

ENG



MENÙ

PIETRASANTA



LOCANDA<sub>del</sub> GUSTO

RISTORANTE



2024



Via del Marzocco, 82  
54045, Pietrasanta (LU) - Italy  
ph: +39 0584 283091

[www.locandadelgusto.com](http://www.locandadelgusto.com)





# LOCANDA del GUSTO

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## MENU

### STARTERS

Squid steak with pink pepper and thyme  
on green cherry tomatoes<sup>8 9 10 12</sup>  
16 €

Octopus tentacle, green beans, bottarga and saffron soft<sup>6 8 9</sup>  
16 €

Au gratin squid with pine nuts, cherry tomatoes  
and potato cream<sup>\*\* 3 8 9</sup>  
16 €

Raw mixed seafood<sup>4 5 8 9 13</sup>  
- fish | shellfish -  
32 €

Tuna tartare with sesame and tomato umami<sup>3 9 12</sup>  
18 €

Fassona tartare with two flavors<sup>1 5 14</sup>  
- truffle | foie gras -  
16 €

Locanda's tasting<sup>3 6 8 9 12</sup>  
- Octopus | Tuna tartare | Chickpea cream with capasanta -  
20 €

Our 3 cheeses protection Slow Food and saffron pears<sup>5 6</sup>  
14 €

Lettuce flan with crescenza cream, grilled mushroom, San  
Marzano, artichoke Agnoni, eggplant with dried tomato and  
white asparagus<sup>5 6 10 14</sup>  
18 €

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## MENU

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### FIRST COURSES

Smoked spaghetti Verrigni, shellfish bisque with orange scent<sup>1 4 14</sup>  
18 €

Testarolo with porcini mushrooms, burrata and thyme<sup>3 6</sup>  
14 €

Risotto with yellow cherry tomatoes, mint, stracciatella and red  
shrimp tartare flavored with truffle<sup>4 6 9</sup>  
16 €

Gnocchetti with scampi e  
Licorice *Amarelli* flavor<sup>4 9</sup>  
16 €

*Ughetto's home made*  
tordelli with chianina meat sauce<sup>3 14</sup>  
13 €

*...the staff will illustrate the dishes of the day*

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## MENU

### MAIN COURSES

Tuna seared in double sesame with browned vegetables<sup>6 9 12 14</sup>  
18 €

Sea bream in pistachio crust with baked potatoes  
and stewed cherry tomatoes<sup>3 5 9 14</sup>  
16 €

Crispy swordfish with mediterranean flavors and vegetable pie<sup>6 9 14</sup>  
16 €

Monkfish mediterranean-style<sup>3 4 8</sup>  
16 €

Chianina hamburger "Simone Fracassi", bacon,  
cheddar and rosemary potatoes<sup>3 6 14</sup>  
18 €

Fassona fillet with sea salt and baked potatoes  
24 €

Noble part of Cinta senese, potatoes and truffle honey  
16 €

Allergens: 1 Peanuts- 2 Sulphur dioxide- 3 Cereals with gluten - 4 Shellfish- 5  
Nuts - 6 Milk- 7 Lupini beans - 8 Molluscs- 9 Fish-10 Celery- 11 Mustard- 12  
Sesame - 13 Soy - 14 Eggs

*NB: All the preparations may have been contaminated with allergens*

Place  
2 €

*\* Products marked may be frozen*

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## MENU

### DESSERT

Waffle with cream chantilly and berries<sup>1 5 6 14</sup>

Chocolate cake with orange sauce<sup>6 14</sup>

Tiramisù on the plate<sup>3 6 14</sup>

*Cantumatto* with mascarpone cream and reduction of Vin Santo<sup>5 6 14</sup>

Parfait with nougat and salted caramel<sup>1 3 5 6 14</sup>




Bianco mangiare with almond brittle and cinnamon<sup>3 5 6 14</sup>

Tatin tarte and vanilla sauce<sup>3 5 6 14</sup>

Sachertorte<sup>3 5 6 13 14</sup>

8 €

### DESSERT WINES

<i>Passito di Gallura</i>   Vigne Surrau	 7 €	32 €
<i>Passito Dindarello</i>   Maculan	 7 €	32 €
<i>Moscato</i>   Angelo Negro		25 €
<i>Passito di Pantelleria</i>	 9 €	38 €

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# LOCANDA del GUSTO

"The 'Wellness' line is the testimony of our commitment to wellness

Each dish is a promise of balance, taste and vitality"

*Raffaele Boischio & Massimo Alparone*

## Menù

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### **Starter SeXO**

**Passion fruit, mango, apple, guaranà, caffeine, stevia**

Glycemic index 43~

Glycemic load 0,50 (low)

*k/cal 75~*

**Chicken tartare – 70 gr. – ham and avocado, novo sal and light mayo**

Protein content 18,5 gr - Glucidic quota 5 g - Glycemic index -2%

Glycemic load -3% - Saturated fat -2%

*k/cal 185~*

**Carbonara slim, spelt pasta – 70 gr. – egg, lean ham  
and Parmesan cheese aged 12 months**

Protein content 15,5 gr - Carbohydrate 46 gr - Sugars only 0,5 gr

Glycemic index 40 (low) - Saturated fat -5%

*K/cal total 280~*

**Cod detox – 100 gr. – detox with emulsion of celery, turnip and turmeric**

Protein content 68,5 gr - Carbohydrate 0 gr - Sugars 0 gr - Glycemic index none

Fats 2,9 gr of which 0,350 mg saturated- Omega 3: 478 mg

*K/cal total 305~*

### **Protein tiramisù**

**base spelled and chia biscuit and extra virgin olive oil,  
eggs, mascarpone light, Philadelphia light,  
cocoa, "whey" protein, without sugar and lactose**

Protein content 15,5 gr - Carbohydrate 7,5 gr - Sugars 2,50 gr

Glycemic index 54 (low) - Total saturated fat 9,5gr

*K/cal total 175~*

