

Λ ΤΑΒΟΛΑ Ψ



“A tavola, per favore!” That’s your cue.

This is Italian home cooking - sunny, generous, and made to bring people together.

No pizza here, but traditional dishes inspired by the nonne| (the Italian grandmothers who know a thing or two about love and pasta). A trattoria with a Mauritian soul

Set Menu (Day 1)

STARTER

Caprese Di Pomodoro E Mozzarella Capri

Tomato mozzarella caprese drizzle with pesto sauce

[MLK, NUT] [VEG]

Fantasia Di Salumi E Fromaggi

cold cuts and cheese platter with fig compote, bresola, coppa ham, milano salmi, telegio, chorizo

[MLK, PRK, BEF]

Fritto Misto Di Mare

mixed seafood served with pesto, tartare sauce (Shrimp, mussel, squid, fish)

[FSH, CRU, MLK, GLU, EGG, NUT]

MAIN COURSE

Tagiolini Con Stracciatella Di Fromage E Pesto

tagiolini with stracciatella cheese, burrata cheese, ricotta cheese, parmesan flakes, tomato, and basil pesto

[NUT, MLK, GLU, CEL, VEG, PLANT BASE]

Ravioli Ripieni Con Ragu de Manzo

ravioli stuffed with ricotta cheese, spinach, tomato, carrot, red wine, and beef ragout

[MLK, GLU, SUL, BEF, ALC]

Grilled Fish Fillet

with butter garlic caper serve with green peas puree and vegetable

[FSH, MLK]

Stuffed chicken

with cheese and basil, serve with vegetable and crushed potato with olive, and gravy

DESERT

Sorbetto Di Zabaione Agrume E Lamponi

zesty sabayon, raspberry sorbet

[EGG, MLK]

Tiramisu Traizional Revisitato

Tiriamisu revisited with biscotti

[MLK, GLU] [VEG]

Sorbet

[PLANT BASED]

Set Menu (Day 2)

STARTER



Brushette Con Vgrigliate Di Stagione

grilled vegetable brushetta, tomato, garlic and basil
[GLU, PLANT BASE, VEG]

Insalata Du Polpo E Patate Polpo

octopus, potato scented with parsley
[MLS]

Carpaccio Di Manzo Con Insalata Mista

beef carpaccio with mixed salade, parmesan flakes, Tonatto sauce
[BEF, SUL, MLK, FSH]

MAIN COURSE



Gnocchi Al Quattro Formaggi

gnocchi in white sauce, taleggio, ricotta, gorgonzola and parmesan cheese
[GLU, MLK, PLANT BASE, VEG]

Tagliatelle Al Frutti Di Mare

seafood tagliatelle, calamari, fish of the day, mussels, shrimps
[FSH, CRU, MLS, GLU, MLK]

Filletto Di Manzo Alla Pizziaola

beef fillet alla pizziaola served with green peas puree and vegetable
[MLK, SUL, BEF, CEL]

Trancio Di Dorade Grigliato Alla Campagnola

served with pesto mash potato and vegetables
[FSH, MLK]

DESSERT

Crostata Al Cioccolato Bianco E Frutti Rossi

crisp white chocolate tart, homemade red berry compote
[MLK] [VEG]

Panna Cotta Alla Nocciola Con Salsa Al Cicco Lato

hazelnut panna cotta with chocolate sauce
[NUT, PLANT BASED]

Sorbet

[PLANT BASED]

Set Menu (Day 3)

STARTER



Zuppa Di Pomodoro

rustic Italian tomato soup with pesto and olive oil
[MLK, NUT] [VEG]

Tonno Scottato Mare E Monti Al Sesamo

seared tuna served with aioli sauce, capers, anchovy and sesame seeds
[FSH, SSE]

Tomato Tatin with Pesto Shrimp

[MLK, GLU, CRU, NUTS]

MAIN COURSE

Pennetta All Arrabbiata

penne arrabbiata, fresh tomato, chili, olive, parsley, basil
[GLU, MLK, CEL] [VEG]

Spaghetti Alla Carbonara

spaghetti carbonara, pancetta, egg, butter, pepper and pecorino cheese
[MLK, GLU, PRK, EGG]

Agnello In Umido

stewed lamb with cream of potato, green peas, rosemary, garlic and tomato sauce
[SUL, MLK, GLU]

Risotto Con Gamberoni

risotto with water prawns, mascarpone cheese, garlic, onion, parsley
[CRU, MLK, SUL, GLU]

DESSERT

Merengue Italiano E Il Suo Cremoso

cioccolato fondente Italian merengue, black chocolate creamy coffee ice cream
[EGG, MLK]

Tiramisu Traizional Revisitato

Tiramisu revisited with biscotti
[MLK, GLU] [VEG]

Sorbet

[PLANT BASED]

DIETARY PREFERENCES

Whether you are vegetarian, fully plant-based, or simply curious, we warmly invite all our guests to explore our delicious plant-powered dishes. And there are *plenty* of good reasons to try them: thoughtfully crafted and full of flavours, these options offer the same exceptional quality and taste—while reflecting our commitment to a kinder planet and our goal to serve at least 30% vegetarian and plant-based dishes.

Look for our  and  labels on the dishes to join our sustainable journey, one tasty bite at a time.

SUITABLE FOR VEGETARIANS 
SUITABLE FOR PLANT-BASED 

[VEG]
[PLANT-BASED]

FOOD ALLERGENS DISCLAIMER

We list the primary allergens present in each dish using standard abbreviations. However, despite our best efforts, trace amounts of allergens may still be present upon the manufacturing of some ingredients that we use. Our kitchen uses a wide range of ingredients which may contain or come into contact with common allergens, including but not limited to: gluten, peanuts, tree nuts, dairy, eggs, soy, fish, shellfish, etc...

If you have a food allergy or dietary restriction, please inform the Restaurant Manager or Chef before placing your order.

SOYA	[SOY]
CELERY	[CEL]
NUTS	[NUT]
PEANUTS	[PNT]
MUSTARD	[MTD]
LUPINS	[LUP]
SULPHATES	[SUL]
SESAME	[SSE]
GLUTEN	[GLU]
MILK	[MLK]
EGG	[EGG]
CRUSTACEAN	[CRU]
FISH	[FSH]
MOLLUSK	[MLS]
ALCOHOL	[ALC]
PORK	[PRK]
BEEF	[BEF]