Mamaflò
RESTAURANT

# *Welcome*

Here the sea is not only before your eyes,
it keeps you company at the table.

Ours is a simple, sincere Italian cuisine,
made of carefully chosen ingredients, everyday gestures
and respect for what reaches the plate.
We seek no special effects,
but balance, flavour and the joy of being together.

Sit back and take your time.
We'll take care of everything else.

# *Let's begin!*

## *Allergens*

In compliance with EU Regulation 1169/2011, the allergens present in each dish are indicated next to every item by the letters shown in the legend at the end of the menu.
The full list of ingredients is available on request from our floor staff.
For any dietary requirement, allergy or intolerance, please speak to our team, who will be glad to assist you and advise you on the most suitable choice.

# Menu

FROM THE SEA

## STARTERS

***Mamaflò Fish Tasting*** **25**

A six-step journey through our finest hot and cold seafood starters. A, B, C, D, G, L, N, P, R, S, T

***The Essence of the Sea, Our Way*** **20**

Warm salad of prawns, potatoes and green beans with confit cherry tomatoes, carasau-bread sails and basil mayonnaise. A, B, C, N, R, S

***Octopus & Burrata*** **17**

Crisp panzanella meets tender octopus and burrata. D, N, S

***The Sauté*** **16**

Sautéed genuine mussels (white wine or 'macchiato' style) with croutons. A, N, P

***Pulled Tuna alla Tropea*** **15**

Panko-breaded pulled-tuna spheres with sweet-and-sour red onion marmalade. D, N, S

***Salt-Cod Cloud & Trombolotto*** **18**

Tempura salt cod with tartare sauce and a fennel salad scented with trombolotto. A, C, D, L, N, S

***Our Seafood Salad*** **16**

The classic, generous seafood salad served cold with the authentic scents of the coast, dressed with orange and mint. A, C, D, L, N, S

***Bread & cover charge*** € 2 per guest

# Menu

FROM THE SEA

## RAW BAR

***Our Raw Selection: The Catch Meets the Garden*** — 29

A selection of five prized raw fish (cuttlefish, sea bass, croaker, amberjack, tuna) with fruity pairings, citrus zest, coconut milk and tarallo biscuit.

A, D, G, H, N, P, S, T

***Grand Shellfish Plateau*** — 30

A selection of shellfish: langoustines, king prawns, red and violet prawns with mango chutney, passion-fruit sauce, spicy mayo, green apple, crunchy celery and marinated red cabbage.

B, C, F, G, H, I, L, M, N, R, S, T

***Tuna Ruby on a Summer Garden*** — 18

Tuna tartare set on Andalusian gazpacho, fresh stracciatella and a black-olive 'soil'.

D, G, N, S, T

***Amberjack Tartare & Tropical Notes*** — 19

Amberjack tartare scented with smoked salt, with diced peaches, coconut milk and toasted almonds.

D, H, N, S

***Gran Crudo Mamaflò*** — 55

Two Spéciales d'Utah-Beach oysters, langoustine, red prawn, king prawns, sea-bass and cuttlefish carpaccio, amberjack and tuna tartare.

A, B, D, G, H, N, P, R, S, T

## OYSTERS

***Imperiale*** — 6 each

Meaty, elegant, lightly briny.

P

***Utah Beach*** — 5,50 each

Meaty, with a hazelnut finish.

P

***Gillardeau*** — 10 each

The pinnacle of French oyster farming.

P

# Menu

FROM THE SEA

## FIRST COURSES — MAMAFLÒ

Our fresh egg pasta and its fillings are made by hand every day and rolled out by pin.

***Burrata-Heart Raviolo & Red Prawn*** **26**

Rolled egg pasta (a dark cuttlefish-ink sheet) filled with burrata, with chopped red prawn, lime and wild mint.

A, B, C, G, P, R, S, T

***Creamy Risotto of Sea Treasures*** **25**

Vialone Nano rice mantecato with mussels, clams, calamari, pink prawns, king prawns and red prawns, finished with cold butter and parsley.

B, D, G, I, N, P, R, S, T

***Potato Chicche with Sea Bass & Datterini*** **18**

Hand-made gnocchi, skin-on seared sea bass, yellow and red datterini tomatoes, finished with a drizzle of precious trombolotto oil.

A, C, D, I, S

***Candele alla Norma of the Sea*** **16**

Gentile 'candele' pasta, fried-aubergine cream, datterini tomatoes, salted ricotta and genuine mussels.

A, G, N, P, T

## TRADITIONAL FIRST COURSES

***Fresh Tagliatelle with Lobster & Its Bisque*** **30**

Hand-rolled egg tagliatelle, half a lobster, sautéed cherry tomatoes and a reduced bisque.

A, B, C, D, I, N, R, S

***Spaghetti with Genuine Clams*** **20**

Bronze-drawn spaghetti tossed in its own broth.

A, N, P · with bottarga: + D

# Menu

FROM THE SEA

## MAIN COURSES — MAMAFLÒ

***Crusted Tuna on Sicilian Caponata*** **25**

Tuna steak seared at the core, served on aubergine caponata with raisins, pine nuts and balsamic glaze.

A, D, H, I, N, S

***Glazed Octopus Tentacle on Soft Purple*** **24**

Octopus cooked at low temperature, glazed with our BBQ sauce, served on purple-potato purée and marinated cabbage.

A, D, F, G, L, N, P, S, T

***Our Tribute to Rome — Amberjack alla Cacciatora*** **26**

Amberjack steak napped with a fish reduction, olives, capers and rosemary, on a bed of sautéed chicory.

D, F, I, N, S

***Shellfish Catalana*** **38**

A selection of shellfish served with cherry tomatoes, saffron potatoes, marinated onion and Boisbourdain sauce.

A, B, D, L, N, R, S

## FRIED & GRILLED

***Mixed Grilled Fish*** **45**

Calamari, octopus tentacle, langoustine, red prawn, king prawns and two cuts of prime fish with lemon citronette.

B, D, L, P, R, S

***Crisp Calamari & Prawns*** **22**

An ultra-light fry in rice flour. ('Calamari only' also available on request.)

B, P, R, S

***Coastal 'Paranza' Fry*** **23**

All the freshness of the small catch, fried in rice flour.

D, S

***Catch of the Day*** **€ 8 per 100 g**

D

# Menu

FROM THE SEA

## SIDES

| | |
|---|---|
| ***Oven-Roasted Potatoes*** | 6 |
| ***Seasonal Mixed Leaves*** | 6 |
| ***Sautéed Chicory with Garlic, Oil & Chilli*** | 6 |
| ***Selection of Grilled Vegetables*** | 7 |
| ***The Traditional Aubergine Caponata***<br>With pine nuts and raisins. | 8<br>H, I, N |
| ***Vegetables 'all'agro'***<br>According to the availability of our gardens. | 6 |

# Menu

FOR THOSE WHO DON'T LOVE THE SEA

## STARTERS

### *Mountain Platter* 18

Prosciutto crudo and Campania buffalo mozzarella. A, G, T

### *Low-Temperature Veal* 22

Veal cooked sous-vide at low temperature, sliced as carpaccio, served with Grana Padano DOP shavings, fresh rocket and confit tomatoes. Finished à la minute with EVO oil and fresh pepper. A, G, T

### *Vegetarian Platter* 15

A selection of seasonal vegetables from the Casale500 garden in various textures (raw · marinated · roasted · fried).

## FIRST COURSES

### *Hand-Made Tagliatelle with Leek & Pecorino* 18

With crispy guanciale. A, C, G

### *Hand-Made Tagliatelle alla Nerano* 18

Hand-made egg tagliatelle tossed in Napoli-courgette sauce and basil, with fried courgettes and parmigiano. A, C, G, T

## MAIN COURSES

### *Chicken Supreme in Pepper Textures* 24

Chicken supreme cooked sous-vide, seared à la minute, on pepper cream · with sweet-and-sour peppers, fried friggitelli and crusco pepper. N

### *Mamaflò Aubergine Parmigiana* 16

Classic parmigiana cooked in MiP and regenerated to order · fried aubergines, tomato sauce, fior di latte mozzarella and parmigiano. A, G, I, T

# *Allergen Legend*

## *(EU Regulation 1169/2011)*

**A** — Cereals containing gluten (wheat, rye, barley, oats, spelt, kamut)
**B** — Crustaceans and crustacean products
**C** — Eggs and egg products
**D** — Fish and fish products
**E** — Peanuts and peanut products
**F** — Soy and soy products
**G** — Milk and milk products (including lactose)
**H** — Tree nuts (almonds, hazelnuts, walnuts, pistachios, cashews, etc.)
**I** — Celery and celery products
**L** — Mustard and mustard products
**M** — Sesame seeds and products thereof
**N** — Sulphur dioxide and sulphites (above 10 mg/kg or 10 mg/l)
**O** — Lupin and lupin products
**P** — Molluscs and mollusc products
**Q** — Deep-frozen
**R** — Frozen
**S** — Blast-chilled
**T** — Milk proteins
**U** — Colourings
**V** — Pectin
**Z** — Tobiko

**Note for coeliac guests:** on request we prepare dishes with gluten-free ingredients with the utmost care and attention. However, as we do not have a separate, dedicated kitchen area, we cannot guarantee the total absence of cross-contamination. Please consult our staff so we can assess together the safest options for you.

Yamaflo
RESTAURANT

# Wine List

# Wine List

## SPARKLING

***Fagher — Le Colture*** 32

Modern, fresh Valdobbiadene Brut, with citrus and vegetal notes and a delicate hint of bread.

***Cave des Rois*** 24

Fresh, harmonious sparkling wine with apple notes and floral hints and a delicate perlage.

***Cuvée Pietra — San Leonardo*** 54

Elegant, vertical Blanc de Blancs Brut, with a strong identity and great finesse.

***Oudeis — Enrico Serafino*** 56

Elegant, deep Metodo Classico: 'Oudeis', like Odysseus, celebrates the Alta Langa terroir — complex yet very drinkable.

***Bollaa — Casale Cinque Scudi*** 40

Vintage Brut Metodo Classico, elegant and creamy, with a fine, persistent perlage.

***Attilio Rosé — Contini*** 30

Elegant, fresh rosé sparkling wine with red-fruit and floral notes and a fine, persistent perlage.

# Wine List

## FRANCIACORTA

***Essence Rosé — Antica Fratta*** **55**

Elegant, structured Franciacorta Rosé DOCG, with undergrowth and ripe-fruit notes, fine perlage and a creamy mousse.

***Essence Satèn — Antica Fratta*** **55**

Elegant, enveloping Franciacorta from pure Chardonnay, with citrus and exotic-fruit notes and a fine, creamy mousse.

***Brut — Antica Fratta*** **45**

Elegant, lively Franciacorta with fruity and floral aromas, full flavour and a fine, persistent perlage.

***Alma Assemblage — Bellavista*** **77**

Elegant, harmonious Franciacorta with a fine, creamy perlage.

***Satèn — Bellavista*** **120**

Soft, silky Franciacorta Satèn with a delicate, creamy mousse.

***Rosé Cuvée Prestige — Cà del Bosco*** **115**

Elegant, precise Franciacorta Rosé Extra Brut, balancing freshness and structure.

***Cuvée Prestige — Cà del Bosco*** **75**

Elegant, precise Franciacorta Extra Brut, an expression of terroir, with a dry profile and great finesse.

# Wine List

## WHITES

### FRIULI

***Ribolla Gialla — Casali Roncali*** 26
Balanced and mineral, with floral notes, white fruit and clear savouriness.

***Sauvignon — Casali Roncali*** 26
Fresh and mineral, with citrus, passion-fruit and herbaceous notes.

***Pinot Grigio — Casali Roncali*** 26
Bold and mineral, with floral and dried-fruit notes and an enveloping finish.

***Ribolla Gialla — Tiare*** 36
Fresh and lively, fruity and savoury, with a harmonious profile.

***Dut Un — Vie di Romans*** 82
A Chardonnay–Sauvignon Blanc blend: deep and balanced, aromatic yet taut, fresh and savoury.

### PIEMONTE

***Arneis — Rocche Costamagna*** 27
Fresh and savoury, with floral and white-fruit notes and a mineral profile.

***Ciclico — Fam. Cavallero*** 42
Structured, mineral Timorasso, with ripe-fruit and honey notes and marked acidic tension.

# Wine List

## WHITES

### ALTO ADIGE

***Gewürztraminer — Ritterhof*** 34
Aromatic and intense, with rose, floral and spice notes and an elegant palate.

***Lenz — Ritterhof*** 29
A fresh, elegant white cuvée, with floral and herbaceous notes and a light, vital palate.

***Auratus — Ritterhof*** 46
Intense, aromatic Gewürztraminer Riserva, with rose, lychee and sweet-spice notes and a full, elegant palate.

***Pinot Bianco — Ritterhof*** 29
Fresh and elegant, with green-apple notes and a harmonious profile.

### LOMBARDIA

***I Frati — Cà dei Frati*** 29
Lugana from Turbiana grapes: fresh and elegant, with floral and yellow-fleshed-fruit notes and a decidedly savoury character.

***Brolettino — Cà dei Frati*** 41
Lugana Riserva, immediate and floral, with ripe fruit, balsamic notes and a taut savouriness that grows over time.

# Wine List

## WHITES

### LIGURIA

***Pigato Terreferme — Lunae*** **41**

Fresh, savoury, elegant Pigato, with floral and citron notes and a delicate almond finish.

***Albarola — Lunae*** **40**

Pure Albarola from Colli di Luni: fresh, luminous and surprising — lime, pineapple and balsamic herbs, with vivid acidity and a citrus finish that tells the most authentic, maritime side of Liguria.

### MARCHE

***Comes — Saladini & Pilastri*** **26**

Structured, dynamic Pecorino, with citrus notes and a marked mineral imprint.

***Pojo — Finocchi*** **28**

A selection Verdicchio: structured and savoury, with floral notes and elegant mineral depth.

### ABRUZZO

***Pecorino Terre di Chieti — Mezzadro*** **24**

Savoury and structured, with yellow-fruit notes and floral hints.

***Passerina Terre di Chieti — Mezzadro*** **24**

Fresh and structured, with citrus notes and a clean profile.

# Wine List

## WHITES

### LAZIO

***02 — Casale Cinque Scudi*** 22
A Sauvignon–Chardonnay–Malvasia blend: fresh and floral, with yellow- and exotic-fruit notes.

***Evoluzione — Casale Cinque Scudi*** 28
Intense, enveloping Chardonnay Riserva, with citrus, floral and lightly spiced notes.

***Il Bello — I Lori*** 26
100% Bellone: fresh and balanced, with floral and white-fleshed-fruit notes, soft and enveloping.

***Poggio Santa Lucia — I Lori*** 30
100% Bellone, balanced and persistent, with mulberry and white-fleshed-fruit notes.

***Abelos — De Sanctis*** 24
Organic Frascati Superiore, fruity and round, with pear and yellow-fruit notes.

### CAMPANIA

***Falanghina — Torre Varano*** 25
Of great structure and intensity, fruity and enveloping, with elegant notes of ripeness.

***Greco — Torre Varano*** 27
Fresh and linear, with citrus and floral notes and a clean palate.

***Biancolella DOC — Mazzella*** 34
Ischia Biancolella DOC with a fresh, Mediterranean profile, elegant and mineral.

# Wine List

## WHITES

### CAMPANIA

***Extultet — Quinto Decimo*** 60

Elegant, structured Fiano di Avellino, with floral and citrus notes and a refined mineral imprint.

### SICILIA

***Grillo — Tenute Mokarta*** 24

Fresh and savoury, with white-peach, Mediterranean-herb and wildflower notes.

***Chardonnay — Tenute Mokarta*** 24

Fresh and enveloping, with exotic-fruit notes and a clean profile.

***Zibibbo Talia — Tenute Mokarta*** 28

Organic dry Zibibbo, aromatic and fresh, with floral and citrus notes.

***Sauvignon Blanc Talia — Tenute Mokarta*** 28

Organic, intense and enveloping, with floral and tropical-fruit notes and a defined aromatic profile.

***Catarratto Bio Talia — Tenute Mokarta*** 28

20% Catarratto and 80% Chardonnay, with delicate peach, ripe-apple and passion-fruit notes and sweet vanilla hints from ageing in oak barriques.

# Wine List

## WHITES

### SARDEGNA

***Pariglia — Contini*** **26**

Fresh, bold Vermentino, with floral and yellow-fruit notes and a delicate saline imprint.

***Elibaria — Contini*** **29**

Intense, Mediterranean Vermentino di Gallura, with citrus and scrub notes and a decidedly savoury imprint.

***Karmis — Contini*** **28**

An intense, savoury Vernaccia–Vermentino blend, with yellow-flower and honey notes and a decided mineral imprint.

***I Giganti — Contini*** **33**

A structured, Mediterranean Vernaccia–Vermentino blend, with white-spice, chamomile and scrub notes.

# Wine List

## ROSÉ & RED

### ROSÉ

***Lenz Rosé — Ritterhof*** 30

A mountain rosé with a delicate scent of flowers and fresh fruit and a light spiciness.

***I Giganti Rosa — Contini*** 29

A taut, saline Mediterranean rosé: citrus, wild strawberry and the sea in the glass.

***Scialii — Tenute Mokarta*** 26

'Scialii' means to let go, to have fun, to enjoy life's moments to the full — a blend of Zibibbo and Grillo grapes.

### RED

***06 — Casale Cinque Scudi*** 24

An everyday, sincere red: red fruits and sour cherry, fresh and soft on the palate.

***Sartiglia — Contini*** 28

Fresh and linear, with citrus and floral notes and a clean palate.

***Nero d'Avola Talia — Tenute Mokarta*** 28

Organic, intense and sunny: ripe fruit and Mediterranean flowers, with a warm, dry palate full of character.

***Manus — Ritterhof*** 100

Deep, velvety Lagrein Riserva, with wild-berry and dark-chocolate notes; a full, structured, enveloping palate — a great mountain red.

# Wine List

## HALF BOTTLE

***Gewürztraminer — St. Michael*** **21**

100% Gewürztraminer DOC Alto Adige: rose, lychee and spice notes; a fresh, savoury palate with a persistent finish.

***I Frati — Cà dei Frati*** **19**

From Turbiana grapes: an elegant, mineral white, harmonious and persistent.

***Joco — Fontezoppa*** **18**

Fresh, balanced Pecorino, floral and fruity, with a persistent finish.

***Falanghina — Torre Varano*** **12**

A soft, fragrant white, fruity and persistent, with a clean palate.

***Pariglia — Contini*** **16**

Fruity, floral Vermentino, intense and soft, with a Mediterranean profile.

***Karmis — Contini*** **17**

A Vernaccia white, with a delicate, persistent profile.

***Sartiglia — Contini*** **16**

Intense, enveloping Cannonau, with red-fruit, myrtle and Mediterranean-scrub notes.

***Cuvée Prestige — Cà del Bosco*** **40**

Elegant, precise Franciacorta Extra Brut, with a dry profile and great finesse.

# Wine List

## BY THE GLASS

***02 — Casale Cinque Scudi*** **5**

A Sauvignon–Chardonnay–Malvasia blend: fresh and floral, with yellow- and exotic-fruit notes.

***Chardonnay — Tenute Mokarta*** **5**

With orange-blossom aromas, fresh and harmonious.

***Pecorino Terre di Chieti — Mezzadro*** **5**

Fresh and savoury, easy-drinking.

***Ribolla — Casali Roncali*** **6**

Balanced and fairly structured, with floral, white-fruit, herbaceous and mineral notes.

***Sauvignon — Casali Roncali*** **6**

Fresh and mineral, with citrus, passion-fruit and elegant herbaceous notes.

***Pariglia — Contini*** **6**

Fruity, floral Vermentino, intense and soft, with a Mediterranean profile.

***Attilio Brut — Contini*** **6**

Brut sparkling from Vernaccia grapes: fresh and lively, with floral and fruity notes, a savoury close and a creamy finish.