

WAVES MENU

**SPR  
ING.**

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

WAVES MENU

**STARTERS**

PINK SQUIDS **18,00**

with glasswort - pea foam - katsuobushi | 01 09 14

CLAMS **18,00**

sauté in a pizza crust - cooked in Jospier | 01 14

TUNA SASHIMI **16,00**

lime - caper water - creamy pistachio - wasabi | 04 07

RED PRAWNS **18,00**

carpaccio raw prawns - creamy avocado - lemon -  
Sichuan pepper | 02 07

BEEF PICKLE **16,00**

grilled sauce - radish - buckwheat | 01 09

EGG 64° **16,00**

cheese and pepper sauce - artichokes - bacon | 03 07 09

VEAL WITH TUNA SAUCE NEW STYLE **18,00**

with truffle - pistachio | 04 08 12

**NAKED AND RAW**

RAW HARMONY **35,00**

100g red prawns from Argentario - 100g scampi from  
Argentario - 100g tuna - lemon - lime | 02 04  
(TYPE AND VARIETY OF PRODUCTS MAY VARY ACCORDING TO THE DAYS CATCH)

SCAMPI FROM ARGENTARIO **12,00**

per each 100g | 02

RED PRAWNS FROM ARGENTARIO **12,00**

per each 100g | 02

**STAR  
TERS.**

WAVES MENU

**PIZZAS BELOW \ ABOVE, IN THE PAN**

**MARGHERITA** **12,00**

milk mozzarella - tomato - basil - parmesan  
| 01 07

**THE WRONG NORMA** **13,00**

aubergines - Cantabrian anchovies - milk mozzarella - tomato -  
basil - parmesan | 01 04 07

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

**PIZZAS  
BELOW/  
ABOVE.**

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

WAVES MENU

**FIRST COURSES**

SEAFOOD RISOTTO... MY WAY! **20,00**

carnaroli Riserva San Massimo - seafood - lemon - raw prawns  
| 01 02 07 09 14

LINGUINE **18,00**

garlic and oil - Argentario prawns - raw tuna - lime  
| 01 02 09

SPAGHETTONI **18,00**

with clams - local oil - fresh parsley | 01 14

SMALL PIEMONTESE TORTELLI **16,00**

genovese filling - peas - parmesan soup 40 month  
| 01 03 07 09

FETTUCCELLE **16,00**

made with egg yolks - Italian artisan butter - truffles  
| 01 03 07 09

GNOCCHI **16,00**

with Neapolitan ragù - ricotta foam - broccoli rabe - bran pepper  
| 01 07 09

**FIRST  
COUR  
SES.**

WAVES MENU

**MAIN COURSES**

SEA BASS **24,00**

escarole & escarole - raisins - almond cream

| 04 08 12

ANGLERFISH **24,00**

"in a casserole" - artichokes - potato soup with garlic & oil

| 04 07 09 12

TUNA **22,00**

cut tuna - purple cabbage - puffed gazpacho | 04 09

VEAL CHEEK **20,00**

braised with shiraz - cardoncelli mushrooms - polenta foam

| 01 09 12

COCHINILLO PORK CBT **22,00**

cooked at low temperature - creamed carrots with pimento -

passion fruit - popcorn powder | 01 09 12

**MAIN  
COUR  
SES.**

WAVES MENU

**FROM THE GRILL**

ITALIAN TOMAHAWK	<b>65,00/kg</b>
IRISH RIB	<b>45,00/kg</b>
SPANISH RIB	<b>85,00/kg</b>
SLOVAK STICK	<b>45,00/kg</b>
FINLAND/DENMARK SASHI RIB	<b>60,00/kg</b>
FRANCE/GERMANY RIB	<b>40,00/kg</b>
T-BONE USA	<b>95,00/kg</b>
T-BONE SPAIN	<b>95,00/kg</b>
T-BONE FRANCE/GERMANY	<b>50,00/kg</b>
T-BONE SASHI FINLAND/DENMARK	<b>65,00/kg</b>

**FROM  
THE  
GRILL.**

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WAVES MENU

**FROM THE GARDEN**

ROMAN ARTICHOKE... ROASTED (2 pcs) **8,00**  
| 09 12

ESCAROLE **6,00**  
sautéed with sultanas | 08

POTATOES WITH ROSEMARY **6,00**

MIXED SALAD **6,00**

**FROM  
THE  
GARD  
EN.**

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## WAVES MENU

### **SWEET TEMPTATIONS**

<b>TERRAMISÙ</b> coffee ladyfinger ganache - coffee tiramisu foam - cocoa crunch   01 03 07 08	<b>8,00</b>
<b>CHOCOLATE &amp; MANGO</b> dark chocolate bon bon - streusel and chocolate - mango ice cream   01 03 07 08	<b>8,00</b>
<b>ALL RASPBERRIES</b> crunchy phyllo - raspberry namelaka - white chocolate - raspberry puree - raspberries   01 07	<b>8,00</b>
<b>WAVES BALL</b> nutella ice & vanilla cream   01 07 08	<b>8,00</b>
<b>WAVES BABÀ</b> (min. 4 portions) babà in jar - Marsala ice cream - berries   01 03 07 08	<b>8,00</b>
<b>WAVES CIOCK BABÀ</b> (min. 4 portions) babà in jar - Nutella ice - vanilla cream - forest chocolate sauce   01 03 07 08	<b>8,00</b>
<b>ICE CREAM &amp; SORBETS HOMEMADE</b> based on availability   01 07 08	<b>6,00</b>
<b>LITTLE SWEETIES</b> choose 4 pieces from the showcase   01 06 07 08	<b>8,00</b>
<b>SLICED PINEAPPLE</b> meringue powder - red fruit sauce   03	<b>5,00</b>

**SWEET  
TEMPTA  
TIONS.**



WAVES MENU

**TASTE THE PURITY AND QUALITY**

FILETTE WATER - SINCE 1894

NATURALLY NATURAL 0,75  
natural mineral water, low mineral content

**3,00**

GENTLY SPARKLING 0,75  
natural mineral water, low mineral content

**3,00**

*FILETTE, ONE OF THE MOST PURE OLIGOMINERAL WATERS IN THE WORLD, FLOWS 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

**TASTING MENU "A-MARE"**

**60,00**

6 COURSES GASTRONOMIC JOURNEY, SERVED FOR THE WHOLE TABLE SHARING SIZE

**CHEF'S WELCOME**

**STARTERS**

**PINK SQUIDS**

with glasswort - pea foam - katsuobushi | 01 09 14

**TUNA SASHIMI**

lime - caper water - creamy pistachio - wasabi | 04 07

**MAIN COURSE**

**SEAFOOD RISOTTO... MY WAY!**

carneroli Riserva San Massimo - seafood - lemon - raw prawns | 01 02 07 09 14

**SECOND COURSE**

**SEA BASS**

escarole & escarole - raisins - almond cream | 04 08 12

**PRE DESSERT**

**DESSERT**

**TERRAMISÙ**

coffee ladyfinger ganache - coffee tiramisu foam - cocoa crunch | 01 03 07 08

**DRINKS AND WINES EXCLUDED.**

**TAST  
ING  
MENU.**

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WAVES MENU

**TASTING MENU "SULLA TERRA"**

**60,00**

6 COURSES GASTRONOMIC JOURNEY, SERVED FOR THE WHOLE TABLE SHARING SIZE

**CHEF'S WELCOME**

**STARTERS**

VEAL WITH TUNA SAUCE NEW STYLE

with truffle - pistachio | 04 08 12

BEEF PICKLE

grilled sauce - radish - buckwheat | 01 09

**MAIN COURSE**

SMALL PIEMONTESE TORTELLI

genovese filling - peas - parmesan soup 40 month | 01 03 07 09

**SECOND COURSE**

VEAL CHEEK

braised with shiraz - cardoncelli mushrooms - polenta foam | 01 09 12

**PRE DESSERT**

**DESSERT**

ALL RASPBERRIES

crunchy phyllo - raspberry namelaka - white chocolate - raspberry puree - raspberries | 01 07

**DRINKS AND WINES EXCLUDED.**

**TAST  
ING  
MENU.**

WAVES MENU

**BEST SELLER ON RESERVATION**

(THEY ARE WELCOMED ONE DAY IN ADVANCE)

OCTOPUS AND POTATO SALAD (2 portions) **36,00**

I 09 14

SPAGHETTONI WITH RED PRAWN (2 portions) **60,00**

Tropea onion - fresh basil

I 02 03 09

PACCHERI WITH LOBSTER (2 portions) **65,00**

cherry tomatoes - local oil - fresh parsley I 01 02 09

LINGUINE WITH SCAMPI FROM ARGENTARIO (2 portions) **60,00**

I 01 02 09

SEAFOOD RISOTTO (2 portions) **40,00**

lemon scent - parsley powder I 01 02 09

CATALAN-STYLE LOBSTER **12,00**

per each 100g I 02 09 10

GRATINATED ARGENTARIO SCAMPI **12,00**

per each 100g I 01 02

GREAT FRIED PRAWNS AND CALAMARI (2 portions) **40,00**

I 01 02 14

SQUID VOTAPIATTO (2 portions) **40,00**

I 01 14

## **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 show you preparations without specific allergens.

## **ALLERGEN TABLE:**

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

