

## WELCOME!



*Welcome to Nonna Lina restaurant, in loving memory of my grandmother whom I've always loved and keep alive within these walls.*

*Our passion is to make you feel comfortable like every Italian home, and also spoil you with easy and simple Italian and Sardinian food.*

*Relax and enjoy every little bite of food that we will prepare for You.*

*Ciao e buon appetito!*

*Please note a few important things*

*We don't accept cheques.*

*Service is not included, South African standard is 10%.*

*10% service fee for tables of 5 or more. Please check your bill.*

*We support street smart so we add R5.00 to every bill, ask the waiter to remove it if you do not wish to contribute.*

*Bookings: 021 4244966 | [book.nonnalina.com](http://book.nonnalina.com)*

*Info: [www.nonnalina.com](http://www.nonnalina.com) | [64orange@nonnalina.com](mailto:64orange@nonnalina.com)*

*Online orders: [order.nonnalina.com](http://order.nonnalina.com)*



## KIDS MENU

*Small portions for our little loyal supporters (only available for kids under 12).*

### *PASTA*

*Spaghetti or Penne with one of the following sauces:*

Al Burro or Aglio e Olio (V) 44

*Butter or garlic infused olive oil*

Tomatello (V) 55

*Classic Sardinian tomato sauce*

Creamy tomatello (V) 65

*Classic Sardinian tomato sauce with a dash of cream*

Pasta con piselli e prosciutto 65

*Creamy sauce with onions, gypsy ham and garden peas*

Pasta ai funghi (V) 65

*A creamy sauce of mushroom and herbs*

Campidanese 74

*A new kid's favourite, a meat sauce made with pork sausage mince, flavoured with aniseed and fresh herbs.*

Bolognese 76

*Classic bolognese sauce*

Lasagna vegetariana (V) 70

Lasagna di carne 76

### *PIZZA*

Margherita (V) 66

*Tomato, mozzarella*

Tonno 70

*Tomato, mozzarella, tuna*

Salame 79

*Tomato, mozzarella, salame*

Prosciutto e funghi 87

*Tomato, mozzarella, gypsy ham and mushroom mix*

Prosciutto e ananas 87

*Tomato, mozzarella, gypsy ham and pineapple 75*

Parma 99

*Tomato, mozzarella, Prosciutto crudo (Parma ham style)*



1 Villasor 1969. Family is growing the third nephew (me) is born

## APERITIVO

*Little snacks or “aperitivi” ideal for a quick bite with a glass of wine. Served between 12 and 7pm daily only\*.*

Bruschetta trio (v)	46
<i>Bruschetta bread with three different toppings: tomato, basil, garlic and olive oil; artichokes and caramelized onions, marinated aubergines and grana</i>	
Tagliere e carasau	79
<i>A variety of our cured meats served with pane carasau pieces</i>	
Calamaretti solo	70
<i>Patagonica tubes flat top grilled</i>	
Calamari solo	64
<i>Calamari steak strips cooked in our famous Veneranda sauce</i>	
Aubergine parmigiana (V)	52
<i>Char-grilled aubergine smothered in a herb-enriched tomato sauce, garnished with Parmigiano and mozzarella</i>	
Polpette	70
<i>Nonna Lina’s meatballs in tomatello sauce</i>	
Pollo strips	63
<i>Chicken breast strips, cooked in our lemon and herb sauce</i>	
Patate arrosto (V)	40
<i>Mini portion of roasted rosemary potatoes</i>	
Pizza squares*	
<i>Pizza cooked in a square shape and cutted in small finger size squares. (up to 7PM only)</i>	
Bianca (mozzarella and garlic)	83
Margherita (tomato, mozzarella)	96
Napoletana (tomato, mozzarella, capers, anchovies)	110
Vegetariana (tomato, mozzarella, peppers, olives, onions, aubergines)	125
Prosciutto e funghi (tomato, mozzarella, ham & mushrooms)	132
Salame e cipolla (tomato, mozzarella, onions and salame)	127



2 - Nonna Lina, friends and family washing the clothes by the river. 1954

## ANTIPASTI

Pizza Bread (V+)	
plain	55
garlic	64
tomato base	74
Bruschetta (V)	14
<i>Tomato, basil, garlic</i>	
Bruschetta trio (V)	48
<i>Bruschetta bread with three different toppings: tomato, basil, garlic and olive oil; artichokes and caramelized onions, marinated aubergines and parmigiano.</i>	
Pasta per Primo	
<i>Starter portions of our pasta fresca, pasta and gnocchi available.</i>	
<b>20% off main price</b>	
Cordobiu (V)	76
<i>Fresh button mushroom salad, shaved Parmigiano, fresh lemon, black pepper and rucola</i>	
Gamberi e Pancetta	128
<i>Flame grilled prawns tails wrapped with pancetta, served with mixed salad</i>	
Calamari di Serramanna	128
<i>Pan fried strips of calamari tossed in Veneranda sauce. Served on aglio e olio pasta or side salad.</i>	
Calamaretti Grigliati	165
<i>Patagonica calamari tubes seasoned and flat top grilled, finished off in the pan with parsley and extra virgin olive oil. Served on aglio e olio pasta or side salad.</i>	
Celina's Aubergine (V)	102
<i>Char-grilled aubergine smothered in a herb-enriched tomato sauce, garnished with Parmigiano and mozzarella</i>	
Zucchine Gratinata (V)	102
<i>Marrow oven-baked with bechamel, garlic parsley and breadcrumbs, finished off with Parmigiano.</i>	
Bresaolata	149
<i>Shaved air cured rare beef, freshly squeezed lemon, rocket and Parmigiano cheese</i>	
Prosciutto crudo platter	160
Uno	180
<i>Prosciutto crudo, salame, coppa</i>	
Nonna Lina Misto	240
<i>Prosciutto crudo, salame, coppa, Parmigiano, blue cheese, sun dried tomatoes, marinated artichokes and olives</i>	

## SALADS

Side salads (V)	65
<i>Verde: Mixed leaves, tomatoes, red onions and cucumber</i>	
<i>Patate: Boiled potatoes, fresh tomatoes and parsley</i>	
Artichoke (Carciofi) (V)	160
<i>Rocket, marinated artichokes, parmigiano, caramelized red onions, roasted pine nuts, mixed baby leaves and herbs, dressed with a chive vinaigrette.</i>	
Casa Italia (V+)	130
<i>Colorful mediterranean salad with steamed broccoli, marinated artichokes, caramelized red onions, with olives, mixed baby leaves and herbs, dressed with a chive vinaigrette.</i>	
Mediterranea (V)	143
<i>A mediterranean salad with crushed tuna, fragrant herb, Italian cannellini beans salad with olives, anchovies and boiled egg, tossed with chive vinaigrette.</i>	
Pappadidda (V)	88
<i>Our Caprese salad re-platted. Fresh mozzarella fior di latte, origano and basil, roma tomatoes, sweet basil oil</i>	
Parmigiano e Noci (V)	143
<i>Sweet pear, parmigiano, walnuts, rocket and crispy fennel, served with a lemon and olive oil vinaigrette</i>	
Pollo	171
<i>Grilled marinated chicken fillet, avocado, parmigiano, roasted pine nuts, caramelized red onions, mixed baby leaves and herbs, dressed with a chive vinaigrette.</i>	
Selvaggia	171
<i>Smoked venison carpaccio, pears, fresh mint, mozzarella fior di latte served with a tangy citrus vinaigrette</i>	
Serramanna (V+)	125
<i>A typical Sardinian salad of baby leaves and herbs, celery, fennel, plum and rosa tomatoes dressed with olive oil and lemon vinaigrette.</i>	
Strawberry Salad	182
<i>Fresh strawberries, avocado, smoked salmon, asparagus, buffalo style mozzarella and mixed baby leaves dressed with a raspberry coulis</i>	
Tricolore (V+)	125
<i>Pasta salad with avocado, peppadew, rosa tomatoes, spring onion, fresh herbs, roast tomato &amp; chilli dressing</i>	



3 - Nonna Lina, Vittorio and uncle Silvio selecting Fava beans for the seeding (1962)

## PASTA

<i>Spaghetti, Linguine or Penne</i>	NO CHARGE
<i>Gluten free penne</i>	18
<i>Egg tagliatelle</i>	18
<i>home made Gnocchi</i>	22
<i>Pasta parcels:</i>	38
<i>Ravioli: Baby spinach, and ricotta OR Butternut, potato, and blue cheese. Culurgiones: Potato, pecorino &amp; ricotta</i>	
<i>Classic sauces</i>	
Tomatello (V+)	92
<i>Classic Sardinian tomato sauce</i>	
Arrabbiata (V+)	97
<i>Chili &amp; tomato spicy sauce</i>	
Creamy tomato (V)	105
<i>A tomatello based sauce with a touch of cream</i>	
Pasta con piselli e prosciutto	105
<i>Creamy sauce with onions, gypsy ham and garden peas</i>	
Pasta con broccoli, zucchini e ricotta (V)	105
<i>Creamy pasta with spring onions, chives, broccoli and zucchini, garnished with fresh ricotta</i>	
Pasta ai funghi (V)	111
<i>A creamy sauce of mushroom and herbs</i>	
Nonna Lina (V+)	131
<i>Rosa and plum tomatoes, white wine, garlic sweet basil and Italian parsley</i>	
Pasta alla Campidanese	139
<i>Dish from the area of Campidano of Sardegna, a ragu made with pork sausage mince, flavoured with aniseed and fresh herbs. We suggest it with penne, but it can be served with spaghetti, linguine or culurgiones.</i>	
Bolognese	139
<i>Classic Bolognese sauce</i>	
Polpette	145
<i>Nonna Lina's meatballs in tomatello sauce (only with spaghetti and linguine)</i>	
Sugo alla crema di gamberi	163
<i>Creamy tomato sauce with prawns and chilli only served with pasta</i>	
Pasta al salmone	163
<i>Creamy sauce of Smoked salmon, fresh dill and fresh tomatoes (better with penne or gnocchi)</i>	



4 Nonna Lina first from the left (1910)

## *Specialities*

<i>Served with: Spaghetti, Linguine or Penne</i>	<i>NO CHARGE</i>
<i>Gluten free penne</i>	<i>18</i>
<i>Egg tagliatelle</i>	<i>18</i>
Milicia's	168
<i>Fresh tomato, white wine, garlic tossed with shrimps and sweet basil pesto</i>	
Carbonara vegetariana (V)	98
<i>A classic meat pasta re-invented for our vegetarian customers. Aubergines, baby marrows, peppers... an the usual beaten egg.</i>	
Zio Giuseppe pasta	132
<i>Pasta served with a tomato base sauce made with gorgonzola, peas and calamari tentacles.</i>	
Estate Fresca Linguine o Spaghetti (V)	128
<i>"Fire &amp; Ice" hot pasta dressed with a cold salsa of fresh tomatoes, rocket, extra virgin olive oil, garlic &amp; fresh herbs &amp; buffalo style mozzarella</i>	
Pasta al Tonno e Salvia	139
<i>Pasta served with a cold salsa of extra virgin olive oil, canned tuna, sage, lemon juice, fresh herbs &amp; buffalo style mozzarella</i>	
Spaghetti Pancetta e Asparagi	145
<i>A variation of the classic carbonara, guanciale (pig cheek), asparagus, parmesan, olive oil, fresh herbs and a beaten egg</i>	
Carbonara	125
<i>Nonna's carbonara, with guanciale (pig cheek), beaten egg and pecorino.</i>	

## *Pasta pocket*

Culurgiones (V)	121
<i>Classic Sardinian pasta pocket, filled with fresh mint, potato and cured pecorino, served with a mint flavored tomato sauce</i>	

## *Baked*

Lasagna vegetariana (V)	109
<i>Layers of pane carasau, tomatello sauce, grilled aubergines, mozzarella, bechamel and grated parmigiano</i>	
Lasagna di Carne	160
<i>Traditional beef lasagna.</i>	



Nonna Lina 2003

## PIZZA

Gluten free base available

+24

<i>Vegetarian</i>	<i>small large</i>	
Margherita (V)* <i>Tomato and mozzarella</i>	80	110
Siciliana (V)* <i>Tomato, mozzarella, capers, olives, and grilled aubergines</i>	100	135
Vegetariana (V) <i>Tomato, mozzarella, marinated artichokes, mushrooms, black olives, grilled aubergines, and peppers</i>	105	140
Gorgonzola (V) <i>Tomato, Gorgonzola, caramelized onions, and mushrooms</i>	105	140
Ai Formaggi (V) <i>Mozzarella, gorgonzola, pecorino, and ricotta</i>	105	140
Estate (V) <i>Tomato, mozzarella, fresh rosa tomatoes, buffalo style mozzarella, and fresh basil leaves</i>	115	155
Nonno Vittorio (V) <i>Tomato, mozzarella, grilled aubergines, rosa tomatoes, rucola, and shaved pecorino</i>	115	155

### *With fish*

Napoletana <i>Tomato, mozzarella, anchovies, and capers</i>	95	125
Godfather <i>Tomato, rosa tomatoes, mozzarella, prawns, with chilly olive oil</i>	135	175
Salmone <i>White base with mozzarella, smoked salmon, ricotta, fresh dill, capers, and cremè fraiche</i>	120	160
Tonno e cipolle <i>Tomato, mozzarella, tuna, and caramelized onions</i>	116	156

### *With meat*

Pancetta e gamberi <i>Tomato, mozzarella, pancetta and prawn meat</i>	140	180
Davideddu <i>Tomato, mozzarella, caramelized onions, peppadew, pineapple, and smoked chicken</i>	120	160
Isabella <i>Tomato, mozzarella, bresaola, rosa tomatoes, rucola, and shaved pecorino</i>	130	170
Messicana* <i>Tomato, mozzarella, jalapenos, spiced mince, and onions</i>	125	165
Nonna Lina <i>Tomato, mozzarella, Prosciutto crudo, chopped &amp; rosa tomatoes, rucola, and shaved pecorino</i>	135	175





## PIZZA

*Gluten free base available*

	+20		
		<i>small</i>	<i>large</i>
Quattro Mori		120	160
<i>Tomato, mozzarella, gorgonzola, salame, artichokes, onions, black olives, and tuna (quarters)</i>			
Cape seasons		134	174
<i>Tomato, mozzarella, ham &amp; mushrooms as <b>autumn</b>, pancetta &amp; asparagus as <b>winter</b>, artichokes broccoli, and olives as <b>spring</b>, fior di latte mozzarella, basil, and rosa tomatoes as <b>summer</b>.</i>			
Prosciutto e Funghi*		110	145
<i>Tomato, mozzarella, gypsy ham, and mushrooms</i>			
Sarda		110	145
<i>Tomato, pecorino, mozzarella, salame, and fresh rosa tomato</i>			
Pancetta e asparagi		130	170
<i>Tomato, mozzarella, pancetta and asparagus (seasonal dish)</i>			
Patatina		120	160
<i>Tomato, mozzarella, salame, gorgonzola, peppadews, and potatoes</i>			
Tirolese		120	160
<i>Mozzarella, ricotta, rucola, and coppa</i>			
*Calzone Option		12	12
<i>Only available with this pizzas, no exceptions!</i>			

### PIZZA TOPPINGS EXTRA

*Onions, garlic – 12 | Tomato, ricotta, basil, mozzarella - 17 | Chicken, anchovies, artichokes, aubergines, avo, capers, olives, tuna, pecorino, rosa tom., rocket, peppers, jalapenos, sundried tomatoes - 29*

*Pancetta, gypsy ham, mushrooms - 39 | Prosciutto crudo, bresaola, gorgonzola, salame, smoked salmon, coppa - 47 | Porcini, prawns – 53*



5 La famiglia Matta. Nonna Lina's family, she is second from left with Mamma Maria Celina. 1937

## CARNE | THE MEAT

*served with aglio e olio pasta, side salad or side potatoes*

Pudda 120

*Char-grilled chilli and lemon marinated chicken fillet.*

Rump steak 180

Fillet steak 300

*All of our steaks are grilled to your taste with olive oil and seasoning.*

*served as per description*

Pudda pizzaiola 140

*Char-grilled chicken fillet, served with a pizzaiola tomato sauce served on a bed of aglio e olio pasta.*

Stracci di Carne e Spinaci 185

*Roughly cut veal cooked with olive oil, basil, chilli, white wine and a touch of soya sauce, sautéed with spinach served on a bed of linguine.*

Vitello Limone 195

*A classic Italian dish, veal steaks in a white wine and lemon sauce, served with zucchini gratinate or side pasta.*

Vitello al Mirto 200

*Our Sardinian signature, veal steaks in a white wine and mirto liquore sauce, served with zucchini gratinate or side pasta.*

Tagliata di manzo 210

*Rump steak grilled to your taste, sliced and served on a bed of rucola, grana shavings and red wine (Fillet +100) reduction.*

Agnello 273

*Lamb chops, marinated in olive oil, garlic, white wine, lemon and parsley served with roasted potatoes.*

## PESCE | THE FISH

*served with aglio e olio pasta, side salad or side potatoes*

Calamari di Serramanna\* 150

*Pan fried strips of calamari tossed in salsa di Veneranda, Sardinian salsa of olive oil, salt, sundried tomatoes and lemon juice.*

Calamaretti Grigliati\* 180

*Patagonica calamari tubes seasoned and flat top grilled, finished off in the pan with parsley and extra virgin olive oil*

Pesce

*Grilled fish of the day served with salsa di Veneranda or just plain grilled.*

*served as per description*

Pesce al Cartoccio SQ

*Fresh white linefish (when available) cooked al cartoccio with white wine, garlic, rosa tomatoes and Italian herbs, served on a bed of boiled potatoes*

## SIDES

Side potatoes (V) 56

*Rosted rosemary potato cubes*

Side pasta (V) 66

*A side portion of aglio & olio with spaghetti or linguine*

Side pasta tomato (V) 74

*A side portion of tomatello, spaghetti or linguine*

Side roasted vegetables and potatoes (V) 68

*Roasted aubergines, mixed peppers, butternut, carrot, zucchini and potatoes.*

## DOLCI | DESERTS

Gelato (per scoop)		17
<i>Choose from our selection of ice cream</i>		
Don Pedro	50	66
<i>Vanilla ice cream with a shot of Kalhua available with 2 or 3 gelato scoops</i>		
Affogato		43
<i>Ice cream drowned in espresso</i>		
<i>With any liquor of your choice charged per shot*</i>		
Seadas Nostras		61
<i>Our Sardinian speciality, pastry filled with fresh mozzarella, preserved figs and macadamia nuts, drenched in honey.</i>		
Cioccoblocco		50
<i>Nonna's walnut choc brownie, served with vanilla pod ice cream</i>		
Merenguita		50
<i>Homemade meringue served with cream or ice cream and fresh strawberries (seasonal)</i>		
Tiramisu		66
<i>Traditional family tiramisu.</i>		
Ricotta cheesecake		50
<i>Homemade sicilian style cheesecake made with ricotta cheese and served with vanilla ice cream.</i>		



6. Typical Sardinian dry desserts

	<i>gls</i>	<i>btl</i>
<i>SPARKLING WINE</i>		
DURBANVILLE HILLS SPARKLING WINE		210
SARTORI PROSECCO		360
<i>ROSE WINE</i>		
BELLINGHAM BERRY BUSH ROSÉ	39	138
ALLESVERLOREN ROSE		211
<i>WHITE WINE</i>		
FAIRVIEW PINOT GRIGIO	40	132
BELLINGHAM PEAR TREE CHENIN	42	138
DURBANVILLE HILLS SAUVIGNON BLANC	64	209
SIMONSIG CHENIN		190
SPRINGFIELD LIFE FROM STONE SAUVIGNON BLANC		333
NEDERBURG WINEMASTERS SAUVIGNON BLANC		220
BRAMPTON UNOAKED CHARDONNAY		198
PLESIR DE MERLE CHARDONNAY		369
GROOTE POST SAUVIGNON BLANC		275
THELEMA MOUNTAIN WHITE		231
<i>RED WINE</i>		
BRAMPTON SHIRAZ	72	237
FAIRVIEW SANGIOVESE	43	143
GROOTE POST OLD MAN'S BLEND	72	237
ZONNEBLOEM MERLOT	84	277
ALTO ROUGE		286
BELLINGHAM BIG OAK RED		138
THELEMA MOUNTAIN RED		253
ALLESVERLOREN CABERNET SAUVIGNON		391
BRAMPTON CABERNET SAUVIGNON		237
FAT MAN PINOTAGE		237
STEENBERG NEBBIOLO		567
<i>BEERS</i>		
CBC PILSNER		42
CBC AMBER WEISS		69
DEVIL'S PEAK LAGER		42
DEVIL'S PEAK IPA		69
DEVIL'S PEAK PALE ALE		53
<i>STANDARD BEERS</i>		
HEINEKEN		42
WINDOEK		37
WINDOEK LIGHT		37
HEINEKEN NON ALCOHOLIC		42
<i>CIDERS</i>		
SAVANNAH		46
SAVANNAH NON ALCOHOLIC		46
APEROL SPRITZ NONNA		85
(Aperol 2p, Chenin 3p, Soda 2p, and Orange)		

## *LIQUEURS*

KAHLUA	32
AMARULA CREAM	26
AMARETTO DI SARONNO	46
FRANGELICO	46

## *DIGESTIVES*

LIMONCELLO	42
RAMAZZOTI AMARO	42
JAGERMEISTER	42
GRAPPA DEL VARDA MOSCATO	66
GRAPPA DEL VARDA RISERVA	71
ALLESVERLOREN MUSCADEL	50

## *COFFEE*

ESPRESSO	24
MACCHIATO	26
AMERICANO	24
CAPPUCCINO	29
LATTE MACCHIATO	29
FLAT WHITE (Double Shot)	44
HOT CHOCOLATE	33

## *APERITIVES DRINKS*

APEROL	32
CAMPARI	42

## *GIN*

GORDONS	26
BOMBAY SAPHIRE	40

## *VODKA*

COUNT PUSKIN	26
CRUZ VINTAGE BLACK	43

## *COGNAC*

BISQUIT CLASSIQUE	65
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## *BRANDY*

KLIPDRIFT	28
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## *RUM*

APPLETON	54
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## *TEQUILA*

JOSE CUERVO TRADICIONAL	51
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## *WHISKY*

BAIN'S CAPE MOUNTAIN	39
JAMESONS	51
BELLS EXTRA SPECIAL	42
GLEN GRANT MAJORS RES	47
JACK DANIELS GENTLEMAN	56
JOHNNIE WALKER RED	43
JOHNNIE WALKER BLACK	62

## VOCABOLARIO | GLOSSARY

*Bresaola* cured Italian deli meat, beef.

*Buon Appetito*: Enjoy your meal.

*Bottarga*: is the Italian name for a Sardinian delicacy of salted, cured grey mullet roe. *Bottarga* is made roe pouch that is massaged by hand to eliminate air pockets, then dried and cured in sea salt for a few weeks.

*Buonanotte*: Goodnight *Buonasera*: Good evening

*Buffalo mozzarella*: mozzarella made from the milk of the domestic Italian water buffalo. It is a product tradition- ally produced in Campania

*Buffalo style mozzarella*: mozzarella made from cow's milk and preserved in water, similar texture of the buffalo but no as tasty.

*Buongiorno*: Good morning

*Carasau Bread*: *Pane carasau* is a traditional flatbread from Sardinia. It is round, thin and crisp. It is made by taking baked flat bread, then separating it into two sheets which are baked again.

*Carne*: Meat

*Celina*: Maria Celina, my mother.

*Cipolle*: Onions

*Coppa*: cured Italian deli meat, pork. *Gorgonzola*: imported Italian blue cheese. *Grazie*: Thank You.

*Grana padano*: 12/18 months mature cow cheese import- ed from the pianura padana area, Italy

*Luigi*: my father

*Mascarpone*: creamy Italian cheese, used to make tira- misu.

*Milicia*: AKA Luca Milicia, my Sicilian friend, a good chef.

*Mozzarella*: fresh cow cheese.

*Mirto*: sardinian liqueure made from wild mirto berries *Nonna*: grandmother.

*Nonno*: grandfather.

*Parmigiano*: 12/18 months mature cow cheese imported from Parma surrounds, Italy

*Pecorino (italian)*: 8/16 months mature sheep chese *Pecorino (local)*: 4/8 months mature cow cheese *Pesce*: Fish

*Porcini*: wild mushrooms with a meaty texture and a deep, earthy, woody flavor.

*Prego*: Your welcome.

*Prosciutto crudo*: Parma ham style, just not originary from Parma.

*Rucola*: Rocket

*Salsa di Veneranda*: sardinian salsa of olive oil, salt, sun- dried tomatoes, lemon juice and parsley

*Salame*: Imported Italian salame.

*Sardinia* or *Sardegna*: beautiful italian island in the middle of the mediterranean sea, where I come from.

*Stracchino*: also known as *crescenza*, is a type of Italian cow's-milk cheese, typical of northern Italy. It is eaten very young, has no rind and a very soft, creamy texture and normally a mild and delicate flavour.

*Tonno*: Tuna

*Zio Giuseppe* - aka *ziu Peppinu*, my uncle. *Zia, Zio*: Uncle



7. To close, just one of the beach that Sardinia have to offer, you must visit!

