

2025 - MENU LIST TO CHOOSE FROM FOR: FULL CHEF SERVICE & COOKING CLASSES

ANTIPASTI: BRUSCHETTAS, SALADS AND OTHER ANTIPASTI

- Antipasto 1* **Bruschette tricolore: rucola e parmigiano, salsiccia e stracchino, al pomodoro** Italian flag bruschettas with 3 different toppings: arugola and parmesan, fresh Tuscan sausage and stracchino cheese, tomatoes and basil
- Antipasto 2* **Crostini ai funghi caldi e freddi** Crostini with porcini and other mushrooms prepared in two different ways **VEGETARIAN**
- Antipasto 3* **Crostini ai fegatini toscani** Typical Tuscan bruschetta with chicken liver pate
- Antipasto 4* **Bruschette vegetariane** Vegetarian bruschettas with seasonal veggies and local cheeses **VEGETARIAN** **VEGAN**
- Antipasto 5* **Crostone all'aglio con fagioli e cavolo nero** Garlic bruschetta with white cannellini beans and Tuscan kale **VEGETARIAN** **VEGAN** (not in summer)
- Antipasto 6* **Panzanella** Typical Tuscan bread 'salad' with tomatoes, basil, cucumber and white wine vinegar **VEGETARIAN** **VEGAN** (only in summer)
- Antipasto 8* **Verdure fritte: cipolle, carciofi, fiori di zucca, salvia** Assorted battered fried vegetables according to season: onions, carrots, artichokes or zucchini, zucchini flowers available, sage leaves. **VEGETARIAN** **VEGAN**
- Antipasto 9* **Melanzane alla pizzaiola** Oven baked aubergines/Eggplants in a pizza style with tomatoes, capers, mozzarella, basil **VEGETARIAN** **GLUTEN FREE**
- Antipasto 10* – only for chef services, not for cooking classes **Affettati e formaggi misti toscani** Selection of cheeses and cold cuts of Tuscany **GLUTEN FREE**
- Antipasto 11* – only for chef services, not for cooking classes **Prosciutto e popone** Tuscan prosciutto and melon **GLUTEN FREE** (only in summer)

On request, we can use gluten-free bread for the various bruschettas & crostinis



PRIMI / FIRST MAIN COURSE (pasta -soups-risottos)

TUSCAN THICK SOUPS

- Primo 1 **Pappa al Pomodoro** Typical bread, basil, garlic and tomato thick kind of "soup" VEGETARIAN VEGAN
- Primo 2 **Minestra di ceci alla pisana** Chickpea soup in the Pisan style VEGETARIAN GLUTEN FREE VEGAN
- Primo 3 **Pasta e fagioli** Cannellini bean soup with dry short pasta VEGETARIAN VEGAN
- Primo 4 **Minestra di farro** "Spelt" - local type of barley – thick soup VEGETARIAN VEGAN
- Primo 5 **Minestra di zucca** Pumpkin thick soup VEGETARIAN VEGAN (only in the fall/autumn)

RISOTTO

- Primo 6 **Risotto porri e salsiccia** Leek and fresh Tuscan pork sausage risotto GLUTEN FREE
- Primo 7 **Risotto ai funghi** Mushroom risotto VEGETARIAN GLUTEN FREE VEGAN version possible
- Primo 8 **Risotto zucchini e pinoli** Risotto with zucchini and pinenuts sauce VEGETARIAN GLUTEN FREE VEGAN version possible (only in summer)

GNOCCHI & GNUDI

- Primo 9 **Gnocchi** Fresh potato gnocchi
Served with *butter and sage sauce* vegetarian OR *walnut pesto* vegetarian OR *Arianna's sauce* with pork sausages, tomatoes, and pine nuts. (Please select the sauce)
- Primo 10 **Gnudi fiorentini burro e salvia** Typical Tuscan fresh ricotta and spinach dumplings with a butter and sage sauce VEGETARIAN



FRESH PASTA – PREPARED ON SITE

Primo 11 Ravioli ricotta e spinaci con burro e salvia o pesto di noci Fresh pasta stuffed with ricotta and spinach,

Served with a *butter and sage sauce* OR *walnut pesto* (Please select the sauce) vegetarian

Primo 12 Ravioli di patate Fresh pasta stuffed with potatoes.

Served with *mushroom sauce* vegetarian OR *walnut pesto* vegetarian OR *Arianna's sauce* with pork sausages, tomatoes and pine nuts.
(Please select the sauce)

Primo 13 Tagliatelle fresche Fresh hand-made tagliatelle pasta

Served with a vegetarian sauce (such as: *sugo povero farmer's sauce, zucchini and pine-nuts, mushrooms*)

Or a meat sauce (*traditional ragu, white ragu, Arianna's sauce, boscaiola sauce with mushrooms, olives, pork sausage*)

(Please select the sauce) See further details of pasta sauces below.



DRIED PASTA PENNE or SPAGHETTI FROM THE LOCAL FACTORY "MARTELLI"

Choose your favorite pasta sauce here below for your penne or spaghetti

- Primo 14 **Ragù toscano** Tuscan meat sauce, with both pork and beef, tomato sauce, vegetables
- Primo 15 **Ragù bianco** "White" meat sauce, with pork, beef, vegetables, nutmeg, and no tomato sauce
- Primo 16 **Boscaiola** Typical sauce with pork sausages, pine-nuts, mushrooms, parsley, garlic, and black olives
- Primo 17 **La salsa di Arianna** Arianna's sauce with tomatoes, onions, Tuscan pork sausages, pine-nuts
- Primo 18 **Sugo povero** Farmers's sauce with fresh tomatoes, zucchini, basil, onion, carrot, celery, garlic **VEGETARIAN** **VEGAN**
replaced with "pomarola" sauce in the winter time (with peeled tomatoes, carrot, celery, onion, basil)
- Primo 19 **Zucchini e pinoli** - Zucchini/courgettes and pinenut sauce **VEGETARIAN** **VEGAN** (not available in winter)
- Primo 20 **Funghi porcini** - Porcini mushroom sauce **VEGETARIAN** **VEGAN**
- Primo 21 **Pesto di noci** – Walnut pesto **VEGETARIAN**
- Primo 22 **Asparagi** – asparagus sauce **VEGETARIAN** **VEGAN** *only when in season*



SECONDI DI CARNE / Second main courses: MEAT DISHES

- Secondo 1* **Fettine di vitello alla pizzaiola** Veal scaloppine in "pizza" sauce (capers, cheese, tomatoes) **GLUTEN FREE**
- Secondo 2* **Bracioline rifatte** Beef schnitzels in breadcrumbs with a seasoned tomato sauce and capers
- Secondo 3* **Pollo alla cacciatora** free range chicken cooked in a vegetable base with black olives **GLUTEN FREE**
- Secondo 4* **Filetto di maiale con funghi** Pork fillet with mushrooms **GLUTEN FREE**
- Secondo 5* **Filetto di maiale in crosta** Pork fillet, wrapped in bacon and herbs, baked in a bread case
- Secondo 6* **Pomodori e zucchini ripieni** Meat-stuffed tomatoes and zucchini Tuscan style
- Secondo 7* **Spezzatino di vitello** Tuscan veal stew cooked in red wine (not in a broth) **GLUTEN FREE**
- Secondo 8* **Pollo fritto alla toscana** Deep fried chicken, Tuscan art
- Secondo 9* **Fagiolini in umido con straccetti di vitello** Green bean stew Tuscan style, with veal strips (sauce, not broth) **GLUTEN FREE**
- Secondo 10* **Spezzatino di manzo in umido con le patate** Beef stew Tuscan style, cooked with potatoes (sauce, not broth) **GLUTEN FREE**
- Secondo 11* **Fagioli rifatti con la salsiccia** Typical cannellini beans in tomato sauce with Tuscan fresh pork sausages **GLUTEN FREE**
- Secondo 12* **Cavolo in umido con rigatino** Cauliflower stew Tuscan style with Tuscan bacon/pancetta **GLUTEN FREE**
- Secondo 13* **Pollo al limone di Mamma Sonia** Lemon chicken scaloppine Sonia's recipe (Arianna's mum)
- Secondo 14* **Polpette in salsa** Typical meat balls in an Italian tomato sauce



SECONDI VEGETARIANI / Second main courses: VEGETERIAN DISHES

Not only for vegetarians!

Secondo 20	Melanzane alla parmigiana	Fried eggplants oven baked with cheese and tomato sauce	VEGETARIAN		
Secondo 21	Fagiolini in umido	Green beans stewed with vegetables and tomatoes	VEGETARIAN	VEGAN	GLUTEN FREE
Secondo 22	Melanzane alla pizzaiola	Oven-baked eggplants pizza style with cheese, tomatoes and capers	VEGETARIAN		GLUTEN FREE
Secondo 23	Cavolo in umido	Cauliflower stew Tuscan style (not in a broth)	VEGETARIAN	VEGAN	GLUTEN FREE
Secondo 24	Pomodori e zucchini ripieni	Vegetable-stuffed tomatoes and zucchini Tuscan style	VEGETARIAN		
Secondo 25	Trippa finta	Vegetarian "tripe"-shaped traditional omelette in a tomatoe sauce	VEGETARIAN		



DOLCI / DESSERTS

- Dolce 1* **Cantuccini alle mandorle e cioccolato** Typical almond & chocolate biscuits
- Dolce 2* **Dolce all'olio** Home cake made with olive oil
- Dolce 3* **Torta di mele** Apple cake Tuscan style
- Dolce 4* **Torta della nonna** Type of pie filled with Tuscan custard and pine nuts
- Dolce 5* **Crostata di frutta** Short crust pastry tart with custard and fresh fruit
- Dolce 6* **Salamino al cioccolato** Salami-shaped dessert made of chocolate, dry biscuits and liquor
- Dolce 7* **Tiramisù tradizionale al caffè e cioccolato** Traditional Tiramisu with coffee and chocolate
- Dolce 8* **Tiramisù alle fragole** Strawberry Tiramisu (only in spring and summer)
- Dolce 9* **Tiramisù all'arancia** Tiramisu with oranges and cinnamon (only in autumn/fall and winter)
- Dolce 10* **Torta cioccolato e pere** Traditional chocolate and pear cake
- Dolce 11* **Zuppa inglese** Tuscan trifle with custard, sponge biscuits and liquor
- Dolce 12* **Frittelle di farina di castagne** Type of fried pancakes with chestnut flour served with some sugar, ricotta cheese, chocolate **GLUTEN FREE**
- Dolce 13* **Schiacciata con l'uva** Sweet bread oven baked, with grapes and sugar (only from August through December) / **VEGAN**
- Dolce 16* **Macedonia di frutta con gelato** Fresh fruit salad with gelato **GLUTEN FREE** / **VEGAN** version possible
- Dolce 17* **Ricciarelli** Typical Christmas cookies with almond flour. Available all year around
- Dolce 18* **Torta al cioccolato senza glutine** Typical gluten free chocolate cake with almond flour **GLUTEN FREE**

Gluten free options using gluten free cookies for dolce n 6-7-8-9.



SPECIAL: PESCE / FISH MENU

This option is only for chef service coded E11. Not available for cooking classes.

We don't serve a meal with both fish and meat courses. For this reason, the fish menu must be comprised only of fish dishes.

Please, choose 1 antipasto + 1 primo + 1 secondo.

Pesce Antipasto 1	Salvia frita con acciughe	<i>Deep fried sage leaves stuffed with anchovies</i>	
Pesce Antipasto 2	Crostino burro e acciughe	<i>Bruschetta with butter and anchovies</i>	
Pesce Antipasto 3	Carpaccio di pesce (spada o salmone)	<i>Fish carpaccio (sword fish or salmon)</i>	
Pesce Primo 4	Risotto allo scoglio	<i>Seafood risotto</i>	GLUTEN FREE
Pesce Primo 5	Spaghetti Martelli alle vongole	<i>Martelli spaghetti with clams</i>	
Pesce Primo 6	Lasagne al pesce	<i>Fish lasagne</i>	
Pesce Secondo 7	Seppie in umido con bietola o piselli	<i>Cuttlefish stew Tuscan style with chards or peas</i>	GLUTEN FREE
Pesce Secondo 8	Seppie ripiene	<i>Stuffed Cuttlefish</i>	
Pesce Secondo 9	Stoccafisso alla pisana con patate	<i>Stockfish stew Pisa style with potatoes</i>	
Pesce Secondo 10	Baccalà alla livornese	<i>Cod with a vegetable base and olives Livornese style</i>	
Pesce Secondo 11	Baccalà con i porri	<i>Cod with a leek sauce</i>	
Pesce Secondo 12	Cacciucco alla livornese <i>Typical fish and shellfish thick soup in a red sauce Livornese style, served with crunchy garlic bread.</i>		

Important: If you choose Cacciucco this requires a lot of preparation and is considered as a primo and secondo together. It is a very generous portion. So, if you choose Cacciucco, then you should choose only one appetizer with it. The combination will be more than enough!



SPECIAL: TRUFFLE MENU

Truffle menu is comprised of 1 antipasto, 2 main courses (to choose among the list below), 1 dessert, all served with fresh seasonal truffles.

Truffle sauces are all milk/cheese/butter based. Not ideal for lactose or dairy free diets.

Antipasto: Typical fried egg with truffle on bread fried with truffle butter

Main courses: please choose 2 dishes from the list below:

- **Risotto** with truffle and burrata
- Fresh **tagliolini pasta** with truffle sauce
- **Potato gnocchi** with truffle sauce
- **Chicken scaloppine** with truffle sauce

Dolce/dessert: ricotta or pecorino cheese with truffle honey



IMPORTANT: The menu chosen must be the same for everyone. If there are food allergies or restrictions, please inform us in advance and we will provide alternative portions.

