



Tradition. Creativity. Sustainability.

All these concepts can be summed up in one word: **Terra**.

Starting from our love for the Earth [*"Terra"*], we offer a cuisine that **respects the environment**, using local and seasonal ingredients, with the main objective of consciously **reducing food waste**.

The use of **local suppliers, from farmers to fishermen**, favors short-range circuits, cuts off long-distance procurements and promotes a positive impact on the environment, while offering a **gourmet cuisine authentically connected to the territory**.

Our Chefs are committed every day to reducing food waste and with their infinite creativity they keep the authentic **Sardinian culinary tradition** alive and contemporary.

And since Terra follows seasonality, let us take you to your summer journey to a **Terra of the Sea**.

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Tasting Courses

TERRA OF THE SEA

90

*A perfect meeting between territory and sustainability.
A 7-course tasting journey that encompasses all the essence of Terra Restaurant.*

THREE COURSE JOURNEY

65

*An appetizer, a first course and a second course chosen from the À la Carte menu
(excluding dishes marked with the ★).*

LET'S GET TO KNOW EACH OTHER

35

An accompanying itinerary including 3 glasses.

NOT JUST WINE

50

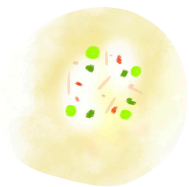
Let yourself be guided by 5 proposals waiting to be discovered.

food

wine

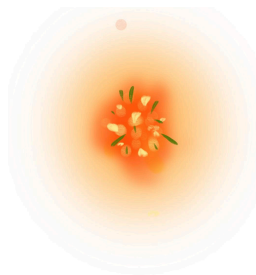
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Terra di mare



marinated
red
seabream

melon Piel de Sapo
from *Sinis*
and almonds



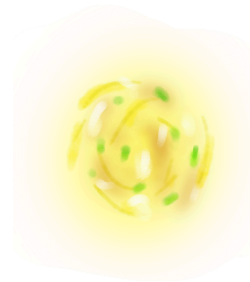
blue
lobster

its own
"carapigna"
and juniper



eggs from
the land and
from the sea

red onion and
spirulina meringue



cold
spaghetti

smoked mullet
from *Cabras* and
nerves



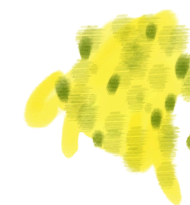
fusilli

Villasimius red
prawn and red
pepper extract



crispy
porceddu

from *Ogliastra*,
eggplants and
seaweeds



lemon and
capers

lemon and
capers from
Selargius

In order to guarantee a unique tasting experience, the 7-course tasting menu will be served for the entire table.

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à la Carte

MARINATED RED SEABREAM melon Piel de Sapo from Sinis and almonds	🐟 🍷 🥜 🌿 🥥	20
SQUID beans and Campidanese sauce	🐟 🍷 🌿 🌿 🍷 🥥	22
EGGS FROM THE LAND AND FROM THE SEA red onion and spirulina meringue	🥚 🍷 🥜 🍷 🍷 🌿	18
BLUE LOBSTER ★ its own "carapigna" and juniper	🍷 🐟 🌿 🍷 🌿 🍷 🥜	30
RISOTTO tomatoes and smoked ricotta cheese	🍷 🌿 🍷	25
TORTELLO zucchini filling, amberjack and candied citrus	🌿 🍷 🍷 🍷 🌿 🐟	26
BOTTONI glazed pork ribs, beer air and chickpeas	🌿 🍷 🍷 🌿 🥜 🍷	24
FUSILLI Villasimius red prawn and red pepper extract	🌿 🐟 🐟 🌿 🍷 🍷 🍷 🌿	26
ROASTED DUCK carrots and plums	🍷 🍷 🍷 🌿	32
CRISPY PORCEDDU from Ogliastra, eggplants and seaweeds	🍷 🌿 🍷 🍷 🌿 🍷 🐟	30
ANGLERFISH courgettes and mussels sauce	🐟 🌿 🍷 🍷 🍷	35
SOLE FISH summer tortilla and its juices	🍷 🌿 🍷 🍷 🌿 🍷 🐟	32
PEACH miso and red wine	🌿 🍷 🍷 🌿	14
LEMON AND CAPERS lemon and capers from Selargius	🍷 🍷 🥥 🌿	14

🌿 Cereals containing gluten

🐟 Crustaceans and derivatives

🥜 Peanuts and derivatives

🌿 Soy and derivatives

🍷 Milk and derivatives

🍷 Celery and derivatives

🌿 Sulfur dioxide and sulphites

🌿 Lupins and derivatives

🐟 Fish and derivatives

🥚 Eggs and derivatives

🍷 Mustard and derivatives

🥥 Nuts

🌿 Sesame and derivatives

🍷 Molluscs and derivatives

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