IL MARE DI

SARDEGNA

Ristorante Cucina Sarda e Italiana

Cibo e bevande

Food & Beverages

We bring a touch of Sardinia to Fuldaa

Benvenuti - Welcome

dear guests, dear friends
We look forward to welcoming you to IL MARE DI SARDEGNA.
Chef Giuseppe Mereu would like to spoil you with traditional
and authentic Sardinian-Italian cuisine.

All dishes are always prepared with market-fresh ingredients prepared for you.
We therefore ask for your patience should it take a little longer.

Take your time and enjoy your stay.
If you were satisfied, please recommend us to others
and rate us on Google.

Your hosts

Rosa & Giuseppe Mereu

Antipastusu / Starters

1. Casu Arrostiu A,G — 11,50
Sardinian pecorino cheese from the oven served in an earthenware dish
with it Pane Carasau (thin, crispy flat bread of Sardinian cuisine)

2. Carpaccio di Manzo A,G,I,J — 16,00
wafer-thin raw beef tenderloin with rocket, fresh mushrooms and shaved
Parmesan, dressed with fresh lemon juice & olive oil

3. Vitello tonnato C,D,G,2,3 — 16,00
fine veal slices with tuna cream and capers

4. Antipastu Millesu 2,3,G,A — 16,50 Pers. / 2 Pers. 31,00
mixed starter plate of various Sardinian cold cuts and
cold cuts and changing specialities from our antipasti showcase

5. Antipastu de Mari A,D,I,N,B — 17,50
Seafood salad and olives of the house

6. Crostini Parma A,G,2 — 10,50
Toasted bread slices gratinated with mozzarella, served with Parma ham,
rocket salad and shaved Parmesan cheese

7. Crostini a sa Sarda A,G — 10,50
Toasted slices of bread au gratin with mozzarella, served with grilled
antipasti vegetables and Sardinian pecorino cheese

Insalada / Salad

8. Piccola Mista 6,50
small colourful salad mix with cucumbers, cherry tomatoes, red onions and carrots

9. Insalada Puddighiu [2,G] 15,50
colourful salad mix with cucumbers, cherry tomatoes, red onions and carrots with grilled chicken breast fillet

10. Insalada di Manzo 17,00
Grilled beef strips on a combination of lamb's lettuce and radicchio with cucumbers, cherry tomatoes, red onions and carrots

Our salads are dressed with homemade vinaigrette - served with our homemade Italian-style white bread. On request we are happy to serve you our homemade yoghurt dressing.

Extra homemade white bread 1,00
Extra Pane Carasau (Sardinian bread) 1,50

Sa Pasta / Pasta dishes

12. Lasagna al Ragu` A,C,J,G 13,50
Homemade beef ragout lasagne with mozzarella cheese

13. Strozzaretti ai leccami i baffi A,C,G 18,00
Short curved pasta with strips of beef, cherry tomatoes in a red wine tomato sauce coated with radicchio and shaved Parmesan cheese

14. Linguine agli Scampi A,B 17,50
with scampi, cherry tomatoes, olive oil and garlic deglazed with a dash of white wine in a light tomato sauce, shot of white wine in a light tomato sauce

15. Spaghetti Carbonara Originale A,C,G,6 16,50
with guanciale (air-dried, unsmoked bacon) in a cream of egg and parmesan cheese egg and Parmesan cheese, refined with Sardinian pecorino cheese

16. Paccheri con Crema di Zucchini e Scampi A,G,B 18,50
Giant macaroni with scampi in a homemade cream of courgette sprinkled with walnut kernels and grated Parmesan cheese

48. Spaghetti ai frutti di mare 20,50
with fresh seafood, cherry tomatoes, in a tomato and white wine sauce

Sardian specialities

17. Culurgiones A,G 16,00
Sardinian pasta pockets with a filling of potatoes, Sardinian pecorino cheese and a hint of mint in a cherry tomato sauce

18. Malloredusu a sa Campidnesa A,G,I,1,2 18,00
small durum wheat gnocchi with salsiccia and fresh bay leaves on a cherry tomato sauce sprinkled with Sardinian pecorino cheese

19. Freguledda sarda A,B,D,N 20,50
Sardinian pasta made from durum wheat semolina in small ball form with fresh seafood, cherry tomatoes, garlic, parsley in a white wine sauce

20. Ravioli Sardi A,G,C 16,00
Homemade Sardinian ravioli filled with ricotta and spinach in a butter and sage sauce sprinkled with Sardinian pecorino cheese

Pizza

22. Parma e Rcola [2,A,G] 15,50
Mozzarella, Parma ham, cherry tomatoes, rocket and shaved Parmesan cheese

23. Sarda [2,A,G] 16,00
Mozzarella, fresh Sardinian salsiccia, gorgonzola, red onions and olives

24. Bresaola [2,A,G] 18,50
Mozzarella, bresaola (air-dried beef ham), parmesan, rocket and cherry tomatoes

25. Madre Terra [2,A,G] 16,50
Mozzarella, Sardinian salsiccia, grilled aubergines, cherry tomatoes and grated Sardinian pecorino cheese

26. Bufalina [2,A,G] 16,00
topped with a buffalo mozzarella ball surrounded by Italian pistachio mortadella, cherry tomatoes and fresh basil

27. Smeralda [2,A,G,D,B] 17,50
Mozzarella and fresh seafood

28. Nurghe [2,A,G] 16,00
Mozzarella, gorgonzola, bacon and red onions

29. Terranova [2,A,G] 15,00
Mozzarella and grilled vegetables

30. Atunna [2,A,G] 15,00
Mozzarella, oyster mushrooms, cherry tomatoes covered with radicchio and Sardinian pecorino cheese

Other pizza wishes? Sure, you're welcome!
Just talk to your waitress and we'll put together the pizza of your choice

Segundusu de Pezza / Meat dishes

31.Bistecca ai ferri [G] 27,00
Grilled rump steak with herb butter

32. Bistecca Cipolla[G] 28,00
Grilled rump steak with stewed onions

33. Filetto di manzo alla grilia 32,50
Grilled fillet of beef with herb butter

34. Filetto di manzo a le erbe 33,50
Grilled fillet of beef in a red wine sauce refined with various herbs

35. Scaloppa di Vitello [A,C] 23,00
Breaded veal cutlet

36. Scaloppa al Vino Bianco [A,C] 24,50
Unbreaded veal cutlet in a mushroom white wine sauce

All meat dishes are served with a side salad and rosemary potatoes

Segundusu de Pisci / Fish dishes

38. Scampi alla griglia [A,B] 23,50
grilled scampi

39. Scampi al pepe rosa [2,A,B,G] 25,00
Grilled scampi with cherry tomatoes in a pink pepper sauce consisting of Cognac and a dash of cream

40. Calamari alla Livornese [2,6,D] 19,50
Grilled calamaris with cherry tomatoes in a pink pepper sauce consisting of Cognac and a dash of cream

41. Calamarettusu in su forru [D,A] 23,00
Fresh octopus rings from the oven served in an earthenware dish with a special breading from the chef in a white wine sauce refined with cherry tomatoes and garlic

42. Salmone ai quattro mori [D] 25,00
Salmon fillet in a lemon sauce with fine parsley

Our fish dishes are served with spinach and boiled potatoes.

Druchisi / Dessert

43. Seadas de Sardegna (sardisches Dessert) [A,G,2] 8,00
Homemade dumpling filled with young, mild pecorino cheese and grated lemon peel, lemon zest, baked and covered with hot honey

44. Tiramisu [G,C,A, 7,9] 7,50

45. Semifreddo alle Mandorle [G,C,E] 8,50
Almond parfait refined with caramel sauce served with fresh seasonal fruit

46. Panna Cotta [G,C,1 ,9] 7,00
Pudding-like Italian dessert with red berries

47. Cannoli di Pasta sfoglia alla crema pasticcera [A,G] 8,50
Puff pastry rolls filled with an Italian pastry cream with a vanilla and lemon note

Beer and non-alcoholic beer

Hochstift Pils local beer	0,3l	3,20	0,5l	4,50
Hochstift Radler beer lemonade mix	0,3l	3,20	0,5l	4,50
Ehrenberger Pilgerstoff dark beer in the stone jug			0,5l	4,50
Will-Bräu Hefeweizen yeast wheat beer			0,5l	4,50
Will-Bräu Kristallweizen crystal wheat beer			0,5l	4,50
Ichnusa non filtrata sardinian beer			0,33l	4,50
Hochstift Drive without alcohol			0,33l	3,20
Hochstift Radler 0,0% beer lemonade mix wihout alcohol			0,33l	3,20
Will-Bräu Hefeweizen yeast wheat beer without alcohol			0,5l	4,50

Alkoholfreie Getränke

Libella Cola [1,3,7]	0,2l	2,90	0,4l	4,20
Coca-Cola light / zero [1,3,7]			0,33l	3,50
Libella Orange lemonade [1,3,7]	0,2l	2,90	0,4l	4,20
Cola-Mix [1,3,7]	0,2l	2,90	0,4l	4,20
Libella lemonade [1,3,7]	0,2l	2,90	0,4l	4,20
Rhön Sprudel Apple spritzer			0,25l	2,90
Rhön Sprudel currant spritzer			0,5l	5,10
Rhön Sprudel water medium/still/classic			0,25l	2,70
Rhön Sprudel water medium/still/classic			0,75l	6,90
Bauer Apple juice clear [2]			0,2l	2,90
Bauer Grape juice [2]			0,2l	2,90
Bauer Orange juice[2]			0,2l	2,90
Fuze Iced Tea Peach			0,3l	3,70
Fuze Iced Tea Lemon			0,3l	3,70
Bitter Lemon			0,2l	2,90

Hot drinks

Espresso [7]	2,90
Espresso lungo [7]	3,90
Espresso Macchiato [7,G]	3,20
Cappuccino [7,G]	3,80
Latte Macchiato [7,G]	4,50
Cafè Crema [7]	3,00
Tea different varieties	2,90

Aperitif

Aperol Spritz [1]	0,2l	7,50
Limoncello Spritz	0,2l	7,50
Campari Orange [1]	0,2l	7,50
Lillet Wildberry	0,2l	7,50
Prosecco [L]	0,1l	6,50
Hugo	0,2l	7,50

Spirits

Fernet Branca	2cl	3,90
Averna	2cl	3,90
Ramazzotti	2cl	3,90
Mirto Sardo	2cl	4,50
Grappa sarda	2cl	5,50
Vecchia Romagna	2cl	4,50
Sambuca	2cl	3,90
Baileys	2cl	3,90
Limoncello	2cl	3,90

White wine

Lugana L dry	0,2l	9,00
Lugana L dry	0 ,75l	31,00
Vermentino di Sardegna L dry	0,2l	8.00
Vermentino di Sardegna L dry	0,75l	27,00
Nuragus di Cagliari L dry	0,2l	8,00
Nuragus di Cagliari L dry	0,75l	27,00
Pinot Grigio L dry	0,2l	6,50
Frascati L semi-dry	0,2l	6,50
Weißweinschorle L	0,2l	6,50
Hochstädter Apple cider L	0,5l	4,50

Red wine

Cannonau di Sardegna L dry	0,2l	8,00
Cannonau di Sardegna L dry	0,75l	27,00
Monica di Sardegna L dry	0,2l	8,00
Monica di Sardegna L dry	0,75l	27,00
Chianti L dry	0,2l	6,50
Merlot L semi-dry	0,2l	6,50

Rosé

Isola dei Nuraghi L dry	0,2l	7,50
Isola dei Nuraghi L dry	0,75l	25,50

Additives:	**Allergens:**
1 with colouring 2 with preservative 3 with antioxidant 4 sulphurised 5 blackened 6 with phosphate 7 containing caffeine 8 containing quinine 9 with sweeteners 10 contains a source of phenylalanine 11 waxed 12 with flavour enhancer 13 with acidifier	A - contains gluten B- contains crustaceans C- contains egg D- contains fish E- contains peanuts F - contains soy G - contains milk H - contains nuts I - contains celery J - contains mustard K - contains sesame seeds L - contains sulphur dioxide/sulphites M - contains lupins N - contains molluscs

Celebrations at the Ristorante

Family & company celebrations, or special occasions.

Would you like to celebrate with us?
Whether business or private, perhaps with a large circle of friends,
or also for other occasions, we are your culinary host
and accompany you gastronomically.

Please contact us.

We will be happy to advise and inform you
in a personal conversation
about the various possibilities and
submit individual menu proposals to you.