

SOUPS

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| Truffle Infused Porcini Mushroom Soup ● | 350 |
| Calories: 150kcal Protein: 4g Fat: 10g Carbohydrates: 10g | |
| Fresh Pasta And Bean Soup ● | 350 |
| Calories: 200kcal Protein: 10g Fat: 2g Carbohydrates: 35g | |
| Classic Minestrone Soup With Pesto And Pasta ● | 350 |
| Calories: 150kcal Protein: 5g Fat: 2g Carbohydrates: 30g | |
| Seafood Soup Prawn Calamari And Mussels ▲ | 450 |
| Calories: 200kcal Protein: 20g Fat: 5g Carbohydrates: 10g | |

SALADS

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| Ciao Cochin salad: ● | 400 |
| Lettuce, cherry tomato, string beans, olives, fennel and balsamic dressing with parmesan shavings | |
| Calories: 150 kcal Protein: 5g Fat: 10g Carbohydrates: 10g | |
| Classic Caesar: ● | |
| Crispy lettuce, Caesar dressing, parmesan flakes and croutons with selection of toppings | |
| Grilled Vegetables: ● | 400 |
| Calories: 150 kcal Protein: 5g Fat: 10g Carbohydrates: 10g | |
| Prawns ▲ | 575 |
| Calories: 550kcal Protein: 25g Fat: 10g Carbohydrates: 10g | |
| Chicken And Bacon ▲ | 475 |
| Calories: 450kcal Protein: 30g Fat: 30g Carbohydrates: 15g | |
| Grilled Vegetables With Bocconcini And Pesto ● | 400 |
| Calories: 300kcal Protein: 12g Fat: 20g Carbohydrates: 15g | |

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Taxes Applicable

STARTERS

Breaded Mozzarella With Pesto Mayo  400

Calories: 300kcal | Protein: 10g | Fat: 20g | Carbohydrates: 20g

Shrimp Skewers With Piquant Sauce  750

Calories: 250kcal | Protein: 25g | Fat: 10g | Carbohydrates: 10g

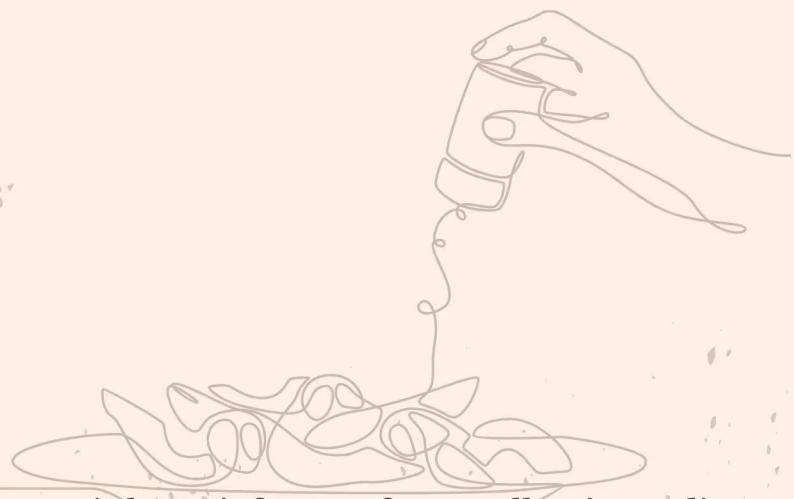
Rice Suppli With Turkey Ham And Mozzarella,  600

Spicy Tomato Dip

Calories: 300kcal | Protein: 15g | Fat: 15g | Carbohydrates: 35g

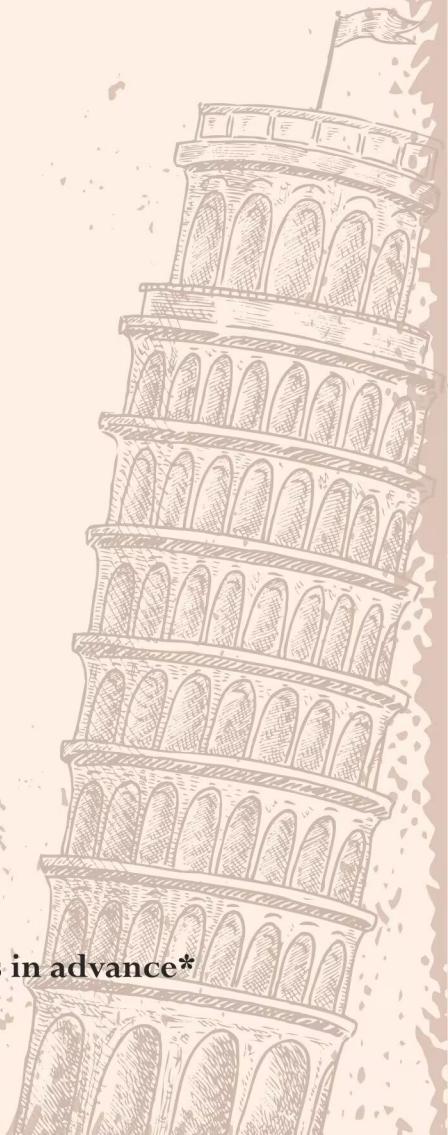
Chicken Diavola Bites:  600

Calories: 300kcal | Protein: 25g | Fat: 15g | Carbohydrates: 10g



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PASTA AND RISOTTO

Penne Arrabiata: ●

Tomato Sauce Garlic Chilli And Basil

Calories: 250kcal | Protein: 6g | Fat: 5g | Carbohydrates: 40g

700

Spaghetti Aglio Olio Pepperoncino: ●

Chilli Garlic And Olive Oil

Calories: 300kcal | Protein: 7g | Fat: 12g | Carbohydrates: 40g

790

Vegetable Risotto: ●

Risotto With Vegetables Saffron And Parmesan Cheese

Calories: 300kcal | Protein: 10g | Fat: 8g | Carbohydrates: 50g

700

Spaghetti Carbonara: ▲

Spaghetti Cooked With Pancetta, Egg Yolk, Parmesan And Cream

Calories: 500kcal | Protein: 25g | Fat: 30g | Carbohydrates: 25g

890

Mushroom And Chicken Ravioli: ▲

In Light Tomato-pesto Sauce

Calories: 400kcal | Protein: 15g | Fat: 15g | Carbohydrates: 50g

890

Seafood Risotto: ▲

Risotto With Prawns, Fish, Calamari With Tomato And Cheese

Calories: 500kcal | Protein: 35g | Fat: 20g | Carbohydrates: 50g

1250

Classic Lasagna: ▲

Layered Pasta With Bolognaisse Sauce, Bechamel And Parmesan

Calories: 400kcal | Protein: 20g | Fat: 2g | Carbohydrates: 40g

890

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PIZZA

Pizza Verdure: 

790

Vegetable Pizza With Tomato Sauce And Mozzarella

Calories: 300kcal | Protein: 12g | Fat: 10g | Carbohydrates: 35g

Pizza Margherita: 

760

Classic Cheese And Tomato Sauce With Basil

Calories: 250kcal | Protein: 10g | Fat: 10g | Carbohydrates: 30g

Frutti De Mare: 

890

Tomato Sauce, Mozzarella, Shrimps, Squid, Fish, Parsley, Herbs & Olive Oil

Calories: 400kcal | Protein: 25g | Fat: 20g | Carbohydrates: 40g

Pizza Pollo: 

890

Pulled Chicken With Vegetables And Melting Cheese

Calories: 400kcal | Protein: 25g | Fat: 15g | Carbohydrates: 40g

Pizza Diavola: 

990

Pork Pepperoni, Mozzarella Cheese And Tomato Sauce

Calories: 400kcal | Protein: 20g | Fat: 25g | Carbohydrates: 30g

Ciao Cochin Signature Pizza: 

990

Roasted Beef, Caramelised Onion And Pickle

Calories: 400kcal | Protein: 25g | Fat: 20g | Carbohydrates: 30g



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MAIN COURSE

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| Lamb Rack Risotto: ▢ | 1250 |
| Grilled Lamb rack (Nz) With Creamy Saffron Risotto | |
| Calories: 400kcal Protein: 25g Fat: 15g Carbohydrates: 50g | |
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| Duck Confit: ▢ | 1150 |
| Half Duck Cooked In Its Own Fat And Served With | |
| Cherry Tomato, Olives And Potato With Cranberry Sauce | |
| Calories: 600kcal Protein: 30g Fat: 40g Carbohydrates: 30g | |
| | |
| Grilled Tenderloin Steak: ▢ | 1050 |
| Served With Grilled Vegetables, House Cut | |
| Flattop Fries, With Green Peppercorn Sauce | |
| Calories: 600kcal Protein: 40g Fat: 35g Carbohydrates: 40g | |
| | |
| Citrus And Rosemary Flavored Chicken: ▢ | 990 |
| Served With Crushed Potatoes And Vegetables | |
| Calories: 50kcal Protein: 40g Fat: 20g Carbohydrates: 30g | |
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| Peppered Salmon With Tomato Basil Salsa: ▢ | 1895 |
| Served With Creamy Mash And Vegetable | |
| Calories: 500kcal Protein: 30g Fat: 20g Carbohydrates: 50g | |
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| Grilled Pork Chops: ▢ | 1050 |
| Served With Honey Chili And Mustard Glaze | |
| With Buttered Greens | |
| Calories: 500kcal Protein: 35g Fat: 25g Carbohydrates: 20g | |
| | |
| Pan Seared Seabass: ▢ | 1150 |
| Served With Crushed Baby Potato Tomato And | |
| Lemon Butter Sauce | |
| Calories: 295kcal Protein: 24g Fat: 12g Carbohydrates: 23g | |

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DESSERTS

Vanilla Panna Cotta With Orange Stew: ●

Literally “cooked cream”- made of cream, sugar gelatin and molded served with orange stew

Calories: 300kcal | Protein: 5g | Fat: 25g | Carbohydrates: 40g

400

Classic Tiramisu: ▲

Italian classic dessert of ladyfinger, coffee, mascarpone, cocoa and rum

Calories: 400kcal | Protein: 8g | Fat: 20g | Carbohydrates: 40g

450

Crème Brûlée: ▲

Rich and creamy custard base, topped with a layer of hard caramel and served with almond biscotti

Calories: 125kcal | Protein: 8g | Fat: 5g | Carbohydrates: 20g

400

Berry Baked Alaska: ▲

Ice cream layered between a slice of sponge cake, stuffed with berry compote, meringue, and baked

Calories: 350kcal | Protein: 8g | Fat: 15g | Carbohydrates: 50g

400

Genoise Chocolate Cake: ▲

Soft, light cake made with egg, sugar, almond flour and layered with dark chocolate ganache

Calories: 350kcal | Protein: 10g | Fat: 20g | Carbohydrates: 55g

400

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