



IL MONASTERO

SUNA

Menu

Starters

CANNIBALS' SKEWERS (1,3,7,8) € 14,00

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

THE ANCHOVIES (1,7) € 14,00

Anchovies from the Cantabrian Sea processed in EVO oil with
Normandy's Isigny butter and croutons cooked in our oven

I MUST TRY IT (4,7,8) € 16,00

Sea bass tartare marinated with Granny Smith apple
and Amalfi coast lemon, served with herb kefir sauce

THE TARTARE (7,8) € 16,00

French Frisona tartare with red sun shallots, Andria stracciatella
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, served
with Navelli chickpea cream and crispy celery

NEAPOLITAN BONBONS (1,3,7,8) € 10,00

Cilento eggplant bonbons with cherry tomatoes and served
with 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

Handmade tagliatelle with Norcia truffle and Andria stracciatella (Puglia)

TOP SELECTION (1,2,4,7,8) € 16.00

Pacchero di Gagnano PGI with Bronte pistachio cream and deconstructed yellowfin bluefin tuna tartare

TAN FROM THE AMALFI COAST (1,13) € 18.00

Fresh pasta tonnairelli of our production with Amalfi Coast olives and Mediterranean calamari

CAN NEVER BE MISSING (1,2) € 14.00

Antonio's Carbonara Candies: sheep cheese fondue, Amatrice pork cheek and freshly ground 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 Antonio Diafano

Main Courses

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

Grilled seafood: jumbo prawns, breaded squid, salmon, tuna skewer and avocado

IL TATAKI (3,4,6,9,11) € 24.00

Yellowfin bluefin tuna tataki, courgette salad, osmosis carrots and celery, served with broad bean cream

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 wine reduction and Tropea onion caviar

SQUID GAME (13) € 16.00

Mediterranean squid served 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, bell peppers, and zucchini

OVEN-ROASTED POTATOES € 6,00

Sourced from the Sila mountains

Desserts

Knight's artistic tiramisu (1,3,7) € 8,00

Cheesecake (1,7) € 7,00

Neapolitan baba (1,3,7) € 7,00

Neapolitan pastiera (1,3,5,7,8) € 7,00

Ecuadorian chocolate cake (1,3,7,8) € 6,00

Lemon Sorbet € 6,00

Some products may be frozen at source or blast chilled
from Il Monastero Suna srl

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.