

## STUZZICHINI/ APPETIZER

### OLIVE

Marinated mixed olive (V) 2.50

### CESTINO DI PANE

Bread selection (V) 3.95

### GUTTIAU & AGLIATA PICCANTE

Crispy salted Sardinian flat bread served with tomatoes & garlic spicy dip and spreadable pecorino cream cheese (V) 5.75

### BRUSCHETTE

#### Trio of bruschette:

Spreadable spicy pecorino cheese & mullet roe  
Bottarga / Tomatoes & basil / Caramelized  
onions raisin & goat cheese (V) 8.50

## ANTIPASTI/ STARTERS *from the Deli*

### *Salumeria -Cured meats*

#### ANTIPASTO DI TERRA / sharing

Italian sharing board of cured meat artisan  
cheeses, vegetable in olive oil (N) 16.50

#### PROSCIUTTU & FIGU

Sardinian cured prosciutto (Barbagia FONNI  
FATTORIE GENNARGENTU)& figs 10.50

### *Casaro - Cheeses*

#### PECORINO

Selection of Artisan Sardinian cheeses, made  
from sheep's milk, served with caramelized  
walnuts & homemade jams 11.50

#### CASIZOLU ARRUSTU

Melted smoked Sardinian sheep's cheese,  
toasted bread, millefiori honey, olive  
tapenade 8.95

## INSALATE/ SALADS

#### RAPA & CAPRINO

Red & golden beetroot, goat cheese brule',  
balsamic baby onions "cipolline borrettane"  
(V) 8.90

#### RANA PESCATRICE ALLA CATALANA

Monkfish, tomato & Onions salad, rocket, olive  
oil 10.00

#### CAPRESE

Vine tomatoes, buffalo mozzarella cheese,  
basil 8.50

#### INSALATA DI FREGOLA

Sardinian semolina grain toasted pasta,  
dressed with prawns vegetables, ginger & mint  
10.50

## PRIMI / MAIN

### SU FURRU *from the Oven*

#### PANE FRATTAU

Sardinian flat bread, layered with tomato sauce  
and grated pecorino cheese, topped with soft  
egg (V) 7.95

#### MALLOREDDUS

Oven baked Small dumpling-shaped pasta in a  
rich tomato and pork sausages ragu', pecorino  
cheese 9.95

#### MILINZANA IN FURRU

Baked aubergine, tomato, garlic, mint &  
pecorino cheese (V) 7.95

### FAINE' / CHICKPEA SALTED PAN CAKE

*A Genovese influence in to the Island. Typical Sardinian street food; type  
of unleavened pancake of chickpea flour.*

FAINE' 6.00

#### CONDIMENTS:

onions 1.00  
mushrooms 1.00  
zucchini 1.00  
saussages 1.50  
bacon 1.50

## PIZZERIA

### Pane & Azu / Garlic Bread

AZU - Garlic rosemary & sea salt 4.90  
CASU - Mozzarella Cheese 5.50  
PUMATA - Tomato & basil 5.50  
DE ERDA - Sardinian bacon & onions 6.50

#### MARGHERITA

Mozzarella, tomatoes & Basil (V) 7.50

#### SARDVS

Mozzarella, tomatoes, Sardinian sausages,  
olive & pecorino cheese 9.95

#### LOGUDORO

Mozzarella, tomatoes, ham & mushrooms 8.50

#### BARBARICINA

Gorgonzola cream, truffle Mortadella, pistachio,  
(V) 9.95

#### GENNARGENTU

Mozzarella, tomatoes, Sardinian ham, rocket &  
aged pecorino 11.50

#### BIANCA

Mozzarella, rocket, mushrooms & black truffle  
oil (V) 12.75



### WELCOME TO SARDUS

Typical Sardinian cuisine tradition boasts very ancient roots, at first agro-pastoral, that slowly expanded acquiring in time also recipes based on fish and other seafood, typical of fishermen. In fact, Sardinia, in ancient times, was inhabited mainly in the woods of the inland, while coasts, partly for punic/phoenician invasion, partly for the less than savory air, were almost desert.

Shepherds, during the long periods when they were herding their stocks, needed simple and nourishing food (accompanied with some house wine), easy to carry and resistant to both high and low temperatures. For this reason Sardinia has such a wide selection of preserved meats and cheese both tasty and aged, but more than anything it should be mentioned the bread "carasù", delicious wafers of thin light bread, very easy to carry. For this reason **Sardinia** has such a wide selection of preserved meats and cheese, both tasty and aged.

#### Origin of the name

**Sardus** or also **Sardus Pater** ("Sardinian Father") was an ancient mythological hero of the Nuragic civilization (Sardinia). Sardus appears in the writings of Sallust and Pausanias.

According to Sallust, Sardus son of Hercules, left Libya along with a great multitude of men and occupied the island Sardinia, the island later called by his name. Later Pausanias confirms the story of Sallust and in the second century A.D. writes that Sardus was the son of Makeris (identifiable with Melqart, the Libyan Hercules) and that the island of Sardinia changed its name from *Ichnusa* to *Sardinia* in honours of Sardus.