

MENU



PANELENTU

I'M
THE
STAR
HERE



Rosinitta

PANELENTU

**Our traditional flatbread,
served soft and fresh.**

**Pane Carasau is, the same
bread, baked a second
time and crispy**

*The EU Regulation 1169/2011, also known as
the Food Information Regulation, requires
food businesses to provide information about
the presence of allergens in food. In the last
page you could see the 14 allergens that must
be declared on food packaging in the EU.*

**Warning: some ingredients
may run out and be replaced**



PANELENTU *Stuffed with*

Seasoned ground pork (1)	8,00 €
Grilled cheese (1-7)	8,00 €
Grilled cheese and seasoned ground pork (1-7)	9,00 €
Seasonal sautéed vegetables (1)	7,00 €
Pizza panelentu with tomato sauce, oregano and cheese (1-7)	6,50 €
Ham and cheese (1-7)	8,00 €
Goat burger, grilled zucchini and caramelized onions (1-3)	9,50 €
Sheep burger, sliced tomato and arugula (1-3)	8,50 €
Donkey burger, potato purée (1-3)	8,50 €
Spicy baby octopus and sautéed potatoes (1-4)	9,50 €
Tuna, cherry tomatoes and pesto sauce (1-3-4-7)	9,50 €
Radicchio, cheese and walnuts (1-7-8)	7,00 €
Arugula, salted ricotta and sliced tomatoes (1-7)	6,50 €
Sautéed spinach, cheese and cured pancetta (1-7)	7,00 €
Arugula, sliced tomatoes and bresaola (1)	7,50 €
Grilled eggplant, tomato sauce, pecorino cheese (1-7)	7,50 €
Mortadella, dried tomatoes, marinated olives and ricotta cheese (1-7)	8,50 €
Scrambled eggs and crispy bacon (1-3)	8,00 €
Panelentu frattau, tomato sauce, cheese, fried egg (1-3-7)	8,00 €
Sub Gluten free Panelentu	+3,50 €
Add or modifications	from +1,00 € to +4,00 €

APPETIZERS

ASSORTMENT OF CURED MEATS AND CHEESES (1-7)

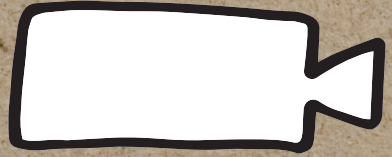
Small 15,00 € Medium 20,00 € Large 30,00 €

VEGETARIAN (1-3-7)

Small 15,00 € Medium 20,00 € Large 30,00 €

VEGAN (1-5-8-11)

Small 20,00 € Medium 30,00 € Large 45,00 €



SKEWERS

Sheep skewers (pcs) 2,00 €

Donkey skewers (pcs) 2,00 €



SALADS

Mixed seasonal salad 7,00 €

Mixed seasonal salad with walnuts and pecorino cheese (7-8) 8,00 €

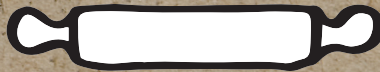
Mixed seasonal salad with "pane carasau" and "casizzolu" cheese (1-7) 8,00 €

Mixed seasonal salad with barley and fresh fruit (1) 8,00 €

Mixed seasonal salad with dry figs, goat cheese and raisins (7) 9,00 €

HANDMADE PASTA

Malloreddos (1)	9,00 €
<i>with tomato sauce or pork ragù</i>	
Maccarones de busa (1)	11,50 €
<i>with tomato sauce or pork ragù</i>	
Spinach and ricotta ravioli (1-3-7)	10,00 €
<i>with tomato sauce or pork ragù</i>	
Cheese ravioli (1-7)	10,00 €
<i>with tomato sauce or pork ragù</i>	
Culurgiones (1-7)	13,00 €
<i>stuffed with potatoes, cheese and mint</i>	
Pane frattau (1-3-7)	9,00 €
<i>with tomato sauce, cheese, topped with fried egg</i>	
Ravioli stuffed with thyme and potatoes (1)	12,00 €
<i>served with tomato sauce and basil</i>	



MAIN COURSES

Sheep burger and seasonal salad (1-3)	10,00 €
Donkey burger and seasonal salad (1-3)	10,00 €
Goat burger and seasonal salad (1-3)	12,00 €
Grilled cheese (7)	9,00 €

SERVICE 2 €

DESSERT

Sebada (1-3-7)	5,50 €
<i>Stuffed with melted cheese and lemon zest. Topped with sugar or honey</i>	
Honey and ricotta (7-8)	4,50 €
<i>mousse topped with caramel and chopped hazelnut</i>	
Honey and ricotta mousse like tiramisù (7-8)	5,00 €
Amaretto and raisin wine (3-8)	5,50 €
Vegan chocolate pudding (6-8)	5,00 €

COFFEE

Espresso	1,00 €
Dec	1,30 €
Ginseng	1,30 €



DIGESTIVES

Mirto	3,00 €
Mandarino	3,00 €
Finocchietto	3,00 €
Liquirizia	3,00 €
Vov	3,00 €
Acquavite	3,00 €



RED WINE

HOUSE RED WINE

Glass 3,00 €

1/4 l 4,00 € 1/2 l 5,00 € 1 l 8,00 €

WINE CELLAR

Cigala Glass 4,00 € Bottle (0,75 l) 25,00 €

WHITE WINE

Costamolino Bottle (0,375 l) 9,00 €

Vi Mari Bottle (0,75 l) 20,00 €

Akenta Bottle (0,75 l) 25,00 €

Akenta (Glass) 4,00 €

Vi Mari (Glass) 4,00 €

BEER

Ichnusa unfiltered (0,33 l) 3,50 €

Sardinian craft brewery (0,33 l) 6,00 €

Sardinian craft brewery (0,50 l) 7,50 €

Sardinian craft brewery (0,75 l) 9,00 €

WATER

Still and Sparkling 2,00 €

ALLERGENS

- 1 Cereals containing gluten (wheat, rye, barley, oats, spelt, kamut)
- 2 Crustaceans (e.g. prawns, crab, lobster)
- 3 Eggs and eggs based products
- 4 Fish
- 5 Peanuts
- 6 Soybeans and soy based products
- 7 Milk (including lactose) and milk based products
- 8 Nuts (almonds, hazelnuts, walnuts, cashews, pecans, Brazil nuts, pistachios, macadamia nuts)
- 9 Celery and celery based products
- 10 Mustard and mustard based products
- 11 Sesame seeds and sesame seeds products
- 12 Sulphur dioxide and sulphites (at concentrations of more than 10 mg/kg or 10 mg/litre)
- 13 Lupin beans and lupini beans based products
- 14 Molluscs (e.g. clams, mussels, oysters, scallops, squid)

It is important to note that these 14 allergens are not the only ones that can cause an allergic reaction. Other foods or food ingredients can also trigger allergies in some individuals. Therefore, if you have a food allergy or intolerance, always check the ingredients list on food packaging or ask the food provider for more information.

PANELENTU

Specialities of Sardinian cuisine

PANELENTU - CARASAU - HAND MADE PASTA

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