## ANTIPASTI

## Insalata Mista

Field greens with fresh vegetables, olive oil, red wine vinegar

## Cocciule a Schiscionera (Saute di Vongole)

Sautéed tiny clams with garlic, cherry tomatoes, parsley, white wine

#### Bottarga di Cabras con Insalata di Sedano al Limone

Celery and Mediterranean salt-cured mullet roe salad with lemon and olive oil (\$4 supplemental)

## Minestrone della Longevita

Sardinian legume soup with basil, olive oil, pecorino cheese. The island of Sardegna has one of the highest concentrations of centenarians in the world. Here the percentage is 13% higher than the rest of Italy. This peculiarity encouraged a team of American researchers, led by journalist Dan Buettner to go to the village of Perdasdefogu to talk to the Melis family, named the longest-lived in the world in 2012. In that period, the nine brothers reached 828 years of age. Buettner later published his study in the book "The Blue Zones Solution: Eating and Living Like the World's Healthiest People." One of the secrets to their longevity appears to be a local version of minestrone. A mix of many legumes, cereals, seasonal vegetables from the garden, local water from the "Maria Raspa Spring," local olive oil and wine, a little cheese and very little meat.

## Casu Firriadu con Noci e Miele Millefiori di "Luigi Manias"

Grilled "Fiore Sardo" DOP and Peretta cheeses with toasted walnuts and "thousand flower" Sardinian honey

## PRIMI

## Fregola con Arselle e Bottarga

Toasted Sardinian couscous with sautéed clams, white wine, parsley, Mediterranean salt-cured tuna roe. The first documents mentioning "fregua" date back to over 1,000 years ago. It is believed this pasta was spread over the island due to commercial trade with the Phoenicians and Punics. **(\$4 supplemental)** 

## Malloreddus con Ragù Bianco di Capra

Saffron semolina gnocchi with white wine-braised goat ragù. A traditional pasta shaped by pressing them down one by one with a thumb and rolling them over a basket (ciuliri) to give it the characteristic ridges that perfectly absorb the sauce. The pasta is named "malloru," meaning bull in Sardinian dialect, because of its chubby appearance and firm texture.

#### Maccaronis de Busa con Salsiccia, Cardoncelli e Zafferano

Short twisted pasta with pork sausage, king trumpet mushrooms, cream and saffron

## Fusilli alla Gergese con Gorgonzola di Pecora

Radiator pasta with Sardinian sheep's milk gorgonzola.

## Pasticcio di Pane Carasau

Baked Sardinian lasagna; layers of traditional flat bread, tomato, béchamel, mozzarella. Pane carasau or 'toasted bread' in local dialect, is a traditional flatbread from Sardinia. It has profound cultural roots in this area and has been the staple food of Sardinian shepherds since ancient times. Thanks to its long shelf life, carasau represented a precious resource for rural and nomadic populations who needed non-perishable provisions for long periods of time while traveling.

# Un Viaggio in Italia La Cucina Cagliaritana

## Traditional Cagliari Cuisine \$75

CUSTOMIZE YOUR DINNER **Please select one of each:** 

UN ANTIPASTO your small starter appetizer

UN PRIMO your small pasta course

> UN SECONDO your main course

UN DOLCE your small dessert



Juan Urbieta, Executive Chef Elliot Mumpy, Sous Chef

The Bartolotta Restaurants PROUD TO BE PART OF THE GREATER MILWAUKEE AREA FOR OVER 30 YEARS SEE OUR FULL STORY AT BARTOLOTTAS.COM WILL STORY AT BARTOLOTTAS.COM

\*Eating raw or undercooked meat, poultry, eggs, or seafood may pose a health risk. For further information, contact your physician or public heath department.

## **SECONDI**

## Grigliata Mista di Carne

Mixed grill: beef strip loin, pork ribs, lamb chop and Italian sausage, garlic-rosemary roasted potatoes (\$7 supplemental)

## Pesce del Mediterraneo al Vermentino

Mediterranean fish of the day with spinach, roasted summer squash, Vermentino wine sauce **(\$17 supplemental)** 

## Medaglione di Porcetto con Favata Contadina e Sapa

Seared pork loin with stewed chicory and fava beans with Sardinian sweet grape must. 'Favata' is a very ancient dish, and historians have so far been unable to trace its origins and evolution. It is a preparation of poor origins, originally made with trimmings and less valuable parts of the pig. Quotes on the preparation can be found in the ancient polenta called "puls fabata" by Pliny the Elder. The Etruscans fed on favata made by cooking broad beans reduced to a puree, seasoned with lard, meat, and vegetables. It was prepared and offered on June 1<sup>st</sup> to the goddess Carna, protector of man's flesh and internal organs.

## Agnello in Umido alla Tempiese

White wine-braised lamb leg with potato and olives. This dish originated in the town of Tempio Pausania, and is commonly found in some trattorie of Cagliari, even though the two towns are located on opposite sides of the Island. Transhumance is deeply rooted in Sardegna with routes that cross the entire region from North to South. Lamb is one of the most important meats in the diet of the Sardi, because the terrain of the island, abrupt as it is, is not well suited for raising cattle.

## Gamberi alla Catalana

Sautéed pink shrimp with heirloom tomatoes, red onion, basil, olive oil

## DOLCI

## Spuma d'Albicocche e Miele Millefiori di Luigi Manias

Apricot and Sardinian honey mousse. This mousse is made with "thousand flower" honey from artisan producer Luigi Manias. He is the heir to the oldest family tradition in beekeeping in the world, inaugurated by his ancestor Antioco Manias in 1631. His apiaries are in the Monte Arci Park, where he specializes in honey harvested from classic Mediterranean plants. Luigi is the Sardinian beekeeper with the most awards in national competitions for the quality of his honey. We proudly featured his 'corbezzolo' honey on our Sardinian menu well before he was brought into the spotlight by appearing on CNN's "Searching for Italy" hosted by Stanley Tucci in 2022.

## Finanziera di Cioccolato e Coco con Sorbetto all'Olio d'Oliva

Chocolate-coconut financier with olive oil sorbet

## Torta di Cioccolato Amaro

Flourless chocolate cake with vanilla bean crème anglaise

#### Panna Cotta

Classic Piemontese milk custard with marinated berries

## Classico tiramisu' del Ristorante Bartolotta dal 1993

Our signature version of this classic dessert of layered mascarpone mousse, savoiardi cookies, espresso, cocoa

## Un Viaggio in Italia

**Let us take you to Cagliari** we hope you've enjoyed our culinary journey through regional Italy, from the coast of Sicily to the peaks of the Italian Alps. We now invite you on a culinary journey through some of the best food cities in Italy.

La bucina bagliaritana

Journeys begin: Cagliari Marche Toscana Veneto Piemonte Valle d'Aosta Lazio

Cagliari

July 11 August 14 September 19 October 24 November 27 January 9 February 6

Thank you to our patrons, our partners and our community for the continued and unending support Enjoy your trip to italy. Buon viaggio e vuon appetito!