



BAIA DEL SOLE

CHIC CALABRIA

LUNCH

COOL

Riace Bay octopus salad with white celery, fresh
carrots, olives, and crispy crostino 17
(1-2- 4-14)

Herb-crusted tuna cubes over bell pepper gazpacho
and caramelized onions 19
(4)

OUR LAND

Calabrian Caesario: 16
Aged pecorino, caciocavallo, and fresh ricottina
(7)

Local salami: 18
Soppressata from Poro, capocollo “magro”, and
Aspromonte black pork prosciutto

GREAT CLASSICS

Caprese with buffalo mozzarella from
Crotone and our San Marzano tomatoes 14
(7)

Sila black pork prosciutto crudo with buffalo
mozzarella from Crotone 16
(7)

GREENS

- Green Grill** 14
Grilled seasonal vegetables and fresh ricottina cheese from Monte Poro
(7)
- “The Bay and the Sun“** 16
Green salad, roasted olives, San Marzano tomatoes, wild capers, tuna in olive oil, toasted bread, and oregano
(1-4)
- Ruffa Tower and its Caesar Salad** 17
Chicken, lettuce, toasted bread, Sila black pork guanciale, extra-virgin olive oil, Poro pecorino flakes, yogurt sauce, and cucumbers
(1, 3, 7, 12)

PIZZA IN PINSA

- Yellow** 16
Yellow tomatoes from our garden and fresh ricottina cheese from Monte Poro
(1, 7)
- Sila Black Pork** 17
Buffalo mozzarella, Belmonte red tomatoes, Sila black pork prosciutto, basil
(1, 7)
- Pizza and fish** 18
Smoked swordfish from the Gulf of Bagnara, burrata flakes, arugula, cherry tomato confit, and lemon zest
(1, 4, 7)

SANDWICHES!

- Smoked Swordfish 21
Homemade bread, smoked swordfish, cucumbers,
tomatoes, lettuce, and yogurt sauce
(1,3,4,7)
- Double Club Sandwich 23
White bread, mayonnaise, romaine lettuce, bacon, chicken
breast, black olives, hard- boiled egg
(1, 3)
- Cheeseburger Calabro 24
Homemade sesame seed bun, podolica beef, crispy Sila
black swine guanciale, smoked
scamorza from Poro, tomato, mayonnaise
(1, 3, 7, 8)

FIRST COURSES

- Belmonte, Cramara, & Aspromonte: 16
3-Tomato Spaghetti
(1)
- Fresh panciotto from Pastificio Caruso filled with 18
scamorza and eggplant, sauce of roasted
tomatoes from our garden, and organic basil
pesto drops
(1-3-7-8)
- Fresh tagliolini with red shrimp, cream of 21
potatoes, 'nduja, and mozzarella cream
(1, 2, 3, 7)

HOT

- Parmigiana of zucchini, smoked scamorza 18
cheese, and Monte Poro pecorino
(1,7)
- Braised amberjack morsels over cream of 24
yellow tomatoes, olives, caper flowers, and
roasted spring onions
(4)
- Grilled Podalico beef fillet rolled in Sila black 26
pork guanciale served on a bed of arugula
with Pecorino flakes fiocchi flavored with Cirò
red wine ristretto
(7)

DESSERTS

Small ice cream	3
Medium ice cream	4
Large ice cream	5
Tartufo di Pizzo	5
Small slush	3
Large slush	5
Fruit salad	5
Fruit salad and ice cream	7
Coffee cream	5
Sicilian brioche with ice cream	7

SMOOTHIES & FRAPPÈ

Frappè	4
Summer Smoothie	5
Passion	5

ITALIAN APERITIF

Spritz	9
Moscow Mule	10
Rossini o Bellini, le 2 Stagioni	11
Caipirinha	10
Americano	11
Espresso Martini	12
Mojito	11
Negroni	12
Martini cocktail	12

OKTOBERFEST

"Pale Ale", Fridda Kahla	7
"Rock Ipa", Fridda Kahla	7
"Belgian Amber", Fridda Kahla	7
Birra Sole Calabro	6
Birra del Monaco	6
Gluten Free	6
0% Alcohol	6

DRAFT BEER

	0,2 cl	0,4 cl
Cunegonda	4	6
Radler	4	6

WINES BY THE GLASS

“Clavè”, Ferrocinto Greco bianco	8
“Almaneti”, Librandi Chardonnay, Calabria	9
“Greco”, Statti Greco Bianco, Calabria	8
“Esetra”, Artese Mantonico e Chardonnay, Calabria	8
“Mare”, Benvenuto Zibibbo e Malvasia, Calabria	9
“Rosaspina Rosè”, Spadafora Zibibbo e Malvasia, Calabria	8
“Donna Rosa”, Fattoria San Francesco Gaglioppo, Calabria	9
“Cirò Rosso”, Librandi Gaglioppo, Calabria	8
“Settechiese”, Serracavallo Magliocco e Cabernet Sauvignon, Calabria	9
“Zero Rosso”, Cantina Brigante Gaglioppo, Calabria	10

JUICES

Local Organic Fruit Juice 4

Peach/Pear/Blueberry Juice 4

FRESHLY SQUEEZED JUICES

Grapefruit/Orange/Lemon juice 5

SMOOTHIES

Seasonal Fruit Juice 7

Seasonal vegetable centrifugate 7

Seasonal fruit and vegetable centrifuge 7

TONIC WATER

Acqua Tonica Indian Felice Bisleri by Caffo	4
Acqua Tonica Zenzero Felice Bisleri by Caffo	4
Acqua Tonica Mediterranean Felice Bisleri by Caffo	4
Acqua Tonica Bergamotto Felice Bisleri by Caffo	4

SOFT

Bergamotto Calabria	4
Cedrata Calabria	4
Chinotto Calabria	4
Gassosa Calabria	4

GRAPPE

Grappa 903 barrique	5
Grappa 903 bianca	5
Grappa alla liquirizia, Avolicino	5
“Unica”Barricata Grappa di Calabria, Caffo	6
“Unica” Bianca Grappa di Calabria, Caffo	6

AMARI

Amaro del Capo, Bizantino, Amaro del Capo al peperoncino, Jefferson, Kaciuto, Kephass, Rupes, Silano, Amaro Numero Uno, Vaticanum, Amaro al cedro	6
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LIQUORI NAZIONALI

Anice, Disaronno, Sambuca, Liquirizia, Limoncello, Liquore al Bergamotto, Liquore al finocchietto, Ciocco crema, Cedro, Mandarino Sibarite, Mirto	5
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CAFFETTERIA

Espresso, Ginseng, Decaffeinato	2
Doppio Espresso	3
Caffè Americano, Caffè d'Orzo	3
Cappuccino, Latte Macchiato	3
Caffè Shakerato	4

TEA TIME

Selection of Artisan Teas and Herbal Teas	3
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SERVICE FULL TEA TIME

Selection of Artisan Teas and Herbal Teas Homemade Butter Biscuits Selection of Artisan Cakes	6
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WATER

	0,5 lt	0,75 lt
Natural Mineral Water, Acqua Calabria	2	3

ALLERGENS

The dishes may contain one or more allergens belonging to the 14 types of allergens according to the new regulations reg ce 1169/11, guests with food intolerances or allergies are pleased to inform us. our friendly staff will be pleased to give all the information on our proposal, based on your requirements.

1. Cereals Containing Gluten And Products Thereof
2. Crustaceans And Products Thereof
3. Eggs And Products Thereof
4. Fish And Products Thereof
5. Peanuts And Products Thereof
6. Soybeans And Products Thereof
7. Milk And Products Thereof (Including Lactose)
8. Nuts And Products Thereof
9. Celery And Products Thereof
10. Mustard And Products Thereof
11. Sesame Seeds And Products Thereof
12. Sulphur Dioxide And Sulphites
13. Lupin And Products Thereof
14. Molluscs And Products Thereo