

WAVES MENU

**SU
MM
ER.**

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

WAVES MENU

STARTERS

CLAMS **18,00**

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

CUTTLEFISH & PEAS **18,00**

roasted peas - pea foam - jalapeño - ginger - bottarga | 04 09 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

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

with truffle - pistachio | 04 08 12

MOZZARELLA CHEESE **16,00**

crunchy on the outside and stringy on the inside - aubergine salad - powder of aubergine - raw tomato juice | 01 08

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.**

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

PIZZAS BELOW \ ABOVE, IN THE PAN

MARGHERITA

milk mozzarella - tomato - basil - parmesan
| 01 07

14,00

THE WRONG NORMA

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

15,00

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

**PIZZAS
BELOW/
ABOVE.**

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WAVES MENU

FIRST COURSES

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

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

LINGUINE **19,00**

"Cocco" pasta factory - garlic & oil - Argentario prawns - raw
tuna - lime | 01 02 09

SPAGHETTONI **18,00**

with clams - evo oil - fresh parsley | 01 14

PACCHERI HANDMADE **16,00**

"spagnolette" (typical local tomato) - eggplant - eggplant
roasted extract | 01

FETTUCCELLE **17,00**

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

TAGLIATELLE **16,00**

"Gentile" pasta factory - "Nerano" - black lemon - roasted onion
| 01 08

**FIRST
COUR
SES.**

WAVES MENU

MAIN COURSES

SWORDFISH **24,00**

roasted in Jospier - Dijon mustard - Genoese sauce - chard
matured | 04 09 10 12

ROASTED OCTOPUS CBT **24,00**

cooked at low temperature - fermented beetroot - lettuce -
octopus mayonnaise | 03 14

TUNA **22,00**

cut tuna - purple cabbage - puffed gazpacho | 04 09

VEAL CHEEK **20,00**

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

SLICED CHICKEN CBT **20,00**

cooked at low temperature - romano beans - bread sauce and
'nduja - pepper foam | 01 07 09

**MAIN
COUR
SES.**

WAVES MENU

FROM THE GRILL

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

**FROM
THE
GRILL.**

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WAVES MENU

FROM THE GARDEN

BRAISED ROMANO BEANS **7,00**
garlic & oil

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

TERRAMISÙ **8,00**
coffee ladyfinger ganache - coffee tiramisu foam - cocoa crunch
| 01 03 07 08

CHOCOLATE & MANGO **8,00**
dark chocolate bon bon - streusel and chocolate - mango ice cream
| 01 03 07 08

ALL RASPBERRIES **8,00**
crunchy phyllo - raspberry namelaka - white chocolate -
raspberry puree - raspberries | 01 07

WAVES BALL **8,00**
nutella ice & vanilla cream | 01 07 08

STRAWBERRY CHILLED DESSERT **8,00**
cream and vanilla chilled - strawberry coulis - strawberry ice
lolly | 01 03 07

RIPE WATERMELON **8,00**
liquorice ice cream - lemon and basil gel | 01 03 07

ICE CREAM & SORBETS HOMEMADE **6,00**
based on availability | 01 07 08

LITTLE SWEETIES **8,00**
choose 4 pieces from the showcase | 01 06 07 08

**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

TUNA SASHIMI

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

CUTTLEFISH & PEAS

roasted peas - pea foam - jalapeño - ginger - bottarga | 04 09 14

MAIN COURSE

SEAFOOD RISOTTO... MY WAY!

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

SECOND COURSE

ROASTED OCTOPUS CBT

cooked at low temperature - fermented beetroot - lettuce - octopus mayonnaise | 03 14

PRE DESSERT

DESSERT

TERRAMISÙ

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

DRINKS AND WINES EXCLUDED.

**TAST
ING
MENU.**

WAVES MENU

TASTING MENU "SULLA TERRA"

60,00

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

CHEF'S WELCOME

STARTERS

BEEF PICKLE

grilled sauce - radish - buckwheat | 01 09

VEAL WITH TUNA SAUCE NEW STYLE

with truffle - pistachio | 04 08 12

MAIN COURSE

TAGLIATELLE

"Gentile" pasta factory - "Nerano" - black lemon - roasted onion | 01 08

SECOND COURSE

VEAL CHEEK

braised with shiraz - porcini 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.

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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

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

