

INEO

RESTAURANT

WELCOME TO

INEO

John R. Smith

A JOURNEY
AROUND THE WORLD

IS A MENU FOR THOSE WHO LOVE TO TRAVEL AND BE GUIDED
THROUGH NEW FLAVOURS AND FAR-AWAY STORIES. A ROAD
ALONG WHICH SEASONAL AND SUSTAINABLE RAW INGREDIENTS
ENCOUNTER SAUCES AND TECHNIQUES FROM DIFFERENT
CULTURES AND COUNTRIES, INTERTWINED WITH MY DEEPEST
ROOTS: THE SPICY INTENSITY OF THE ERITREAN TRADITION AND
THE AUTHENTIC ESSENTIALITY OF THAT FROM ABRUZZO.
I ENJOY CREATING UNEXPECTED HARMONIES WHERE FLAVOURS
SHARE AND COMMUNICATE WITH EACH OTHER.
THE SPICE BECOMES A PERCEPTION OF HEAT THAT MOVES ALONG
THE PALATE, AWAKENING THE SENSES.
I LOOK FOR COLOUR, THE INGREDIENT, THE CONSISTENCY.
I LOOK FOR CONTRASTS, HARMONY, EMOTIONS.
A CUISINE THAT IS FREE, PERSONAL AND WITHOUT BOUNDARIES.

HEROS DE AGOSTINIS

SMALL TASTING MENU

A WELCOME FROM THE CHEF
“MY CHILDHOOD MEMORY OF ESQUILINO”

RAW RED PRAWNS FROM SICILY, WHITE ASPARAGUS,
CEVICHE WITH BASIL AND KARKADE

SMALL GNOCCHI MADE FROM FUCINO POTATO,
CREAM OF ERITREAN SHIRO, WILD GARLIC AND HERBS

MIERAL DUCK, STUFFED TRUE MORELS WITH AWAZE,
LOQUATS AND GREEN CARDAMON

KIWI, GREEK YOGHURT
AND ELDERBERRY FLOWERS

EUR 155

WINE TASTING FOUR GLASSES

EUR 65

SELECTION OF CHEESES
FROM LOCAL AND NATIONAL PRODUCERS

EUR 32

TASTING MENU

A WELCOME FROM THE CHEF
“MY CHILDHOOD MEMORY OF ESQUILINO”

SPRING VEGETABLES, CRUSTACEANS, MOLLUSCS,
AJI AMARILLO SAUCE AND CORIANDER

VEAL SWEETBREADS, RADISHES, PEAS,
KIWI AND GREEN CHILI PEPPER

SMALL RAVIOLI WITH MUHAMMARA AND SEAFOOD
WITH CHEF’S BAHARAT MIX

LINE-CAUGHT RED SNAPPER, CREAM OF CHICKPEAS
AND SAUCE BASQUAISE

LAMB CUTLETS MARINATED IN HARISSA PASTE,
GREEN ASPARAGUS AND CHERMOULA SAUCE

CELERY GRANITA, YOGHURT
AND BLACK LEMON ICE-CREAM

RHUBARB, STRAWBERRIES
AND JAVA PEPPER

EUR 175

WINE TASTING SIX GLASSES

EUR 90

SELECTION OF CHEESES
FROM LOCAL AND NATIONAL PRODUCERS

EUR 32

STARTER

SPRING VEGETABLES, CRUSTACEANS,
MOLLUSCS, AJI AMARILLO SAUCE AND CORIANDER

EUR 45

SCALLOPS, ROMAN ARTICHOKE
AND VINAIGRETTE OF EXOTIC CHILI PEPPERS

EUR 45

VEAL SWEETBREADS, RADISHES, PEAS,
KIWI AND GREEN CHILI PEPPER

EUR 45

A BOUQUET OF ASPARAGUS AND LEEK,
GREEN CURRY SAUCE AND SEASONAL VEGETABLE SHOOTS

EUR 45

FIRST COURSE

SPAGHETTI "OIL AND BERBERE" WITH GOBBETTO SHRIMPS
AND OSETRA CAVIAR

EUR 55

HAND-MADE MACARONI IN MADEIRA SAUCE,
ERITREA BEEF STEW AND 24-MONTH-AGED PARMESAN

EUR 52

SMALL RAVIOLI WITH MUHAMMARA AND SEAFOOD
WITH CHEF'S BAHARAT MIX

EUR 55

RISOTTO WITH CARROT CHUTNEY, BLACK LEMON
AND CUTTLEFISH

EUR 55

MAIN COURSE

RED MULLET, MIXED PICKLED VEGETABLES,
RED CURRY SAUCE AND PINEAPPLE

EUR 63

LINE-CAUGHT SEA BASS, PIL PIL WITH LEMONGRASS,
FRESH PEAS AND TURMERIC VINAIGRETTE

EUR 65

FILLET OF VEAL MARINATED IN CHINESE BBQ SAUCE,
KING OYSTER MUSHROOM, BOK CHOY AND GREEN SHISO

EUR 65

LAMB CUTLETS MARINATED IN HARISSA PASTE,
GREEN ASPARAGUS AND CHERMOULA SAUCE

EUR 68

DESSERT

A SELECTION OF LOCAL AND NATIONAL CHEESES

EUR 32

KIWI, GREEK YOGHURT AND ELDERBERRY FLOWERS

EUR 30

RHUBARB, STRAWBERRIES AND JAVA PEPPER

EUR 30

DARK CHOCOLATE, HABANERO CHILI PEPPER
AND BANANA ICE CREAM

EUR 35

IN OUR À LA CARTE MENU THERE ARE VEGETARIAN AND ALLERGEN FREE DISHES.
ALLOW OUR STAFF TO GUIDE YOU IN A GREEN EXPERIENCE.

LIST OF SUBSTANCES OR PRODUCTS CAUSING ALLERGIES OR INTOLERANCES

1.
CEREALS CONTAINING GLUTEN: WHEAT, RYE, BARLEY,
OATS, SPELT, KAMUT AND HYBRIDISED STRAINS

2.
CRUSTACEANS

3.
EGGS

4.
FISH

5.
PEANUTS

6.
SOYBEANS

7.
MILK

8.
NUTS: ALMONDS, HAZELNUTS, WALNUTS, CASHEWS,
PECAN NUTS, BRAZIL NUTS, PISTACHIO NUTS AND MACADAMIA

9.
CELERY

10.
MUSTARD

11.
SESAME

12.
SULPHUR DIOXIDE AND SULPHITES

13.
LUPIN

14.
MOLLUSCS


CONTAINS PORK


SUITABLE
FOR VEGETARIANS


SUITABLE
FOR VEGANS


SPICY FOOD


INDIGENOUS


GLUTEN FREE


DAIRY FREE

FISH INTENDED TO BE EATEN RAW OR PRACTICALLY RAW HAS UNDERGONE
A PRIOR REMEDIATION TREATMENT IN ACCORDANCE WITH THE REQUIREMENTS OF
REGULATION (EC) 853/2004 ANNEX III, SECTION VII, CHAPTER 3, POINT D, POINT 3.
WE ENDEAVOUR TO SOURCE OUR FISH FROM SUPPLIERS WHO FOLLOW SUSTAINABLE PRACTICES.
WE ENDEAVOUR TO SOURCE OUR COFFEE AND TEAS FROM SUPPLIERS WHO FOLLOW SUSTAINABLE PRACTICES.
DEAR GUEST, WE WOULD LIKE TO SUGGEST YOU TO INFORM OUR STAFF ON DUTY ABOUT POSSIBLE FOOD
INTOLERANCES OR ALLERGIES IN ORDER TO BE ABLE TO HELP YOU WITH YOUR CHOICE.

ALLERGENS PRESENT IN OUR MENU

RAW RED PRAWNS FROM SICILY, WHITE ASPARAGUS, CEVICHE WITH BASIL AND KARKADE 🍷
1.2.6.7.8.9.

SMALL GNOCCHI MADE FROM FUCINO POTATO, CREAM OF ERITREAN SHIRO, WILD GARLIC AND HERBS 🍷🍷
1.3.7.8.9.11.

MIERAL DUCK STUFFED TRUE MORELS WITH AWAZE, LOQUATS AND GREEN CARDAMON 🍷
1.3.6.7.8.10.11.

KIWI, GREEK YOGHURT AND ELDERBERRY FLOWERS 🍷🍷🍷
3.7.8.

A SELECTION OF LOCAL AND NATIONAL CHEESES 🍷
1.3.7.8.9.10.

SPRING VEGETABLES, CRUSTACEANS, MOLLUSCS, AJI AMARILLO SAUCE AND CORIANDER 🍷🍷
1.2.7.8.9.14.

VEAL SWEETBREADS, RADISHES, PEAS, KIWI AND GREEN CHILI PEPPER 🍷🍷
1.7.8.

SMALL RAVIOLI WITH MUHAMMARA AND SEAFOOD WITH CHEF'S BAHARAT MIX 🍷
1.2.3.4.7.8.9.14.

LINE-CAUGHT RED SNAPPER, CREAM OF CHICKPEAS AND SAUCE BASQUAISE 🍷🍷
1.5.7.8.9.11.

LAMB CUTLETS MARINATED IN HARISSA PASTE, GREEN ASPARAGUS AND CHERMOULA SAUCE 🍷🍷
6.7.8.9.10.11.

CELERY GRANITA, YOGHURT AND BLACK LEMON ICE-CREAM 🍷
1.3.7.8.9.

RHUBARB, STRAWBERRIES AND JAVA PEPPER 🍷
1.3.7.8.9.

SCALLOPS, ROMAN ARTICHOKE AND VINAIGRETTE OF EXOTIC CHILI PEPPERS 🍷
1.3.7.8.9.10.11.14.

A BOUQUET OF ASPARAGUS AND LEEK, GREEN CURRY SAUCE AND SEASONAL VEGETABLE SHOOTS 🍷🍷
1.3.6.7.8.9.10.

SPAGHETTI "OIL AND BERBERE" WITH GOBBETTO SHRIMPS AND OSETRA CAVIAR 🍷
1.2.3.6.7.8.10.

HAND-MADE MACARONI COOKED IN MADEIRA SAUCE, ERITREA BEEF STEW AND 24-MONTH-AGED PARMESAN 🍷
1.3.7.8.9.

RISOTTO WITH CARROT CHUTNEY, BLACK LEMON AND CUTTLEFISH
1.3.6.7.8.14.

RED MULLET, MIXED PICKLED VEGETABLES, RED CURRY SAUCE AND PINEAPPLE 🍷🍷
1.3.5.6.7.8.9.11.14.

LINE-CAUGHT SEA BASS, PIL PIL WITH LEMONGRASS, FRESH PEAS AND TURMERIC VINAIGRETTE
1.5.6.7.8.9.10.11.

FILLET OF VEAL MARINATED IN CHINESE BBQ SAUCE, KING OYSTER MUSHROOM, BOK CHOY AND GREEN SHISO 🍷🍷
3.5.7.8.

DARK CHOCOLATE, HABANERO CHILI PEPPER AND BANANA ICE CREAM
1.3.5.7.8.

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