Oro Dry		24,00
<i>Viticoltori Romangia</i>		
Blu	8,00	20,00
<i>Vermentino di Sardegna, Santa Maria La Palma</i>		
Capichera Vigna'ngena		50,00
<i>Vermentino di Gallura, Cantina Capichera</i>		
Capichera VT		90,00
<i>Vermentino di Gallura, Cantina Capichera</i>		
Capichera Lintori	8,00	30,00
<i>Vermentino di Gallura, Cantina Capichera</i>		
Arenu		22,00
<i>Vermentino di Gallura, Isola dei Nuraghi</i>		
Spera		25,00
<i>Vermentino di Gallura DOCG, Cantina Siddura</i>		

■ *Rossi*

Radice Cannonau 8,00 18,00
Cannonau di Sardegna, Viticoltori Romangia

Cagnulari SMP 8,00 24,00
Cannonau di Sardegna

■ *Rosati*

Serra Lori 8,00 20,00
Vino rosato, Cantina Argiolas

Controluce 8,00 22,00
Vino rosato, Flli Rau

Nudo 8,00 25,00
Cannonau di Sardegna DOC Rosato, Cantina Siddura

■ *Bollicine*

SMPL Akenta Spumante 8,00 28,00

CA Del Bosco Franciacorta 60,00

Contadi Castaldi Brut 32,00

Champagne Veuve Clicquot 90,00

Champagne Cristal Brut 300,00

Akenta Sub 90,00

Bellavista 60,00

Laurent Perrier 100,00

Laurent Perrier Rosè 110,00

■ *Vini Dolci*

Amè *Tenuta L'Ariosa, Moscato* 6,00 26,00

Cocktail

Negroni 10,00

Negroni Sbagliato 10,00

Americano 10,00

Gin o Vodka Tonic 10,00

Cuba Libre 10,00

Vodka o Gin Lemon 10,00

Moskow Mule 10,00

Tequila Sunrise 10,00

Caipiroska Fragola 10,00

Caipirinha 10,00

Mojito 10,00

Cardinale 10,00

Long Drink Base 10,00

Long Drink Premium 10,00
(Bombay, Tanqueray..)

Long Drink Deluxe 15,00
(Hendrick's, Gin Mare, Belvedere)

Caffetteria

Coffee	1,50
American Coffee	3,00
Proper Coffee	3,50
Marocchino	3,00
Decaf Coffee	2,00
Small Ginseng Coffee	2,00
Small Barley Coffee	2,00
Large Ginseng Coffee	2,50
Large Barley Coffee	2,50
Shaked Coffee	4,00
Latte Macchiato	2,50
Cappuccino	2,00
Bicchiere di latte	2,00
Coffee Cream	4,00

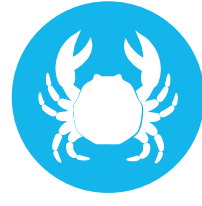
Bevande

Water 0,5l	2,00
Water 0,75l	4,00
Fruit Juice	3,00
Bibite in lattina	3,50
Bottled Beer	4,00 / 5,00 / 6,00
Digestive Amaro's and Liqueurs	4,00

Lista Allergeni



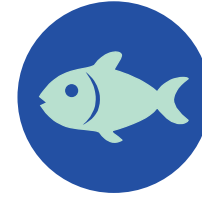
1. Glutine
Gluten



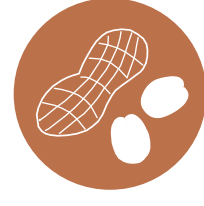
2. Crostacei
Crustaceans



3. Uova
Eggs



4. Pesce
Fish



5. Arachidi
Peanuts



6. Soia
Soya



7. Latticini
Milk



11. Sesamo
Sesame



8. Frutta a guscio
tree nuts



9. Sedano
Celery



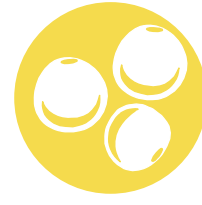
10. Senape
Mustard



14. Molluschi
Molluscs



12. Anidride Solforosa
e Solfiti
Sulphites



13. Lupini
Lupin

**Allergene presente nei vini:
Anidride Solforosa e Solfiti**

***In the absence of fresh product, are used blast chilled or
thawed product***

***The products that make up the dishes on our menu
may vary according to seasonality
and availability.***

***Il Gabbiano Restaurant
everyday***

lunch 12:30pm - 4:30pm \ dinner 8:30pm - 10:30pm

cover €3.00 / €6.00 on the sand
