

WAVES MENU

**SP  
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NG.**



ENGLISH MENU

*"Cooking is an art you can learn also by eating "*  
Executive Chef Raffaele Lenti

WAVES MENU

**STARTERS**

CARBONARA EGG **15**

cooked at 64°, ham dust and cardoncelli mushrooms | 01 03 07

MANTUAN PUMPKIN **15**

spicy provolone sauce, neapolitan tarallo, candied lemon | 01 03 07 08

BEEF TARTARE **16**

duck liver cream, currant sauce and fried egg yolk | 01 03 05 07 08 12

CUTTLEFISH **18**

cuttlefish ink, celeriac, bread and katsuobushi | 07 08 09 12 14

CLAMS **18**

soutè in pizza crust baked in Josper | 01 05 14

ARGENTARIO RAW PRAWNS **18**

with chopped walnuts, creamy avocado and "spicy frisella" | 01 02 07 08

TUNA SASHIMI **17**

lime with toasted bread and pistachio foam | 01 04 08

**STAR  
TERS.**

**NAKED AND RAW**

RAW HARMONY

2 oysters, 4 cockles, 2 red prawns, 2 scampi, 60g tuna | 02 04 14

**35**

SOLITARY RAWS

ARGENTARIO SCAMPI

each 100g | 02

**12**

ARGENTARIO RED PRAWNS

each 100g | 02

**12**

OYSTERS DIAMANT OR 1Pz | 14

**3**

**NAKED  
AND  
RAW.**

## **PIZZE GOURMET**

### **UPSIDE DOWN / IN THE PAN**

<b>FOCACCIA</b> cornish seasalt flakes	<b>9</b>
<b>MARGHERITA</b> fior di latte, tomato, basil, parmigiano   01 07	<b>13</b>
<b>CARDONCELLI</b> cardoncelli mushrooms, fior di latte, tomato, basil and parmesan   01 07 12	<b>15</b>
<b>WRONG NORMA</b> aubergines, Cantabrico anchovies, fior di latte, tomato, basil, parmigiano   01 07 04	<b>14</b>

*\*High hydration dough with 100% certified italian wheat flours, biologic barley, evo oil, sourdough and biga, giving high digestibility*

**PIZZE  
GOUR  
MET.**

## FIRST COURSES

**PUMPKING GNOCCHI** **14**  
roasted leeks, guanciale, cacio e pepe | 01 07 08

**CANNELLONI...THE REAL ONES!** **18**  
stuffed with lean veal, buffalo ricotta, Agerola provola and Neapolitan ragù  
| 01 03 07 09

**CARNAROLI RICE** **17**  
red chicory, chestnuts and roquefort | 01 07 09 12

**POTATO SOUP** **17**  
provola cheese, raw red prawns, prawn sand | 01 02 03 07 09 12 14

**RAVIOLI DEL PLIN** **19**  
stuffed with artichokes alla romana with Argentario prawns  
| 01 02 03 09

**MEZZI ZITI (HALF ZITI)** **16**  
red tuna and tartare with lemon scent | 01 04 09

**SPAGHETTONI** **16**  
with fresh clams, oil and fresh parsley | 01 14

**FIRST  
COUR  
SES.**

## MAIN COURSES

TUNA	20
soy sauce, spicy cauliflower and black sesame   04 06 11	
SEA BASS	24
"in cassuola" with Piennolo tomatoes and pioppini mushrooms   04 12	
OCTOPUS	20
"in casserole" with datterini tomatoes, leeks and potatoes   08 14	
VEAL CHEEK	18
cooked with Shiraz with mashed potatoes and salt flakes   07 09	
DUCK BREAST	19
cooked low temperature, Pinot noir sauce, baby broccoli   01 09 12	

**MAIN  
COUR  
SES.**

WAVES MENU

**BY THE GRILL**

COSTATA IRELAND	<b>45/Kg</b>
COSTATA SPAIN	<b>85/Kg</b>
COSTATA SASHI FINLAND\DENMARK	<b>60/KG</b>
COSTATA FRANCE\GERMANY	<b>40/kg</b>
T-BONE USA	<b>95/kg</b>
T-BONE SPAIN	<b>95/kg</b>
T-BONE FRANCE\GERMANY	<b>45/kg</b>
T-BONE SASHI FINLAND\DENMARK	<b>65/KG</b>

**BY THE  
GRILL.**

NB: THE MAY BE FROZEN OR BLAST CHILLED PRODUCTS ACCORDING TO THE AVAILABILITY OF THE MARKET OR TO GUARANTEE THEIR QUALITY AND PRODUCT SAFETY.

WAVES MENU

**FROM THE GARDEN**

BABY BROCCOLI  
with oil and garlic | 08

**6**

ESCAROLE  
with sultana raisins | 08

**6**

ROSEMARY POTATOES

**6**

MIXED SALAD

**6**

**FROM  
THE  
GARD  
EN.**



WAVES MENU

**VEGAN MENU**

UPSIDE DOWN PIZZA / IN THE PAN **15**  
aubergines, Gaeta olives, tomato sauce, basil | 01

CARNAROLI RICE **15**  
with Brunello red lettuce and chestnut sauce | 01 09 12

GENTIL PAPPARDELLE **6**  
three mushrooms: shitaki, cardoncelli and portobello | 01 12

BABY BROCCOLI **6**  
with oil and garlic | 08

SAUTEED ESCAROLE **6**  
with sultane raisins

ROSEMARY POTATOES **6**

MIXED TSALAD **6**

**VEGAN  
MENU.**

WAVES MENU

**BABY MENU**

PROSCIUTTO CRUDO DI PARMA **9**

PENNETTE **10**  
with fresh tomato sauce | 01

VEAL CUTLET **15**  
"alla milanese" super crispy with french fries | 01 03 05 07 08

**CELIAC?  
DON'T HESITATE TO ASK!**

**BABY  
MENU.**

WAVES MENU

**SWEET TEMPTATIONS**

MILLEFOGLIE

with chestnut cream, marsala zabaglione and blonde orange jelly

| 01 03 07 08

**8**

GIANDUIA, SALTED CASHEWS, POPCORN DUST

**8**

BON BON

yuzu, coconut and sablé with passion fruit | 01 03 05 07 08

**8**

MINI CAKE

dark chocolate heart with whisky | 01 03 07 08

**7**

TERRAMISU...

like a tiramisù | 01 03 07 08

**7**

PINEAPPLE TAGLIATA

meringue dust, red fruits sauce | 03

**5**

**SWEET  
TEMPTA  
TIONS.**

**TASTE PURITY AND QUALITY FILETTE  
WATER SINCE 1894**

ACQUA FILETTE - SINCE 1894

NATURALLY NATURAL 0,75

natural mineral water, low mineral content

**3**

GENTLY SPARKLING 0,75

natural mineral water, low mineral content

**3**

*FILETTE, ONE OF THE MOST PURE OLIGOMINERAL WATERS IN THE WORLD, FLOWA CLEAN FROM THE SOURCE OF GUARCINO AT 900 METERS ABOVE SEA LEVEL, IN THE GREEN AND UNCONTAMINATED MOUNTAINS OF THE LAZIALE APENNINES.*

*THE ABSENCE OF ARSENIC, THE ALMOST TOTAL ABSENCE OF NITRATES, THE LOW SODIUM CONTENT AND THE PERFECTLY BALANCED FIXED RESIDUE MAKE FILETTE A PRECIOUS WATER FOR HEALTH AND PARTICULARLY SUITABLE FOR DAILY USE.*

*"If there is magic in this world, it is contained in the waters"*

Loren Eiseley

## WAVES MENU

### **ATTENTION**

Some of the dishes and foods served in this restaurant may contain substances that cause allergies or intolerances.

If you are allergic or intolerant to one or more substances, inform us and we will indicate the preparations without the specific allergens.

### **ALLERGEN LIST:**

01cereals, 02shellfish, 03eggs, 04fish, 05cashews, 06soy, 07milk, 08nuts,  
09celery, 10mustard, 11sesame seeds, 12sulfur dioxide and sulphites,  
13lupins 14seafoods

**TASTING MENU "YOU DO IT" 55**

4 dishes:

1 STARTER, 1 FIRST COURSE, 1 MAIN COURSE, 1 DESSERT

**TASTING MENU "YOU DO IT" 45**

2 dishes

STARTER, FIRST COURSE, PLUS 1 DESSERT

**(MIN. 2 PORZ)**

**EXCLUDED FROM THE CHOICE ARE  
GRILLED MEAT, LOBSTER AND RAW FISH**