



*Colors and Flavors
of the
Mediterranean*

Alassio

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Torino

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Bruschette

Two slices of toasted rustic bread with the finest traditional ingredients.

Classic	€ 4,00
<i>Chopped tomato, Oregano, Garlic</i>	
Goatling	€ 7,00
<i>Goat cheese, Olive paste, Tomato, Basil, pepper</i>	
Larded	€ 5,00
<i>Bacon fat, Pepper, Garlic, almonds, marmelade</i>	
Silver Fish	€ 7,00
<i>Anchovies, Chopped Tomato, Parsley sauce</i>	
Tunny	€ 6,00
<i>Tuna in oil, Tomato, Onions, Capers, Olive paste, (all finely chopped)</i>	
Swordfish	€ 8,00
<i>Smoked Swordfish, Chopped Tomato, Basil, Pepper</i>	
Calabrian Bomb	€ 7,00
<i>'Nduia (spicy salami paste), mushrooms and cheese</i>	

Hot: with scamorza cheese that blends in with all the other ingredients

Mediterranean	€ 7,00
<i>Olive paste, Cheese, Anchovies, Fresh Tomato, Tomato sauce, Oregano</i>	
Parmigiana	€ 7,50
<i>Grilled Aubergines, Ham, Cheese, Tomato sauce, oregano</i>	
Gardener	€ 6,00
<i>Grilled Zucchini, Cheese, Basil</i>	
Buffalo	€ 8,00
<i>Buffalo Mozzarella, Olive paste, Anchovies, Pepper</i>	
Countrified	€ 8,00
<i>Roast Turkey, Mushrooms in oil, Cheese, Bacon</i>	
Spiced	€ 7,00
<i>Spicy Salami, Dried Tomatoes paste, Grilled Peppers, Cheese</i>	
Tonnarella	€ 7,00
<i>Tuna in oil, Cheese, Anchovies sauce, Fresh Tomato, Basil</i>	
Farmer	€ 6,00
<i>Pears, Cheese, Honey and walnuts</i>	
Cheeses	€ 8,00
<i>Buffalo Mozzarella, Goat cheese, Scamorza cheese, Pepper</i>	

The Mediterranean whim (for two persons) € 14,00

A choice of four different types of bruschetta

Banquet

These are the dishes that you share for the pleasure of good food and company ...

Cutting board with cold cuts and cheeses

small €15, medium €21, big €28

The cold cuts are original of the Sila. But even if Calabria has a spicy reputation, except the esplanade, all other cold cuts are sweet. Capocollo, fillet, sopressata, sausage, bresaola pork, rustic salami.

The cheeses: goat, cow and sheep cheeses coming from cheese dairies of Basilicata, Sicily and Calabrian served with marmelade..

Arbanella € 18,50

Plate of dried tomatoes, aubergines, mushrooms, different types of olives, onions, artichokes, stuffed peppers, anchovies all preserved in oil

Little Arbanella € 13,00

Pinzimonio € 14,50

Fresh vegetables accompanied by sauces of the crusher: anchovies cream, olive pate, dried tomatoes pate, oil emulsion with salt and balsamic vinegar.

Carpaccio

Thinly sliced raw or smoked or dried meat or fish, specially fillet, seasoned with olive oil and other ingredients

Beef € 12,00

with rocket, celery, cheese, pepper

Smoked Tuna-Fish € 14,50

with Boiled Potatoes, Parsley and Pepper

Smoked swordfish € 15,00

with fresh tomatoes, basil and pepper

Tonnara € 16,00

Rare ingredients result of the processing of tuna, served with boiled potatoes and barley bread with fresh tomato: Tuna in oil, Smoked tuna, Bottarga (roes), Mosciame (dried fillet), Sasizella (tuna salami), heart.

Sea trilogy with anchovies € 16,00

smoked swordfish, smoked tuna fish, dried tuna and marinated anchovies

Our Fresh Salads

All Salads and Friselle are dressed with salt and Extra virgin olive oil

Condiglione € 12,00

Traditional Ligurian salad with Tomatoes, Tuna-Fish in oil, Celery, Olives, Peppers, Onions, Cucumbers, Dried Tuna-Fish

Greek salad € 11,00

Tomatoes, Feta Cheese, Pepper, Cucumbers, Onions, Anchovies, Celery, Greek Olives, Oregano

Caprese € 10,00

Buffalo Mozzarella, Tomatoes, Olives, Basil

Provence € 12,00

Goat Cheese, Roast Turkey, Radicchio salad, Rocket, Celery, Pears, Pepper and walnuts

Salad Niçoise € 12,00

Tuna, Tomatoes, Boiled Eggs, Potatoes, Onions, Anchovies, Green Beans, Oregano

Sicilian salad € 8,50

Oranges, Olives, Fennels, oregano

Vegetarian € 10,00

with seasonal vegetables, grilled vegetables, dried fruits and fresh cheese with herbs

Friselle: the most popular of Mediterranean dishes based on wet barley bread

Classic Frisella € 9,50

Chopped Tomato, Olives, Peppers, Onions, Anchovies, Celery, Oregano

Isolana € 9,50

Chopped Tomato, Tuna in oil, Buffalo Mozzarella, Onions, Basil

Continentale € 9,50

Chopped Tomato, Feta cheese, Greek Olives, rocket, Dried Tomatoes

—◆ Vegetarian —◆

Grilled Vegetables € 11,00

eggplants, zucchini, peppers, Trevisan, onions, carrots, potatoes, endiue, fennel, mushrooms and Brussels sprouts.

Buffalo's Mozzarella € 12,00

Pan fried on Lemon leafs, pepper

Scamorza Cheese € 8,00

Pan fried with radicchio and rocket salad

Vegetables and cheeses grilled € 16,50

Mixed grilled vegetables with three kinds of grilled cheese (caciocavallo, scamorza cheese and buffalo's mozzarella)

Panissa (chick peas cake)

Cooked on the grill € 8,50

In warm salad with spring onions € 9,00

Pasta

Fresh pasta provided by artisan laboratories with the most typical tasty recipes.

L *Fusilli parmigiana style* € 9,00

Tomato sauce, Aubergines, Scamorza Cheese, Oregano

A *Fusilli pizzaiola style* € 9,50

Tomato sauce, Buffalo Mozzarella, Olives, Oregano

N *Cavatelli pecorara style* € 9,50

Tomato sauce, Bacon, Sheep's cheese, parsley

D *Trofie with Basil Pesto Sauce* € 9,50

with potatoes and green beans, according to the traditional recipe

Ligurian Ravioli € 13,00

ravioli stuffed with vegetables and fresh cheese served with walnut sauce and cheese

Vegetarian Ravioli € 12,00

stuffed with seasonal vegetables

Vegetable Soup € 10,00

potatoes, carrots, beans, green vegetables, pasta and pesto sauce

S *Seafood Spaghetti* € 16,00

Squids, octopus, shrimps, prawns, mussels, scampi, clams and cherry tomatoes.

E *Spaghetti with clams* € 14,00

with Sea urchins and walnuts

A *Spaghetti with Bottarga* € 14,00

Tuna roe from Sicily with fresh tomato, parsley, pepper

Cavatelli Sicilian style € 12,00

Mussels, cherry tomatoes and anchovies dressings

Spaghetti with Tuna € 10,00

Tuna-Fish in oil, Fresh Tomato, Olives, Capers, parsley

Sea Ravioli € 14,00

Ravioli filled with seasonal fish

Little Gnocchi with fish € 14,00

Potatoes gnocchi with chopped fish of the day, tomatoes and zucchini

F *Fusilli Silana style* € 9,00

N'duia (spicy salami paste), tomato sauce and scamorza cheese, parsley

I *Spaghetti Puttanesca style* € 8,50

Fresh Tomato, Olives, Capers, Anchovies, Red Pepper, parsley

in case of non availability of the fresh product will be replaced with frozen food

Fishes

Tuna

- Tanned** € 18,00
Cooked on the grill
- Scented** € 18,00
Stir fried with mustard and herbs
- Bottoned** € 18,00
On the spit , with mint and cheese, cooked with pine nuts, sultanas, onions and sweet wine

Swordfish

- Grilled** € 18,00
Cooked on the grill with herbs
- Liparese style** € 18,00
Pan fried with tomatoes, olives, capers and parsley

All dishes are served with garnish: grilled zucchini, potatoes, barley bread with tomato and seasonal vegetable

The Meats

- Roast turkey** € 12,00
with rocket and balsamic sauce with honey
- Roast beef** € 13,00
with boiled potatoes and parsley
- Cima Ligurian Style** € 13,00
veal pocket filled with vegetables served with salad, potatoes and green sauce

Tasting menu

(at least for two persons)

Cutting board, fresch vegetables, bruschette
with a dish to be chosen

- With daily special or tuna or swordfish for person € 30,00*
- With sea food pasta, or with Bottarga, Clams, for person .. € 25,00*
sea Ravioli or Gnocchi with fish
- With other dishes of pasta, for person € 22,50*

Children's menu'

- Pasta with tomato sauce or pesto, ham, hot bruschetta (like a pizza), buffalo mozzarella, ice cream € 12,00*

Wines & Allied Products

House Wine

Red: Barbera of Aleramo - White: Cortese of Adelasia

Az. F.lli Natta di Grazzano Badoglio (At)

¼ lt € 5,00 - ½ lt € 7,00 - 1 lt € 12,00 Wine by the glass € 4,00

Wine by the glass

○ White ● Red ● Pinkish

The Ligurian

- Pigato Az. Ruffino (Su) € 16,00
- Vermentino " € 16,00
- Mataossu " € 18,00
- Varigotti (sparkling) " € 18,00
Mataossu grapes
- Cruin " € 18,00
Crovino grapes
- Rossese of Dolceacqua Az. Foresti (Im) € 18,00
- Ormeasco of Pornassio Az. Ramò (Im) € 17,00
- Sciac-trà Ormeasco grapes " € 17,00
- Pettiroso (sparkling) Az. Ruffino (Su) € 16,00
Rossese grapes and Crovino

The Pugliese

- Ursi (sparkling) Az. Decastris (Le) € 16,00
Verdeca and Chardonnay grapes
- Malvasia black " € 16,00
- Salice Salentino "Reserve" " € 22,00
Negroamaro and Malvasia Black grapes
- Primitivo from Manduria " € 18,00
- Negroamaro " € 18,00
- Rosato of Salento "Five Roses" " € 17,00
Negroamaro and Malvasia Black grapes

The Sicilians

- Urm Az. Miceli (Pa) € 22,00
Zibibbo grapes of Pantelleria
- Grillo " € 16,00
- Uranim " € 22,00
Pantelleria native grapes
- Nero d'Avola "'U Nicu" " € 16,00
- Nero d'Avola "Aulisi" " € 28,00
aged in barriques
- Fiammato (served cold) " € 16,00
Nero d'Avola grapes

The Campani

- Greco di Tufo Az. Sannino (Na) € 17,00
- Fiano d'Avellino " € 16,00
- Falanghina " € 16,00
- Falanghina sparkling " € 16,00
- Cragnano (red sparkling wine) " € 16,00
- Piediroso Pompeiano " € 18,00
- Aglianico " € 16,00

The Sardinians

- Vermentino of Gallura Az. Mancini (Olbia) € 18,00
- Cannonau € 16,00

The wines that advance you can take them home! We give you the cap and bag.

Beer & Sangria

Birra Ichnusa from Sardegna

Bottle da 0,33 cl € 4,50

Bottle da 0,66 cl € 7,00

Beer craft, € 5,00
white, amber, red or dark

Nastro Azzurro draught beer small € 3,50 / medium € 5,00 / 1 lt € 11,00

Sangria by the glass € 4,50

Sangria ½ lt € 10,00

Sangria 1 lt € 15,00

Bread and Water

In our bread basket you can find: different kinds of bread, focaccia, rosemary croutons, onions and cereals taralli, and breadsticks with pesto sauce.

The still and sparkling water is purified and treated

€ 3,00 for person

Dulcis in fundo.... sweets

Fruit Tiramisù € 5,00	Fruttini of Salerno € 7,00
Fresh fruit, Chantilly cream and biscuits soaked in limoncello	assortment of fruit filled with fruit ice-cream
Rum Babà € 5,00	Theme Dessert € 8,00
Stuffed with cream and chocolat and served with ice cream	Cake, ice cream and liqueur in a single theme
Stello € 5,00	Sweet Liqueur wines with almond cantucci biscuits
Cream ice cream, mint biscuits and hot chocolate and limoncello	Pantelleria Raisin Wine € 5,00
Desdemona € 5,00	Zibibbo, Almond wine, € 4,50
Cream ice cream, coffe biscuits and almond cream with limoncello	Malvasia
Homemade Cake € 6,00	Sweets Wines Bottles
Chocolate, nutella, apple, almond or lemon	Moscatoello € 16,00
Assortment of homemade cakes ... € 7,50	(partially fermented)
served with ice cream	Malvasia red of Casorzo € 16,00
Natural fruit sorbets € 5,00	(grapes Malvasia)
	Arz. F.lli Natta (At)

Liqueurs and Distilled

Liqueurs € 4,00	Special Liqueurs € 5,00
Limoncello, Red or green myrtle, Orange, Herbal Amarello, Melon	Green apple and lemon, Licorice, Honey, Chamomille, Saint Mary herbs
Single vine Grappa € 5,00	Aged Grappa € 6,00
Pigato, Vermentino, Malvasia	Nero d'Avola, Zibibbo, 18 Moons
Aromatic Grappa € 5,00	Brandy
Williams Pear, Nettle, Juniper, Mountain Pine	Vecchia Romagna € 4,50
	Carlos Primero, Cardinal Mendoza... € 6,00
	Cream Liqueur € 4,50
	Chocolate, Almonds

The ingredients list of all our dishes is available for consultation
to highlight allergens, as provided by law.

NB: prices are including VAT (10%)