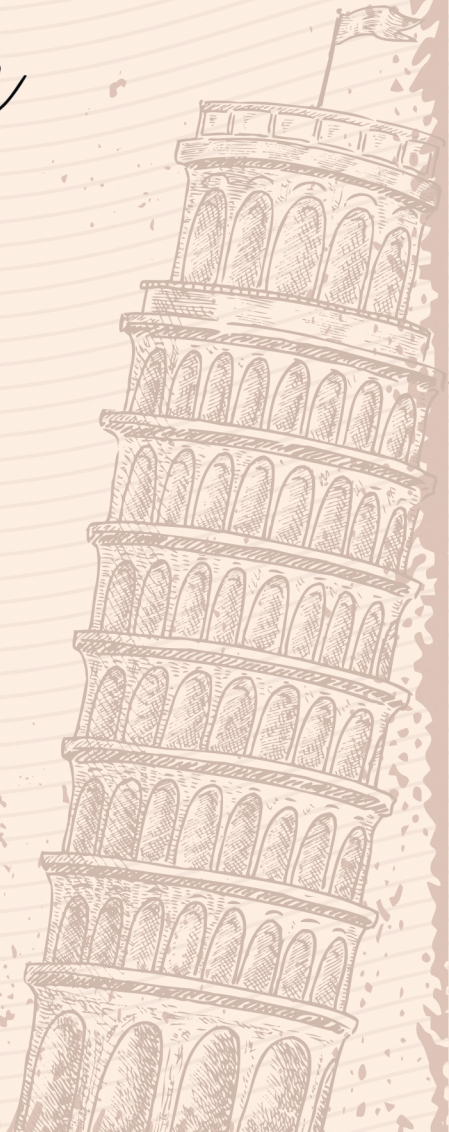


# Ciao Cochin



## SOUPS

**Truffle Infused Porcini Mushroom Soup**  350

**Calories: 150kcal | Protein: 4g | Fat: 10g | Carbohydrates: 10g**

**Fresh Pasta And Bean Soup**  350

**Calories: 200kcal | Protein: 10g | Fat: 2g | Carbohydrates: 35g**

**Classic Minestrone Soup With Pesto And Pasta**  350

**Calories: 150kcal | Protein: 5g | Fat: 2g | Carbohydrates: 30g**

**Seafood Soup Prawn Calamari And Mussels**  450

**Calories: 200kcal | Protein: 20g | Fat: 5g | Carbohydrates: 10g**

## SALADS

**Ciao Cochin salad:**  400

Lettuce, cherry tomato, string beans, olives, fennel and balsamic dressing with parmesan shavings

**Calories: 150 kcal | Protein: 5g | Fat: 10g | Carbohydrates: 10g**

**Classic Caesar:** 

Crispy lettuce, Caesar dressing, parmesan flakes and croutons with selection of toppings

**Grilled Vegetables:** 

**Calories: 150 kcal | Protein: 5g | Fat: 10g | Carbohydrates: 10g**

**Prawns** 

**Calories: 550kcal | Protein: 25g | Fat: 10g | Carbohydrates: 10g**

**Chicken And Bacon** 

**Calories: 450kcal | Protein: 30g | Fat: 30g | Carbohydrates: 15g**

**Grilled Vegetables With Bocconcini And Pesto**  400

**Calories: 300kcal | Protein: 12g | Fat: 20g | Carbohydrates: 15g**

*\*Please inform us for any allergies or dietary restrictions in advance\**

*\*Taxes Applicable\**

## STARTERS

**Breaded Mozzarella With Pesto Mayo**  **400**

**Calories: 300kcal | Protein: 10g | Fat: 20g | Carbohydrates: 20g**

**Shrimp Skewers With Piquant Sauce**  **750**

**Calories: 250kcal | Protein: 25g | Fat: 10g | Carbohydrates: 10g**

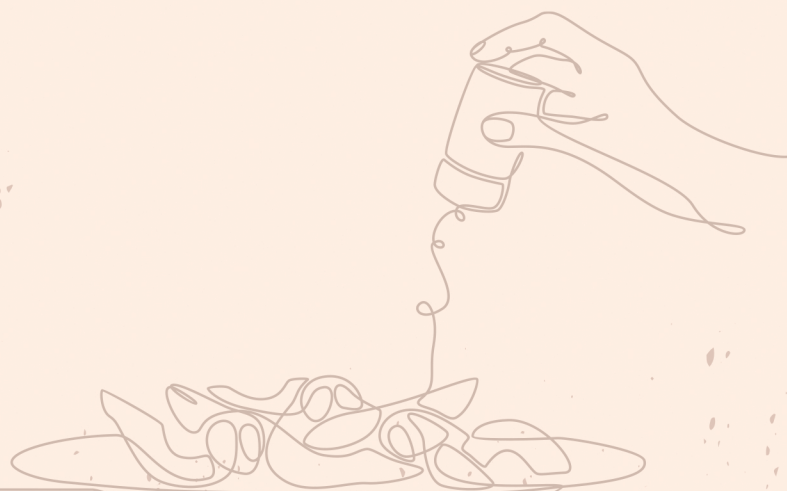
**Rice Suppli With Turkey Ham And Mozzarella,**  **600**

**Spicy Tomato Dip**

**Calories: 300kcal | Protein: 15g | Fat: 15g | Carbohydrates: 35g**

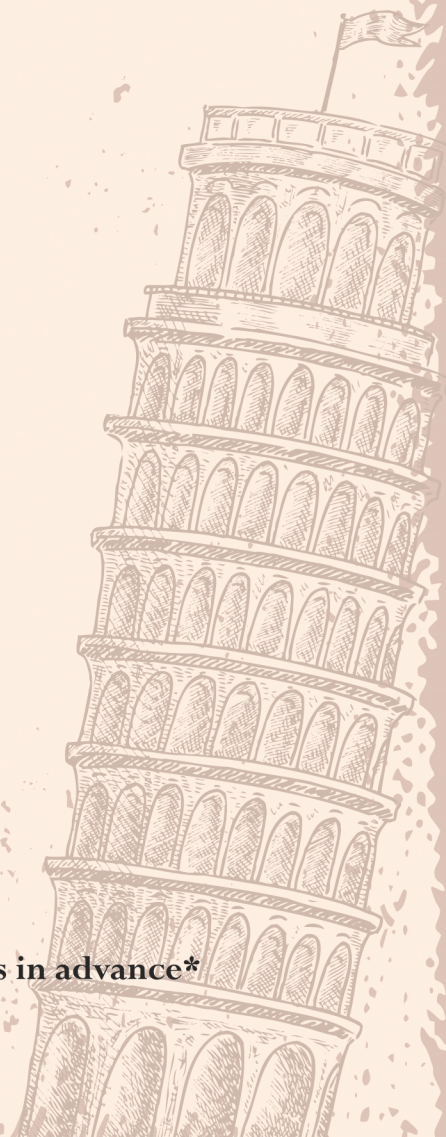
**Chicken Diavola Bites:**  **600**

**Calories: 300kcal | Protein: 25g | Fat: 15g | Carbohydrates: 10g**



**\*Please inform us for any allergies or dietary restrictions in advance\***

**\*Taxes Applicable\***



# PIZZA



## Pizza Verdure:

790

Vegetable Pizza With Tomato Sauce And Mozzarella

Calories: 300kcal | Protein: 12g | Fat: 10g | Carbohydrates: 35g

## Pizza Margherita:

760

Classic Cheese And Tomato Sauce With Basil

Calories: 250kcal | Protein: 10g | Fat: 10g | Carbohydrates: 30g

## Frutti De Mare:

890

Tomato Sauce, Mozzarella, Shrimps, Squid, Fish,  
Parsley, Herbs & Olive Oil

Calories: 400kcal | Protein: 25g | Fat: 20g | Carbohydrates: 40g

## Pizza Pollo:

890

Pulled Chicken With Vegetables And Melting Cheese

Calories: 400kcal | Protein: 25g | Fat: 15g | Carbohydrates: 40g

## Pizza Diavola:

990

Pork Pepperoni, Mozzarella Cheese And Tomato Sauce

Calories: 400kcal | Protein: 20g | Fat: 25g | Carbohydrates: 30g

## Ciao Cochin Signature Pizza:

990

Roasted Beef, Caramelised Onion And Pickle

Calories: 400kcal | Protein: 25g | Fat: 20g | Carbohydrates: 30g



\*Please inform us for any allergies or dietary restrictions in advance\*

\*Taxes Applicable\*

# PASTA AND RISOTTO

## Penne Arrabiata:

Tomato Sauce Garlic Chilli And Basil

Calories: 250kcal | Protein: 6g | Fat: 5g | Carbohydrates: 40g

## Spaghetti Aglio Olio Pepperoncino:

Chilli Garlic And Olive Oil

Calories: 300kcal | Protein: 7g | Fat: 12g | Carbohydrates: 40g

## Vegetable Risotto:

Risotto With Vegetables Saffron And Parmesan Cheese

Calories: 300kcal | Protein: 10g | Fat: 8g | Carbohydrates: 50g

## Spaghetti Carbonara:

Spaghetti Cooked With Pancetta, Egg Yolk,  
Parmesan And Cream

Calories: 500kcal | Protein: 25g | Fat: 30g | Carbohydrates: 25g

## Mushroom And Chicken Ravioli:

In Light Tomato-pesto Sauce

Calories: 400kcal | Protein: 15g | Fat: 15g | Carbohydrates: 50g

## Seafood Risotto:

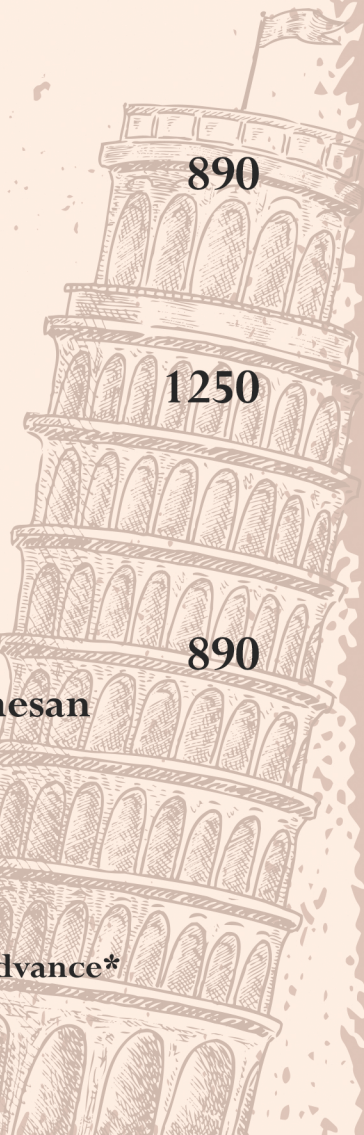
Risotto With Prawns, Fish, Calamari With  
Tomato And Cheese

Calories: 500kcal | Protein: 35g | Fat: 20g | Carbohydrates: 50g

## Classic Lasagna:

Layered Pasta With Bolognaise Sauce, Bechamel And Parmesan

Calories: 400kcal | Protein: 20g | Fat: 2g | Carbohydrates: 40g



\*Please inform us for any allergies or dietary restrictions in advance\*

\*Taxes Applicable\*

## MAIN COURSE

**Lamb Rack Risotto:** ▲ 1250

Grilled Lamb rack (Nz) With Creamy Saffron Risotto

Calories: 400kcal | Protein: 25g | Fat: 15g | Carbohydrates: 50g

**Duck Confit:** ▲ 1150

Half Duck Cooked In Its Own Fat And Served With

Cherry Tomato, Olives And Potato With Cranberry Sauce

Calories: 600kcal | Protein: 30g | Fat: 40g | Carbohydrates: 30g

**Grilled Tenderloin Steak:** ▲ 1050

Served With Grilled Vegetables, House Cut

Flattop Fries, With Green Peppercorn Sauce

Calories: 600kcal | Protein: 40g | Fat: 35g | Carbohydrates: 40g

**Citrus And Rosemary Flavored Chicken:** ▲ 990

Served With Crushed Potatoes And Vegetables

Calories: 50kcal | Protein: 40g | Fat: 20g | Carbohydrates: 30g

**Peppered Salmon With Tomato Basil Salsa:** ▲ 1895

Served With Creamy Mash And Vegetable

Calories: 500kcal | Protein: 30g | Fat: 20g | Carbohydrates: 50g

**Grilled Pork Chops:** ▲ 1050

Served With Honey Chili And Mustard Glaze

With Buttered Greens

Calories: 500kcal | Protein: 35g | Fat: 25g | Carbohydrates: 20g

**Pan Seared Seabass:** ▲ 1150

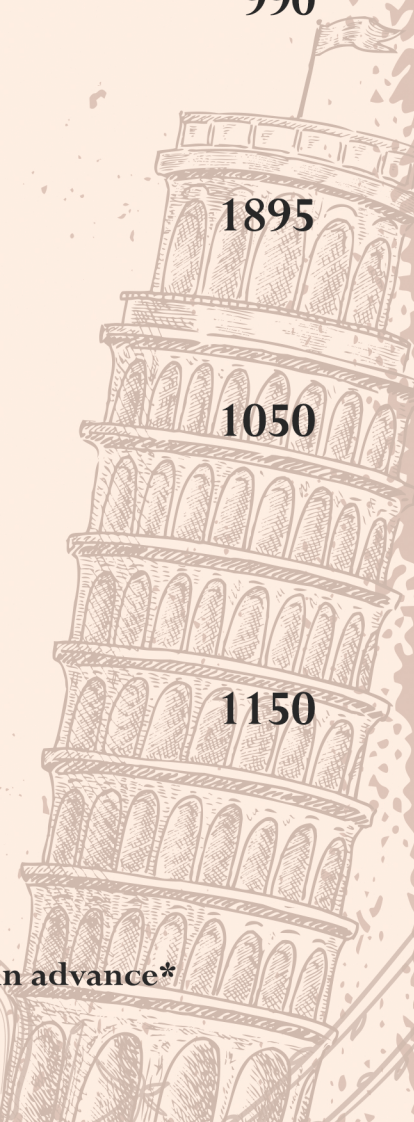
Served With Crushed Baby Potato Tomato And

Lemon Butter Sauce

Calories: 295kcal | Protein: 24g | Fat: 12g | Carbohydrates: 23g

\*Please inform us for any allergies or dietary restrictions in advance\*

\*Taxes Applicable\*





## DESSERTS

### Vanilla Panna Cotta With Orange Stew:

Literally “cooked cream”- made of cream, sugar gelatin and molded served with orange stew

**Calories: 300kcal | Protein: 5g | Fat: 25g | Carbohydrates: 40g**

### Classic Tiramisu:

Italian classic dessert of ladyfinger, coffee, mascarpone, cocoa and rum

**Calories: 400kcal | Protein: 8g | Fat: 20g | Carbohydrates: 40g**

### Crème Brûlée:

Rich and creamy custard base, topped with a layer of hard caramel and served with almond biscotti

**Calories: 125kcal | Protein: 8g | Fat: 5g | Carbohydrates: 20g**

### Berry Baked Alaska:

Ice cream layered between a slice of sponge cake, stuffed with berry compote, meringue, and baked

**Calories: 350kcal | Protein: 8g | Fat: 15g | Carbohydrates: 50g**

### Genoise Chocolate Cake:

Soft, light cake made with egg, sugar, almond flour and layered with dark chocolate ganache

**Calories: 350kcal | Protein: 10g | Fat: 20g | Carbohydrates: 55g**

400

450

400

400

400

\*Please inform us for any allergies or dietary restrictions in advance\*

\*Taxes Applicable\*

# *Ciao Cochín*

