



## meat FIRST COURSES

- OGLIASTRA CULURGIONES € 14  
A culurgiones Ogliastrini with potato filling and mint, tomato sauce, basil
- CARBONARA CALAMARATA € 14  
ACG calamarata of bronze drawn pasta, fresh egg, bacon, pecorino romano

## meat STARTERS

- G PLATTER OF MIXED COLD CUTS AND CHEESES € 20  
(min. ord. for 2 people) (€ 10 per pers.)

## meat SECOND COURSES

- GRILLED BEEF STEAK (about 450 gr.) € 24
- GRILLED HORSE STEAK (about 450 gr.) € 24
- GRILLED BEEF / HORSE STEAK (about 450 gr.) + GARNISH (mixed dish) € 27

## MENU OFFERS

min. ord. for 2 people and valid only if all the people sitting at the table join

- 1 STARTER according to the catch of the day or SAUTÉ OF CLASSIC MUSSELS + FIRST COURSE Spaghetti from "La Cozzeria della Marina" + SECOND COURSE The Mixed Fry from "La Cozzeria della Marina" + WATER (No. 1 bt.) + SOFT DRINK OR GLASS OF WINE
- Service and cover charge INCLUDED
- Extras EXCLUDED

€ 42 a persona

- 2 TASTING OF MIXED STARTERS FROM "LA COZZERIA DELLA MARINA" according to the catch of the day + FIRST COURSE Fregola from "La Cozzeria della Marina" + SECOND COURSE The Great Seafood Grilled from "La Cozzeria della Marina" + WATER (No. 1 bt.) + SOFT DRINK OR GLASS OF WINE
- Service and cover charge INCLUDED
- Extras EXCLUDED

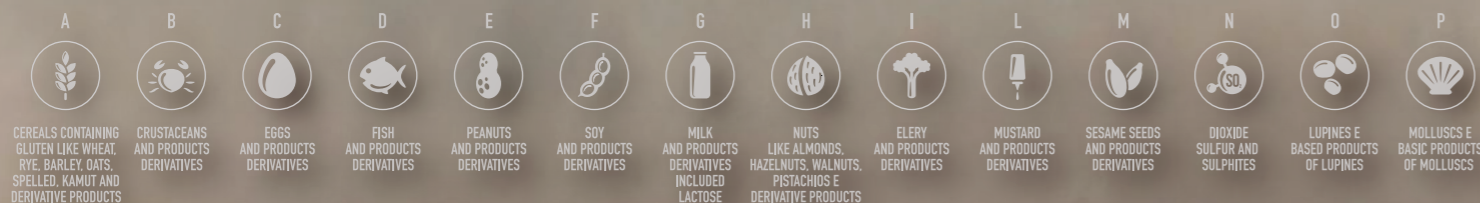
€ 50 a persona

## Kids menu

- CUTLET OR HAMBURGER + FRENCH FRIES CHIPS + WATER OR SOFT DRINK
- Service and cover charge INCLUDED
- Extras EXCLUDED

€ 18 per kid

## Substances or products causing allergies or intolerances



A CEREALS CONTAINING GLUTEN LIKE WHEAT, RYE, BARLEY, OATS, SPELLED, KAMUT AND DERIVATIVE PRODUCTS

B CRUSTACEANS AND PRODUCTS DERIVATIVES

C EGGS AND PRODUCTS DERIVATIVES

D FISH AND PRODUCTS DERIVATIVES

E PEANUTS AND PRODUCTS DERIVATIVES

F SOY AND PRODUCTS DERIVATIVES

G MILK AND PRODUCTS DERIVATIVES INCLUDED LACTOSE

H NUTS LIKE ALMONDS, HAZELNUTS, WALNUTS, PISTACHIOS E DERIVATIVE PRODUCTS

I ELERY AND PRODUCTS DERIVATIVES

L MUSTARD AND PRODUCTS DERIVATIVES

M SESAME SEEDS AND PRODUCTS DERIVATIVES

N DIOXIDE SULFUR AND SULPHITES

O LUPINES E BASED PRODUCTS OF LUPINES

P MOLLUSCS E BASIC PRODUCTS OF MOLLUSCS



La Cozzeria<sup>®</sup>  
della Marina

SEAFOOD RESTAURANT & MORE

## MENU

Welcome to the Restaurant "La Cozzeria della Marina"

Here we offer you only and exclusively the EXTRA quality of mussels with unique and delicious recipes. Mussels are low-calorie foods, with a low fat and lipid content, rich in organoleptic properties and nutritional principles that bring numerous benefits to the body and therefore to health.

In fact, from a nutritional point of view, mussels are excellent antioxidants, slow down cellular aging and are a precious source of noble proteins essential for our body and for the maintenance of our muscle mass. Rich in vitamins C and B, with their antioxidant and metabolic action, mussels also contain a lot of bioavailable iron, i.e. assimilable by our body, contrary to what happens in many vegetables. The iron-mussels combination is also well assimilated in the intestine, the presence of vitamin B and minerals such as iodine and magnesium help to combat states of fatigue and also contain various mineral salts such as potassium, sodium, phosphorus and zinc which have stimulating and digestive.

Finally, mussels are rich in iodine, an essential element for combating certain dysfunctions such as those related to the thyroid and the properties of this mollusk in relation to the heart should not be overlooked: its high potassium content helps control blood pressure and water retention.

Thanks to its high glucosamine content, this shellfish is considered the most powerful natural anti-inflammatory, especially for the treatment of rheumatism, arthritis and osteoarthritis.

Enjoy your meal!



SCAN TO SEE THE MENU >>



## MUSSELS *in our own way* SPECIAL

1KG PER SERVING € 19

- MUSSELS FROM CAMPIDANO  
P *guanciale, porcini mushrooms\*, saffron, Tropea onion, parsley, garlic*
- CHEF'S MUSSELS  
BP *red prawns\*, porcini mushrooms\*, mullet bottarga, cherry tomatoes*
- MUSSELS FROM THE FISHERMAN OF "LA COZZERIA DELLA MARINA"  
P *octopus\*, clams\*, parsley*

## MUSSELS *in our own way* TOP

1KG PER SERVING € 18

- DIAVOLA MUSSELS  
PA *tomato sauce, chilli pepper, bread toast*
- ALGHERESE MUSSELS  
P *cherry tomatoes, Tropea onion, potatoes in oil*
- AMATRICIANA MUSSELS  
PG *tomato sauce, guanciale, Pecorino Romano*
- MUSSELS OF THE PROFESSOR OF THE SEA  
PA *tomato sauce, thyme, pink peppercorns, carasau bread*
- 4 MOORS MUSSELS  
P *artichokes\* and mullet bottarga*

## MUSSELS *in our own way* CLASSIC

1KG PER SERVING € 17

- MARINARA MUSSELS  
P *parsley, garlic, lemon*
- SABBIATE MUSSELS  
PA *parsley, garlic, breadcrumbs, lemon*
- PEPPERED MUSSELS  
P *black pepper and lemon*
- PECORINO AND LIME MUSSELS  
PG *Pecorino Sardo and lime*
- LIME AND BLACK PEPPER MUSSELS  
P *lime, black pepper*



## seafood STARTERS

- OCTOPUS AND POTATO SALAD  
P *octopus\*, potatoes, parsley* € 13
- SEAFOOD SALAD  
BDP *octopus\*, shrimp\*, cuttlefish\*, mussels, clams\*, zucchini, carrots, lime* € 13
- WHITEBAIT FRITTERS  
ACD *whitebait\*, flour, eggs, lemon, saffron, anchovies* € 11
- COD FRITTERS OUR WAY  
ACDG *cod bites\*, flour, eggs, yogurt and lime sauce* € 11
- CATALANA TUNA FILLET  
D *tuna, Tropea onion, cherry tomatoes* € 13
- FRIED ORZIADAS  
ADP *orziadas\*, flour, semolina* € 14
- CUTTLEFISH AND PEA SOUP  
P *cuttlefish\*, peas\*, tomato sauce, chilli pepper, Tropea onion* € 11
- DIAVOLA BABY OCTOPUS  
P *baby octopus\*, tomato sauce, chilli pepper, laurel* € 12
- MUSSELS GRATIN  
PA *breadcrumbs, parsley, garlic, extra virgin olive oil* € 11
- TASTING OF MIXED STARTERS FROM "LA COZZERIA DELLA MARINA"  
ABCDP *(min. ord. for 2 people) seven tastings according to the catch of the day* € 40 (€ 20 per pers.)

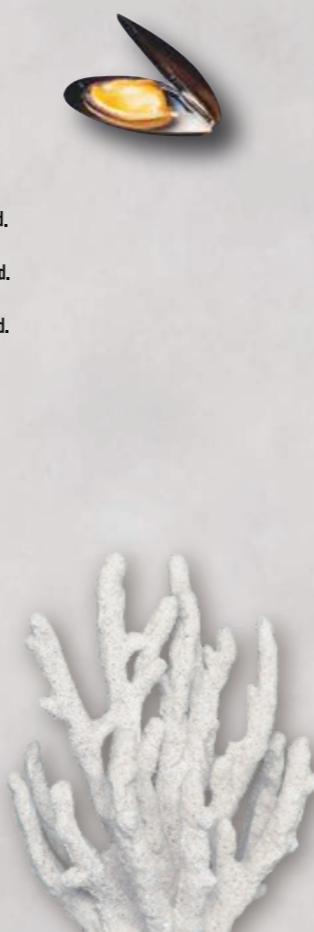
## sea CRUDITÉ

- B LANGOUSTINES 1<sup>st</sup> choice\* € 8 cad.
- B RED SHRIMPS 1<sup>st</sup> choice\* € 9 cad.
- P OYSTERS € 4 cad.
- D TUNA TARTARE € 18

**CRUDITÉ**  
★ plateau royal ★  
(min. ord. for 2 people)

2 langoustines 1<sup>st</sup> choice\*  
2 red shrimps 1<sup>st</sup> choice\*  
4 oysters  
Tuna carpaccio  
Exotic fruit  
B D P

€ 48  
(€ 24 per pers.)



## seafood FIRST COURSES

- SPAGHETTI FROM "LA COZZERIA DELLA MARINA"  
ABDP *spaghetti Voiello of bronze drawn pasta, tomato sauce, mussels, clams\*, octopus\*, cuttlefish\*, squids\*, king prawns\** € 15
- FREGOLA FROM "LA COZZERIA DELLA MARINA"  
ABDP *(price per portion / min. ord. for 2 people) toasted Sardinian fregola, tomato sauce, mussels, clams\*, octopus\*, cuttlefish\*, squids\*, king prawns\** € 16
- CULURGIONES OF THE PROFESSOR OF THE SEA  
ADP *culurgiones Ogliastrini with potatoes and mint, mussels, clams\*, fresh cherry tomato, courgette, flowers, mullet bottarga* € 16
- BLACK TAGLIOLINI WITH LOBSTER SAUCE  
ABDP *fresh tagliolini pasta with cuttlefish ink and bronze drawn, tomato sauce, lobster\** € 20
- CHEF'S LINGUINE  
ABD *(price per portion / min. ord. for 2 people) linguine Voiello of bronze drawn pasta, red prawns\*, porcini mushrooms\*, mullet bottarga* € 18
- LINGUINE OF THE PROFESSOR OF THE SEA  
ABDP *(price per portion / min. ord. for 2 people) linguine Voiello of bronze drawn pasta, fresh tomato sauce, mussels, clams\*, red prawns\*, mullet bottarga* € 18
- SPAGHETTI WITH CLAMS AND BOTTARGA  
ADP *spaghetti Voiello of bronze drawn pasta, clams\* and mullet bottarga* € 15
- CALAMARATA WITH SEAFOOD CARBONARA  
ABCDGP *bronze drawn, fresh calamarata pasta, fresh egg, parmesan cheese, mussels, clams\*, octopus\*, cuttlefish\*, squids\*, king prawns\*, mullet bottarga* € 16
- FISHERMAN'S RISOTTO FROM "LA COZZERIA DELLA MARINA"  
BDP *(price per portion / min. ord. for 2 people) rice, tomato sauce, mussels, clams\*, octopus\*, cuttlefish\*, squids\*, king prawns\** € 16
- LINGUINE WITH LOBSTER  
AB *(price per portion / min. ord. for 2 people) linguine Voiello of bronze drawn pasta, tomato sauce, 1/2 lobster\** € 25



## seafood SECOND COURSES

- P ROASTED OCTOPUS FLAVORED WITH ROSEMARY AND CHICKPEA HUMMUS\* € 20
- ADG SEARED TUNA FILLET ON BLACK BREAD, MIXED SALAD AND ITS STRACCIATELLA € 20
- THE MIXED FRY FROM FROM "LA COZZERIA DELLA MARINA"\*  
ABDP *(min. ord. for 2 people) squids, Argentinian and red shrimps, Boreal shrimps, silversides, cod bites, local fishing, fillet of breaded Sardines, crunchy vegetables* € 32 (€ 16 per pers.)
- ABP FRIED KING PRAWNS AND SQUIDS\* € 18
- AP FRIED SQUIDS\* € 15
- THE GREAT SEAFOOD GRILLED FROM "LA COZZERIA DELLA MARINA"  
BDP *(min. ord. for 2 people) squids, Argentinian and red shrimps, Boreal shrimps, silversides, cod bites, local fishing, fillet of breaded Sardines, crunchy vegetables* € 34 (€ 17 per pers.)
- THE MAXI SEAFOOD GRILLED FROM "LA COZZERIA DELLA MARINA"  
BDP *(min. ord. for 4 people) Argentinian and red prawns\*, tuna and swordfish\*, fillet, cuttlefish\*, langoustines\*, grilled vegetables, fresh catch of the day* € 80 (€ 20 per pers.)
- B GRILLED RED SHRIMPS 1<sup>st</sup> choice\* € 9 each
- P GRILLED CUTTLEFISH\* € 16
- D GRILLED SEA BREAM OR SEA BASS (about 400 gr.) € 16
- B SARDINIAN OR CATALAN LOBSTER\* € 10 per pound

## SIDE DISHES € 5

- FRENCH FRIES CHIPS\*
- BAKED POTATOES
- MIXED SALAD
- GRILLED VEGETABLES

## DESSERTS € 6

- ACG SEADAS
- ACG SWEET RICOTTA RAVIOLINI
- ACG TIRAMISAIWA  
*classic tiramisù made with Oro Saiwa biscuits*
- ACGH TIRAMISAIWA NUTELLA  
*tiramisù made with Oro Saiwa biscuits and Nutella*
- ACGH CHEESECAKE  
*Variants: Nutella, chocolate, white chocolate, caramel, berries, strawberry, pistachio, passion fruit*
- ACGH CHOCOLATE CAKE WITH A SOFT AND WARM HEART  
*(may be subject seasonal availability)*
- ACGH NOUGAT SEMIFREDDO
- ACGH PISTACHIO SEMIFREDDO
- ACGH CREAMY PISTACHIO  
*creamy pistachio semifreddo on cocoa meringue grains*

## SORBETS € 4

- G LEMON
- G STRAWBERRY
- G GINGER
- G PASSION FRUIT
- G MYRTLE
- G LIMONCELLO
- G LICORICE
- G VODKA
- G PROSECCO