



# AL CAVALLINO BIANCO

*cucina del mare e della terra*

*For over 50 years, Al Cavallino Bianco we have been welcoming our guests with warmth and excellent food. Our proposals tell about the Italian gastronomic tradition and are rooted in our passion for the Mediterranean diet. Our cuisine gets inspiration from ancient knowledge, by reinterpreting it with respect and a good pinch of imagination. It is based on a careful choice of ingredients that, skilfully combined with each other, turn taste into well-being.*

*Our menu is rich and designed to delight the most refined palates. A broad range of starters, fish and meat first and second courses fit to suit all tastes is awaiting you. Typical local dishes, pasta, bread, homemade desserts. We are inspired by the seasons, with their scents and colors, to suggest new dishes and new combinations. At Cavallino Bianco we are very careful in evaluating the quality of our ingredients, freshness and quality of the raw materials are the essence of all our recipes and, for us, they represent indispensable requirements.*

*Our pizzas are created with white or wholemeal flours, selected for their quality and their low glycemic index. Our doughs are subjected to natural leavening for at least 48 hours, so that they are light and easily digestible. And cooking is strictly in a wood oven, unless it is Gluten Free dough, for which we have a dedicated oven. The condiments are all there, from the simplest and most natural, to the most delicious and creative. There are also the so-called Gourmet Pizzas, a happy combination of oven and kitchen, characterized by unprecedented combinations and strictly DOP and IGP ingredients.*

*You customers are first of all our guests and we want to make you feel at home, attentive to your preferences and needs. We are also partners of AIC in the Gluten Free Eating Out program and all our dishes can be revisited accordingly.*

*Hospitality is our watchword. And our staff is always available to listen to you, advise you and tell you the story of our dishes.*



## ALLERGENS

*List of substances or products causing allergies or intolerances, used in this restaurant, listed in Annex II of EU Reg. No. 1169/2011.*

- 1 Cereals containing gluten, namely: wheat, rye, barley, oats, spelt, kamut or their hybridised strains, 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, namely: almonds (*Amygdalus communis* L.), hazelnuts (*Corylus avellana*), walnuts (*Juglans regia*), cashews (*Anacardium occidentale*), pecan nuts (*Carya illinoensis* - Wangenh - K. Koch), Brazil nuts (*Bertholletia excelsa*), pistachio nuts (*Pistacia vera*), macadamia or Queensland nuts (*Macadamia ternifolia*), and products thereof
- 9 Celery and products thereof
- 10 Mustard and products thereof
- 11 Sesame seeds and products thereof
- 12 Sulphur dioxide and sulphites at concentrations of more than 10 mg/kg
- 13 Lupin and products thereof
- 14 Molluscs and products thereof

**The numbers in brackets following the dishes indicate allergens**

**PLEASE ALWAYS REPORT ANY ALLERGIES OR INTOLERANCES TO OUR STAFF**

**Every day a selection of home-made fresh bread  
baked in our wood oven**

**Frozen products may be used in this restaurant  
failing fresh ones**

**Cover charge € 2.50**



## SEAFOOD APPETIZERS

### Our Specials

Crispy Octopus on a layer of Tomatoes with Caper dressing (14)	€ 2.00
Seafood soup (14)	€ 15.00
Cavallino Vista Mare (an assortment of Seafood, including Prawns, Cuttlefish, Anchovies, Octopus, baby Octopus, Salmon) (2,4,14)	€ 15.00
Cavallino Vista Mare + raw Seafood (Tuna and Swordfish Carpaccio) (2,4,14)	€ 18.00
Fried baby Squid, Rocket and balsamic vinegar (14)	€ 10.00
Mixed marinated and smoked carpaccio (4)	€ 18.00
Tartare of red Prawns from Mazara del Vallo (14)	€ 16.00
Marinated Salmon with Rocket and Butter curls (4.7)	€ 11.00

### Our Classics

House Antipasto (Assortment of Cuttlefish, Anchovies, Octopus, Prawns) (2,4,14)	€ 12.00
Tuna tartare (4)	€ 13.00
Oysters (14)	€ 3.50 each
Marinated Anchovies	€ 7.00
Prawns cocktail in pink sauce (2)	€ 11.00
Marinara / Tarantina-style Mussels and Clams (14)	€ 11.50
Steamed peeled Shrimps, EVO and Parmesan (2.7)	€ 11.00
Scallops au gratin (1.14)	€ 3.50 each
Clams Sauté (14)	€ 15.00
Mediterranean salad (Seafood salad including Octopus and Cuttlefish with Celery, Capers and cherry Tomatoes) (14)	€ 11.00

All our dishes can also be made with gluten-free ingredients (+ € 2.00)



## SEAFOOD FIRST COURSES (PASTA DISHES)

### Our Specials

Gran Scoglio rosso (Pasta dish with seafood) (1,2,4,14)	€ 18.00
Gnocchetti tricolore al cartoccio (Gnocchi in foil with Octopus, Clams, Turmeric) (1.14)	€ 12.00
Risottissimo della Casa (specialty of the house) (1,2,4,14)	€ 15.00
Tagliolini alla Carbonara di mare (Tagliolini pasta dish with Seafood and Pig cheek) (1,3,14)	€ 13.00
Passatelli ai Frutti di mare (Passatelli with Seafood) (1,2,3,4,7,14)	€ 13.00
Gnocchetti Cavallino (Specialty dumplings with Shrimps, Calamari, Seafood and Cherry tomatoes) (1,2,14)	€ 15.00

### Our classics

Spaghettoni allo Scoglio in bianco (Spaghettoni with Seafood, with no tomato sauce) (1,2,4,14)	€ 14.00
Spaghettoni alle Vongole veraci (Spaghettoni with Clams) (1.14)	€ 12.00
Tagliolini with Shrimp, squid and cherry tomatoes (1,2,3,14)	€ 13.00
Tagliolini with Crayfish (min 2 people) (1.2)	€ 24.00 each
Risotto alla Pescatora (Seafood risotto) (1,2,4,14)	€ 12.00
Paella de Mariscos (Seafood Paella) (minimum 2 people) (2,4,14)	€ 15.00 each

Spaghettoni, tagliolini and passatelli are exclusively homemade egg-based pasta

All our dishes can also be made with gluten-free ingredients (+ € 2.00)



## SEAFOOD SECOND COURSES

### Our Specials

Sliced Tuna with Basil, Cherry Tomatoes and Grilled Vegetables (4)	€ 19.00
Baked turbot with seasonal Vegetables (4)	€ 5.00/hecto
Salt Prawns (2)	€ 15.00
Sea bream or Sea bass in Potato crust (4)	€ 4.50/hec
A fine selection of Grilled Shellfish (1.2)	€ 35.00
Sesame Tuna Steak with Grilled Vegetables (4.11)	€ 19.00
Grilled or Sicilian-style Swordfish steak with grilled Vegetables (4)	€ 19.00

### Our classics

Mixed fried Fish (Calamari, Prawns and Vegetables) (1,2,4,14)	€ 16.00
A fine selection of Grilled Seafood (1,2,4,14)	€ 20.00
Grilled / baked / salt Sea bream or Sea bass (4)	€ 4.50/hec
Grilled turbot (4)	€ 5.00/hecto
Prawn Skewers (1.2)	€ 17.00
Cuttlefish Skewers (1.14)	€ 15.00
Mixed Cuttlefish and Prawn skewers (1,2,14)	€ 16.00

*Other seafood dishes and / or oversized fish available according to the offer of the day*

All our dishes can also be made with gluten-free ingredients (+ € 2.00)



## APPETIZERS FROM THE LAND (including cold meat, cheese and vegetables)

### Our Specials

Cavallino sui Colli (selection of cured Meats and Cheeses) (7.9)	€ 14.00
Vegetarian appetizer with Scamorza cheese au gratin (7)	€ 9.00
Broad beans and Chicory 	€ 9.00

### Our classics

Typical Local appetizer (Raw ham, Mortadella, Squacquerone cheese) (7)	€ 9.00
Bruschetta del Cavallino (with Gorgonzola, Vegetables and Mushrooms) (1.7)	€ 8.00
Mediterranean bruschetta (Datterini tomatoes, Tropea Onion and Basil) (1) 	€ 7.00
Bruschetta tirolese (with Scamorza cheese and Speck) (1,7)	€ 8.00

All our dishes can also be made with gluten-free ingredients (+ € 2.00)

 VEGAN DISHES



## FIRST COURSES FROM THE LAND

### Our Specials

Tortellini in Capon broth (1,3,9)	€ 11.00
Passatelli in Capon broth (1,3,7)	€ 11.00
Tortelloni with Buffalo Mozzarella and Basil pesto (1,3,7,8)	€ 12.00
Tagliolini with Radicchio and Bacon (1,3)	€ 11.00
Risotto with Porcini, country Sausage and caramelized Tropea Onion (1,3)	€ 15.00

### Our classics

Tagliatelle with Bolognese sauce (1,3,9)	€ 10.00
Emilian lasagna (1,3,9)	€ 10.00
Gramigna pasta with Sausage and Cream (1,7)	€ 8.00
Tagliolini alla Romagnola (1,3)	€ 10.00
Tortellini with Parma Ham and Cream (1,7)	€ 11.00

All our dishes can also be made with gluten-free ingredients (+ € 2.00)



## MEAT MAIN COURSES

### Our Specials

Sliced Irish Angus flavoured with 3 herbs	€ 18.00
A fine selection of mixed cheeses with Fruit or Vegetables compotes, Nuts and Honey (7.8)	€ 14.00
Pork Fillet Porcini mushrooms	€ 15.00

### Our classics

Petroniana-style cutlet (1,3,7)	€ 12.00
Cutlet with French fries (1.3)	€ 9.50
Beef Carpaccio with Rocket, Parmesan and cherry Tomatoes (7)	€ 10.00
Mixed grill	€ 14.00
Grilled paillard (Veal or Chicken or Pork)	€ 9.00
Grilled Sausage with French fries	€ 9.00

All our dishes can also be made with gluten-free ingredients (+ € 2.00)





## SIDE DISHES

French fries		€ 4.00
Baked Potatoes		€ 4.00
Assorted seasonal salad		€ 4.00
Steamed mixed Vegetables		€ 5.50
Grilled mixed Vegetables		€ 5.50
Cardoncelli au gratin (1)		€ 7.00
Sautéed Porcini Mushrooms		€ 11.00

## RICH MIXED SALADS

Scilla e Cariddi (Mixed salad, tomatoes, buffalo mozzarella, anchovies, olives) (4,7)	€ 10.00
Marina (Mixed salad, Steamed prawns, Tomatoes, Tropea onion, Celery, Basil) (2)	€ 11.00
Dell'Orto e del Bosco (Mixed salad, rocket, cherry tomatoes, corn, carrots, fresh mushrooms)	 € 9.00
Dei due Mondi (Green Beans, cherry Tomatoes, Beans, Tropea Onion, Artichokes)	 € 9.00
Fantasia (Mixed salad, Tomatoes, Buffalo, Tuna, Olives) (4.7)	€ 10.00

|| our dishes can also be made with gluten-free ingredients (+ € 2.00)

 VEGAN DISHES



## OUR PIZZAS

### Our Specials

Porcini (**) (tomato, mozzarella, porcini mushrooms) (1.7)	€ 9.50
Cavallino (tomato, mozzarella, cooked ham, sausage, frankfurter, olives, mushrooms) (1.7)	€ 8.00
Ai frutti di mare (seafood, octopus, mussels and clams, and tomato) (1.14)	€ 9.50
Bufala (tomato, PDO buffalo mozzarella cheese and basil) (1.7)	€ 8.00
Margheritissima (tomato, mozzarella, cherry tomatoes, PDO buffalo mozzarella, basil and parmesan shavings) (1.7)	€ 9.00
Lardo di Colonnata (mozzarella, lard and rocket) (1.7)	€ 8.00
Saporita (PDO buffalo mozzarella, sausage, broccoli and truffle oil) (1.7)	€ 9.50
Barone (cherry tomatoes, PDO buffalo mozzarella, aubergines, spicy salami, sausage and parmesan) (1.7)	€ 9.50
Disco volante (tomato, mozzarella, egg, ham, mushrooms, artichokes (**), spicy salami) (1,3,7)	€ 12.00
Della Casa (Tomato, PDO buffalo and porcini mushrooms (**)) (1.7)	€ 10.00
Buongustaia /Gourmet (tomato, mozzarella, rocket, speck, parmesan shavings and truffle oil) (1.7)	€ 9.50
Calzone Napoli (tomato, mozzarella, cooked ham) (1.7)	€ 7.00
Calzone Siciliano (tomato, mozzarella, spicy salami) (1.7)	€ 7.00
Calzone farcito (tomato, mozzarella, cooked ham, mushrooms, artichokes (**)) (1.7)	€ 7.00
Amatriciana (tomato sauce, pig cheek, and pecorino romano cheese then sprinkled with freshly grated once it has been taken out of the oven) (1.7)	€ 8.50
Alla Gricia (mozzarella, pig cheek, then sprinkled with freshly grated pecorino cheese) (1.7)	€ 8.50

All our pizzas can also be made with:

Gluten free ingredients + € 2.00

Wholemeal dough (1) + € 2.00

(\*\*) preserved products may be used instead, if not available fresh.



## PIZZAS

### The Classics

Plain white pizza with raw ham (1)	€ 6.00
Plain pizza seasoned with extra virgin olive oil and rosemary, either white, or with tomato sauce (1.7)	€ 3.00
Pizza rossa: Plain pizza seasoned with tomato sauce (1)	€ 4.50
Marinara (tomato, oregano, garlic) (1)	€ 4.50
Margherita (tomato, mozzarella) (1.7)	€ 5.00
Romana (tomato, mozzarella, capers, anchovies, oregano) (1,4,7)	€ 6.00
Siciliana (tomato, mozzarella, anchovies, capers, black olives, oregano) (1,4,7)	€ 6.50
Pugliese (tomato, mozzarella, onion, olives, capers) (1.7)	€ 6.50
Parmigiana (tomato, mozzarella, eggplant and parmesan) (1.7)	€ 7.00
Napoli (tomato, mozzarella, anchovies, oregano) (1,4,7)	€ 6.00
Saracena (mozzarella, basil, parmesan, cherry tomatoes) (1.7)	€ 7.00
Contadina (tomato, mozzarella, onion, sausage) (1.7)	€ 7.00
Diavola (tomato, mozzarella, spicy salami) (1.7)	€ 7.00
Capricciosa (tomato, mozzarella, cooked ham, mushrooms, artichokes (**)) (1.7)	€ 7.00
Salsiccia e friarielli (with a Sausage and Turnip greens, no tomato) (1.7)	€ 7.50
Quattro stagioni (tomato, mozzarella, cooked ham, mushrooms, artichokes (**), sausage) (1.7)	€ 7.50
Quattro formaggi (with a four cheese topping, white, no tomato) (1.7)	€ 7.00
Funghi (tomato, mozzarella, fresh mushrooms) (1.7)	€ 8.00
Vegetariana (tomato, mozzarella, grilled Vegetables) (1.7)	€ 7.50
Trevigiana (tomato, mozzarella, Trevigiano salad, bacon) (1.7)	€ 7.50
Calabrese (tomato, mozzarella, anchovies, capers, black olives, oregano, spicy sausage) (1,4,7)	€ 7.50
Prosciutto crudo (Parma ham, tomato, mozzarella) (1.7)	€ 7.00

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Gluten free ingredients + € 2.00

Wholemeal dough (1) + € 2.00

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## DESSERTS

Zuppa inglese (Trifle) (1,3,7)	€ 5.00
Panna cotta (black or white, Pistachio) (1,7,8)	€ 5.00
Cremini (various combinations) (cream, Chocolate, amaretto, Pistachio, Hazelnut) (1,3,7,8)	€ 5.00
Crema catalana (1,3,7)	€ 5.00
Tiramisù (1,3,7)	€ 5.00
Mascarpone cheese (1,3,7)	€ 5.00
Cakes (Apple cake, Chocolate cake) (1,3,7,8)	€ 5.00
Lemon or Coffee sorbet	€ 3.50
Ice cream cup (1,3,7)	€ 5.00
Big-size Plums with syrup	€ 5.00
Fruit salad	€ 5.00

### A selection of spoon-desserts

#### Additions

- Grand Marnier + € 3.50
- Berries or ice cream + € 2.00
- Rum, Brandy or Vodka + € 3.00
- Coffee Affogato + € 2.00
- Absinthe + € 7.00

#### Children's menu

- Safari zoo ice cream (6,7,8) € 4.50



## WATER AND SOFT DRINKS

1/2 lt mineral water (in a plastic bottle)	€ 1.50
Mineral water 0.75 lt	€ 2.50
Coca cola (light, zero) (33 lt bottle)	€ 3.00
Coke on draught (small)	€ 2.50
Coke on draught (medium)	€ 3.50
Coca cola (1 lt bottle)	€ 6.00
Fanta orange can	€ 3.00

## CAFETERIA and ALCOHOLIC DRINKS

Espresso	€ 2.00
Decaffeinated coffee	€ 2.50
Barley coffee	€ 2.50
Ginseng coffee	€ 2.50
coffee with a shot of spirits	€ 3.00
Cappuccino	€ 3.00
Hot tea and other infusions	€ 2.50
Limoncello, Licorice, Myrtle	€ 3.50
Spirits: Amaro del Capo, Montenegro, Fernet, Nocino, Jegermeister, Unicum	€ 4.00
Rhum, Whiskey, Cognac and fine grappas	€ 7.00
Cognac XO	€ 12.00



## FORMAL ITALIAN MEAL STRUCTURE

A multicourse meal or full-course dinner is a meal of multiple courses.

Most Western-world multicourse meals follow a standard sequence, influenced by traditional French haute cuisine. Each course is supposed to be designed with a particular size and genre that befits its place in the sequence. There are variations depending on location and custom. The following is a common sequence for multicourse meals:

The meal begins with an hors d'oeuvre or appetizer, a small serving that usually does not include red meat. In Italian custom, antipasto is served, usually finger food that does not contain pasta or any starch.

This may be followed by a variety of dishes, including a possible fish course or other light fare. The number and size of these intermittent courses is entirely dependent on local custom.

Following these is the main course. This is the most important course and is usually the largest.

Next comes the salad course, although salad may often refer to a cooked vegetable, or greens. Sometimes, the salad also accompanies the main course.

The meal may carry on with a cheese selection, accompanied by an appropriate selection of wine. Cheeses may also be served before the meal. Nuts are also a popular after-meal selection. (Thus the common saying "from soup to nuts", meaning from beginning to end).

The meal will often culminate with a dessert, either hot or cold, sometimes followed with a final serving of hot or cold fruit and accompanied by a suitable dessert wine.

### **Aperitivo**

The aperitivo opens a meal, and it is similar to an appetizer. Most people gather around standing up and have alcoholic/non-alcoholic drinks such as wine, prosecco, spritz, vermouth, and gingerino. Occasionally small amounts of food are consumed, such as olives, crisps, nuts, cheese, sauce dips, little quiches or similar snacks.

### **Antipasto**

The antipasto is a slightly heavier starter. It is usually cold and lighter than the first course. Examples of foods eaten are salumi (such as salame, mortadella, prosciutto, bresaola and other charcuterie products), cheeses, sandwich-like foods (panino, bruschetta, crostino), marinated vegetables or fish, cold salmon or prawn cocktails; more elaborate dishes are occasionally prepared.

### **Primo**

A primo is the first course. It consists of hot food and is usually heavier than the antipasto, but lighter than the second course. Non-meat dishes are the staple of any primo piatto: examples are risotto, pasta, seafood or vegetarian sauces, soup and broth, gnocchi, polenta, crespelle, casseroles, or lasagne.



## Secondo

This course may include different meats and types of fish, including turkey, sausage, pork, steak, stew, beef, zampone, salt cod, stockfish, salmon, lobster, lamb, chicken, or a roast. The primo or the secondo piatto may be considered more important depending on the locality and the situation.

## Contorno (side dish)

A contorno is a side dish and is commonly served alongside a secondo piatto. These usually consist of vegetables, raw or cooked, hot or cold. They are usually served on a separate dish, not on the same plate as the meat as in northern European style of presentation.

Insalata

If the contorno contained many leafy vegetables, the salad might be omitted. Otherwise, a fresh garden salad could be served at this point.

Formaggi e frutta

An entire course is dedicated to local cheeses and fresh seasonal fruit. The cheeses will be whatever is typical of the region.

## Dolce

Next follows the dolce, or dessert. Frequent dishes include tiramisù, panna cotta, cake or pie, panettone or pandoro (the last two are mainly served at Christmas time) and the Colomba Pasquale (an Easter cake). A gelato or a sorbetto can be eaten too. Though there are nationwide desserts, popular across Italy, many regions and cities have local specialties. In Naples, for instance, zeppole and rum baba are popular; in Sicily, cassata and cannoli are commonly consumed; mostarda, on the other hand, is more of a Northern dish.

## Caffè

Coffee is often drunk at the end of a meal, even after the digestivo. Italians do not have milky coffees or drinks after meals (such as cappuccino or caffè macchiato), but strong coffee such as espresso, which is often drunk very quickly in small cups while still hot.

## Digestivo

The digestivo, also called ammazzacaffè if served after the coffee, is the drink to conclude the meal. Drinks such as grappa, amaro, limoncello or other fruit/herbal drinks are drunk. Digestivo indicates that the drinks served at this time are meant to ease digestion of a long meal.