

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

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

FILLET OF BEEF IN BARBEQUE SAUCE,
INDONESIAN SAMBAL BAJAK AND PEACHES IN WHITE WINE

GRANITA OF ELDERBERRY FLOWERS,
WILD STRAWBERRIES AND CHAMPAGNE

PINEAPPLE, LABNEH AND CINNAMON

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, AJI AMARILLO
AND CORIANDER OIL

SAUTEED LANGOUSTINE, CARROTS,
CHORIZO AND KALAMANSI

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

JOHN DORY FILLET IN A COURGETTE MANTLE,
THAI SALAD AND MANGO CURRY

LAMB CUTLETS MARINATED IN HARISSA PASTE,
BABAGANOUSH AND CHERMOULA SAUCE

GRANITA OF ELDERBERRY FLOWERS,
WILD STRAWBERRIES AND CHAMPAGNE

ETHIOPIAN COFFEE CREAM,
DARK CHOCOLATE AND CHERRIES

EUR 180

WINE TASTING SIX GLASSES

EUR 90

SELECTION OF CHEESES
FROM LOCAL AND NATIONAL PRODUCERS

EUR 32

STARTER

SPRING VEGETABLES, AJI AMARILLO
AND CORIANDER OIL

EUR 45

BLUEFIN TUNA , CHIPOTLE SALMOREJO
WITH JALAPENO VINAIGRETTE AND CUCUMBER

EUR 45

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

EUR 45

A BOUQUET OF ASPARAGUS AND LEEK,
OYSTERS AND GREEN CURRY SAUCE

EUR 45

FIRST COURSE

SPAGHETTI CACIO E PEPE, ERITREAN SHIRO
AND BABY OCTOPUS

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

GINGER AND KAFIR LIME RISOTTO,
PRAWNS AND VEGETABLES IN OLIVE OIL DIP

EUR 55

MAIN COURSE

RED MULLET IN BREAD CRUST,
VEGETABLES AND TOM YUM SAUCE

EUR 63

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

EUR 65

FILLET OF VEAL WITH PAPRIKA , CREAM OF BELL PEPPER,
KING OYSTER MUSHROOMS AND CHINESE CABBAGE

EUR 65

"MIERAL" QUAIL WITH TERIYAKI SAUCE,
BABY BROCCOLI FROM FUCINO AND ROASTED PLUMS

EUR 68

DESSERT

A SELECTION OF LOCAL AND NATIONAL CHEESES

EUR 32

PINEAPPLE, LABNEH AND CINNAMON

EUR 30

RHUBARB, STRAWBERRIES AND JAVA PEPPER

EUR 30

ETHIOPIAN COFFEE CREAM,
DARK CHOCOLATE AND CHERRIES

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

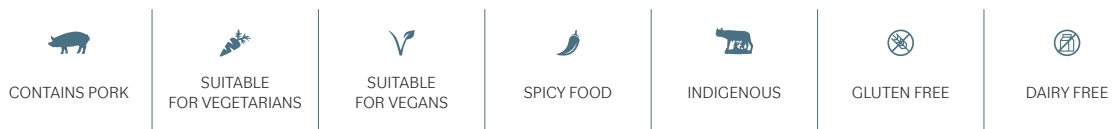
10.
MUSTARD

11.
SESAME

12.
SULPHUR DIOXIDE AND SULPHITES

13.
LUPIN

14.
MOLLUSCS



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 ACTIVELY SOURCE OUR FISH FROM SUPPLIERS WHO FOLLOW SUSTAINABLE PRACTICES.
WE ACTIVELY 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

A WELCOME FROM THE CHEF "MY CHILDHOOD ESQUILINO MEMORY" 🍴
1.2.6.7.8.9.

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

SPRING VEGETABLES, AJI AMARILLO AND CORIANDER OIL 🍴 🌿 🌱 🌿 ☞ ☞
1.2.7.8.9.14.

BLUEFIN TUNA , CHIPOTLE SALMOREJO WITH JALAPENO VINAIGRETTE AND CUCUMBER 🍴
1.3.5.6.7.8.9.11.

VEAL SWEETBREADS, RADISHES, PEAS, KIWI AND GREEN CHILI PEPPER 🍴 🍴 ☞
1.3.5.6.7.8.9.11.

A BOUQUET OF ASPARAGUS AND LEEK, OYSTERS AND GREEN CURRY SAUCE 🍴
1.3.6.7.8.9.10.

SAUTEED LANGOUSTINE, CARROTS, CHORIZO AND KALAMANSI 🍴
1.2.5.7.8.9.11.

HAND-MADE MACARONI IN MADEIRA SAUCE, ERITREA BEEF STEW AND 24-MONTH-AGED PARMESAN 🍴 🍴
1.3.7.9.11.

GINGER AND KAFIR LIME RISOTTO, PRAWNS AND VEGETABLES IN OLIVE OIL DIP ☞
1.2.3.6.7.8.9.

SPAGHETTI CACIO E PEPE, ERITREAN SHIRO AND BABY OCTOPUS 🍴
1.2.3.7.8.9.11.

SMALL RAVIOLI WITH MUHAMMARA AND SEAFOOD WITH CHEF'S BAHARAT MIX 🍴
2.3.4.5.7.8.9.

FILLET OF BEEF IN BARBEQUE SAUCE, INDONESIAN SAMBAL BAJAK AND PEACHES IN WHITE WINE 🍴
1.3.5.6.7.8.9.10.11.

LAMB CUTLETS MARINATED IN HARISSA PASTE, BABAGANOUSH AND CHERMOULA SAUCE 🍴
6.7.8.9.

JOHN DORY FILLET IN A COURGETTE MANTLE, THAI SALAD AND MANGO CURRY 🍴 🍴
1.3.4.5.6.7.8.9.11.

RED MULLET IN BREAD CRUST, VEGETABLES AND TOM YUM SAUCE 🍴 🍴
1.3.4.6.7.8.9.11.14.

LINE-CAUGHT SEA BASS, PIL PIL WITH LEMONGRASS, FRESH PEAS AND TURMERIC VINAIGRETTE 🍴 ☞
1.3.4.7.8.9.10.11.

FILLET OF VEAL WITH PAPRIKA, CREAM OF BELL PEPPER, KING OYSTER MUSHROOMS AND CHINESE CABBAGE
5.6.7.8.9.11.

"MIERAL" QUAIL WITH TERIYAKI SAUCE, BABY BROCCOLI FROM FUCINO AND ROASTED PLUMS
1.5.7.8.

SELECTION OF LOCAL AND NATIONAL CHEESES 🍴
1.3.7.9.10.

GRANITA OF ELDERBERRY FLOWERS, WILD STRAWBERRIES AND CHAMPAGNE
1.3.5.7.8.

PINEAPPLE, LABNEH AND CINNAMON
1.3.7.8.11.

RHUBARB, STRAWBERRIES AND JAVA PEPPER 🍴
1.3.5.7.8.

ETHIOPIAN COFFEE CREAM, DARK CHOCOLATE AND CHERRIES
1.3.5.7.8.

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