

— WELCOME TO —



TERA

CUCINA CHE ILLUMINI I SENSI

MENU

STARTERS

Tris di crudo - 20,00 €

Raw tuna, Sanremo shrimp, sea bass carpaccio

Antipasto misto della casa - 18,00 €

House mixed appetizer platter
with seasonal ingredients

Tartare di tonno - 18,00 €

With avocado cream

Octopus and potatoes - 15,00 €

Cozze alla marinara - 14,00 €

Mussels with garlic, pepper and parsley

Brandacujun - 14,00 €

Typical Ligurian dish made with stockfish
and served with a bread crouton
and toasted almonds

Insalata di mare calda - 15,00 €

Salad with mixed seafood and fresh tomatoes,
served warm

Insalata di cous cous - 14,00 €

With sautéed calamari

FIRST COURSES

Spaghetti with clams - 17,00 €

Seafood spaghetti - 18,00 €

Risotto di mare (for at least 2 people) - 15,00 € per person
Risotto with clams, mussels, scampi, shrimp and squid

Tagliolini with lobster (for at least 2 people) - 18,00 € per person

Il Raviolo dello Chef - 15,00 €
Homemade scallop ravioli with shrimp and its elixir

Penne al sugo, al pesto o all'arrabbiata - 12,00 €
Pasta with tomato sauce, pesto or "all'arrabbiata"

Trofie alla genovese - 12,00 €
Pasta with pesto, green beans and potatoes

Ravioli ricotta e spinaci - 12,00 €
Ricotta and spinach ravioli with butter and sage

MAIN COURSES

Grigliata mista di pesce - 20,00 €

Grilled catch of the day, scampi, shrimp and squid

Gamberoni argentini alla griglia - 18,00 €

Grilled argentine prawns with sautéed zucchini

Frittura mista di paranza - 16,00 €

Fried squid, shrimp, anchovies
and vegetables in tempura batter

Pescato del giorno - 18,00 €

Sea bream/sea bass/turbot baked in salt,
Ligurian-style or grilled

Tonno scottato alla griglia - 16,00 €

Seared grilled tuna with tomato salad

Filetto di manzo alla griglia - 15,00 €

Grilled beef tenderloin with baked potatoes
and juniper-infused sauce

Scaloppina di pollo o tacchino - 15,00 €

Chicken or turkey escalope, Milanese-style or with lemon

Zuppetta di cozze e vongole - 18,00 €

Mussel and clam soup with tomato sauce

SALADS

Niçoise salad - 8,00 €

Allegra - 8,00
Salad of salads

Caprese salad - 8,00 €

Sinfonia Mediterranea - 12,00 €
With burrata, sun-dried tomatoes, and arugula

SIDE DISHES

French fries - 6,00 €

Baked potatoes - 5,00 €

Mixed salad - 6,00 €

Green salad - 5,00 €

Grilled vegetables - 6,00 €

FROM THE CART

Assorted cheeses, served with honey and jams
18,00 €

Assorted cold cuts from our selection
16,00 €

DESSERTS

Soffice Croccantezza - 6,00 €

Chantilly millefeuille and Venchi chocolate caviar

Meringato al marron glacé - 6,00 €

Cream, puff pastry, meringues, marron glacé

Sorbetto del giorno - 6,00 €

Homemade sorbet of the day, depending
on what's available at the market

Tartelletta ai frutti di bosco - 7,00 €

Wild berry tartlet with Chantilly cream

Dessert of the day - 8,00 €

FOOD ALLERGIES AND INTOLERANCES

In compliance with EU regulations, Tera Restaurant informs consumers about the presence of foods containing allergenic ingredients in its menu items. Customers are kindly requested to inform the dining room staff of any specific requirements before ordering.

LIST OF SUBSTANCES OR PRODUCTS THAT CAUSE ALLERGIES OR INTOLERANCES

1. CEREALI CONTENENTI GLUTINE (grains, cereals): wheat, rye, barley, oats, spelt, kamut, or their hybridized strains and derived products.
2. CROSTACEI E PRODOTTI A BASE DI CROSTACEI (les crustacés, crustaceans)
3. UOVA E PRODOTTI A BASE UOVA (les oeuf, eggs)
4. PESCE E PRODOTTI A BASE DI PESCE (le poisson, fish)
5. ARACHIDI E PRODOTTI A BASE DI ARACHIDI (les arachides, peanuts)
6. SOIA E PRODOTTI A BASE DI SOIA (soja, soybeans)
7. LATTE E PRODOTTI A BASE DI LATTE (INCLUSO LATTOSIO) (lait, milk)
8. FRUTTA A GUSCIO (les noix, nuts): MANDORLE (amygdalus communis l., amandes, almonds), NOCCIOLE (carylus avel-lana, noisettes, hazelnuts), NOCI DI ACAGIU' (anacardium occidentale, noix de cajou, cashew nuts), NOCI DI PECAN (carya illinoinensls wangenh k. Koch, noix de pécan, pecan nuts), NOCI DEL BRASILE (bertholletia excelsa, noix du Brésil, Brazil nuts), PISTACCHI (pistacia vera, pistaches, pistachios), NOCI MACADAMIA O NOCI DEL QUEENSLAND (macadamia ternifolia, noix de macadamia, macadamia nuts) and their derivatives.
9. SEDANO E PRODOTTI A BASE DI SEDANO (céleri, mustard)
10. SENAPE E PRODOTTI A BASE DI SENAPE (moutarde, celeric)
11. SEMI DI SESAMO E PRODOTTI A BASE DI SESAMO (graines de sesame, sesame)
12. ANIDRITE SOLFOROSA E SOLFITI (le diossido de soffre et les sulfites, sulphur dioxide) in concentrations exceeding 10 mg/kg or 10 mg/liter in terms of total SO₂, to be calculated for products as proposed ready for consumption or reconstituted in accordance with the manufacturers' instructions.
13. LUPINI O PRODOTTI A BASE DI LUPINI (lupin, lupin)
14. MOLLUSCHI O PRODOTTI A BASE DI MOLLUSCHI (les mollusques, molluscs)

(occasionally some items may be frozen at source)



TERA - Cucina che illumini i sensi
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