



AL VOSTRO ARRIVO AL TAVOLO

Served at the table upon your arrival

Bevanda calda a scelta dalla nostra caffetteria

Hot drink of your choice freshly made in our cafeteria

Confetture di frutta e miele Abi d'Oru

Fruit jams and Abi d'Oru honey

Acqua oligominerale

Still or sparkling water

CENTRIFUGHE DI FRUTTA E VERDURA E SPREMUTA DI FRUTTA

Served at our buffet - fruit & vegetables extract and squeezed fruit

Spremuta d'arancia 5

Freshly squeezed orange juice

Centrifuga di frutta e verdura del giorno

Fruit & vegetables extract of the day

LATTICINI

Served at our buffet - dairy/dairy free

Latte - riso, mandorla, soia, cocco, alta digeribilità, intero e scremato 1/6/13

*Cold milk selection - rice, almond, coconut, soy, dairy free,
whole milk and skimmed*

Scelta di yogurt - Intero, magro, soia, frutta, kefir 1/6

Yogurt selection - whole, lean, soy, fruit, kefir

Acai bowl - frutto di Acai, frutta fresca e yogurt di soia 1/6

Acai, fresh fruit and soy yogurt

Granola - yogurt, frutta e granola 1/3

Yogurt, fruit and granola



DOLCI, FRUTTA, SEMI E CEREALI

Served at our buffet - sweets, fruit & cereals

Frutta fresca tagliata - Selezionata in base alla stagione 13

Fresh fruit - Seasonally selected

Frutta secca - Nocciole, mandorle, pinoli, noci, uvetta, bacche di goji, prugne e albicocche 13

*Dried fruits - Hazelnuts, almonds, pine kernels, walnuts, raisins,
goji berries, prunes and apricots*

Semi - Chia, girasole, sesamo, papavero e zucca 6

Seeds - Chia, sunflower, sesame, poppy and pumpkin

Selezione di cereali - Corn Flakes, Special Kellogg's, All Bran, Rice Crispies, Muesli e Choco Pops 3

*Cereal selection - Corn Flakes, Special Kellogg's,
All Bran, Rice Crispies, Muesli and Choco Pops*

PANE E DOLCI DA FORNO

Served at our buffet - bread & sweets

L'angolo della pasticceria 1/2/3

Daily selection of freshly baked pastries, homemade cakes and biscuits

Selezione di pani freschi 1/2/3

Freshly baked bread selection

L'ISOLA SENZA GLUTINE

Served at our buffet - gluten free

Selezione di pani, croissant, torte, biscotti, muffin e cereali 1/2/3/12

*Bread selection, fresh croissants, homemade cakes, biscuits,
muffin & cereals*



INSACCATI, FORMAGGI, PESCI E INSALATE

*Served at our buffet – cured meat, cheeses,
smoked fish & salad*

Salsiccia e i prosciutti sardi e nazionali 3

*Pork cured sausages & cold cuts from Sardinia
and rest of Italy*

Salumi magri

Other type of cured meat (not pork)

Formaggi freschi - Ricotta, Mozzarella, Emmenthal, Dolcesardo 1

*Fresh cheeses - Ricotta cheese, mozzarella,
Emmenthal, cow's milk Dolcesardo*

Formaggi stagionati - Caprino sardo semi stagionato, Pecorino sardo semi stagionato 1

Semi matured goat cheese and semi matured pecorino cheese

Fumè di mare - salmone selvaggio 9

Smoked fish – wild salmon

Mondo vegetale - misticanze, pomodorini, carote, avocado e cetrioli

Vegetables - mix leaves, tomatoes, carrots, avocados and cucumbers

COLAZIONE REALE (Non inclusa - addebito in camera)

The royal breakfast (not included - charged to your room)

Uova biologiche al tartufo nero 2

Organic free range eggs with Sardinian black truffle

€ 22

Champagne 0,10 cl

€ 18

Spumante 0,10 cl

€ 14



DALLA NOSTRA CUCINA

Ampia disponibilità su richiesta di preparazioni senza glutine
From our kitchen - gluten free dishes available on request

L'AMERICANA

Uova biologiche strapazzate, crocchette di patate, pomodori al forno, fagioli in umido, bacon, salsiccia di pollo 2/3
Organic scrambled eggs, hashbrown, baked tomatoes, beans, bacon and chicken sausage

HEALTHY

Frittatina con albume di uova bio, spinaci, formaggio fresco di capra, pomodori al forno e rucola 1/2
White egg "frittata", spinach, fresh goat cheese, baked tomatoes and rocket

INNOVATIVA

Pancarrè 5 cereali, salmone norvegese fumè, uovo in camicia, bietola saltata e salsa olandese 1/2/3/9
Multicereal bread with smoked norwegian salmon, poached egg, sautéed chard and hollandaise sauce

LA GUSTOSA

Pancake, sciroppo d'acero e fragole 1/2/3
Pancake, maple syrup and strawberries

LA FRANCESE

Crepes alla nutella 1/2/3
Nutella crepes

PORRIDGE

Fiocchi di avena cucinati al latte o all'acqua 3
Oatmeal cooked in milk or water