

INEO

RESTAURANT

WELCOME TO

INEO

John R. Smith

A JOURNEY AROUND THE WORLD

IT IS A TASTING MENU WITH MY OWN SIGNATURE CUISINE THAT
BREATHES AN AIR OF INTERNATIONALITY.

THE KEY TO EACH RECIPE IS TO COMBINE THESE INGREDIENTS
TOGETHER FROM OTHER COUNTRIES, GROWN IN VARIOUS
CLIMATES WITH DIFFERENT LANDSCAPES AND TO SAVOUR THESE
COMBINATIONS; SEEMINGLY DISTANT YET ABLE
TO LEND - IN UNISON - SHAPE, COLOUR, TEXTURE
AND TASTE IN AN UNCONVENTIONAL WAY.

HEROS DE AGOSTINIS

A JOURNEY AROUND THE WORLD

WELCOME FROM THE CHEF

“MY MEMORIES OF ESQUILINO”

SEA SCALLOPS MI-CUIT, CARROTS, CALAMANSI AND TURMERIC
OR

RAW RED PRAWNS, MANGO AND BASIL LECHE DE TIGRE
AND ROCOTO OIL

HAND-MADE MACCHERONI COOKED IN MADEIRA SAUCE,
ERITREA BEEF STEW AND PARMIGIANO - 24 MONTHS FOAM

LINE-CAUGHT AMBERJACK, COURGETTE FLOWERS
AND GREEN CURRY SAUCE

OR

FASSONA BEEF FILLET, KOMBU SEAWEED, WILD MUSHROOMS,
CHERRIES AND TOMATO SAUCE

CHEESE TROLLEY

OR

BLACKBERRIES, GIN LEMON AND MELISSA ICE CREAM

4 COURSES

EUR 140

WITH WINE PAIRING

EUR 200

7 COURSES

EUR 165

WITH WINE PAIRING

EUR 255

IN AND AROUND ROME

THIS MENU IS MADE UP OF DISHES THAT I AM PARTICULARLY
CLOSE TO - A TRIP OUTSIDE ROME TO THE COUNTRYSIDE
OF LAZIO; TO THE COAST ON SUNDAY OR A WEEKEND AT
THE FAMILY HOUSE - ARE ALL PART OF MY ALBUM OF MEMORIES.

HEROS DE AGOSTINIS

IN AND AROUND ROME

WELCOME FROM THE CHEF

“MY MEMORIES OF ESQUILINO”

PANZANELLA OF ANCHOVIES FROM THE TYRRHENIAN SEA

OR

RAW LANGOUSTINE ON PURGATORIO WHITE BEANS
AND SUCKLING BELLY

RAVIOLI FILLED WITH RAY FISH, ROMAN COURGETTES
AND SWEET RED BELL PEPPER

SALTIMBOCCA OF MONKFISH, YELLOW TOMATO,
CHANTERELLES AND ASETRA CAVIAR

OR

GRILLED LAMB RACK, ITRANA OLIVES AND ROMAN MINT

CHEESE TROLLEY

OR

OUR DESSERT OF RICOTTA AND WILD SOUR CHERRIES

4 COURSES

EUR 140

WITH WINE PAIRING

EUR 200

7 COURSES

EUR 165

WITH WINE PAIRING

EUR 255

GREEN MENU

OUR GREEN MENU HAS BEEN CAREFULLY DESIGNED
TO RESPECT THE NEEDS OF OUR CLIENTS OR SIMPLY
FOR THOSE WHO WISH TO RELISH THE EXPERIENCE
OF EACH SEASON IN THE WORLD OF PLANTS.

HEROS DE AGOSTINIS

GREEN MENU

WELCOME FROM THE CHEF

SUMMER VEGETABLES, AJI AMARILLO SAUCE
AND CORIANDER OIL

OR

SCAPECE STYLE COURGETTES

SPAGHETTI COOKED IN TOMATO WATER,
NETTLE PESTO AND CAPER POWDER

OR

CELERIAC AND SAFFRON RISOTTO

POTATO TERRINE, WILD MUSHROOMS,
FRESH HERBS AND WHITE BALSAMIC VINEGAR

FRUIT SALAD, PEACH GRANITA
AND RASPBERRY SORBET

4 COURSES

EUR 130

WITH WINE PAIRING

EUR 190

6 COURSES

EUR 150

WITH WINE PAIRING

EUR 225

À LA CARTE
MENU

STARTER

RAW RED PRAWNS, MANGO AND BASIL LECHE DE TIGRE
AND ROCOTO OIL

EUR 45

PANZANELLA OF ANCHOVIES FROM THE TYRRHENIAN SEA

EUR 45

SUMMER VEGETABLES, AJI AMARILLO SAUCE AND CORIANDER OIL

EUR 45

FIRST COURSE

HAND-MADE MACCHERONI COOKED IN MADEIRA SAUCE,
ERITREA BEEF STEW AND PARMIGIANO - 24 MONTHS FOAM

EUR 50

RAVIOLI FILLED WITH RAY FISH, ROMAN COURGETTES
AND SWEET RED BELL PEPPER

EUR 50

CELERIAC AND SAFFRON RISOTTO

EUR 50

MAIN COURSE

LINE-CAUGHT AMBERJACK, COURGETTE FLOWERS
AND GREEN CURRY SAUCE

EUR 60

FASSONA BEEF FILLET, KOMBU SEAWEED, WILD MUSHROOMS,
CHERRIES AND TOMATO SAUCE

EUR 60

GRILLED LAMB RACK, ITRANA OLIVES AND ROMAN MINT

EUR 60

DESSERT

CHEESE TROLLEY

EUR 35

BLACKBERRIES, GIN LEMON AND MELISSA ICE CREAM

EUR 30

OUR DESSERT OF RICOTTA AND WILD SOUR CHERRIES

EUR 30

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

“MY MEMORIES OF ESQUILINO”
1.3.6.7.8.9.11.

SEA SCALLOPS MI-CUIT, CARROTS, CALAMANSI AND TURMERIC 🌿
1.11.14.

RAW RED PRAWNS, MANGO AND BASIL LECHE DE TIGRE AND ROCOTO OIL 🌿
1.2.3.8.

HAND-MADE MACCHERONI COOKED IN MADEIRA SAUCE, 🌿
ERITREA BEEF STEW AND PARMIGIANO – 24 MONTHS FOAM
1.3.7.8.12.

LINE-CAUGHT AMBERJACK, COURGETTE FLOWERS AND GREEN CURRY SAUCE 🌿
1. 3. 4. 7. 8. 9.

FASSONA BEEF FILLET, KOMBU SEAWEED, WILD MUSHROOMS, 🌿
CHERRIES AND TOMATO SAUCE
1. 3. 7. 8. 9. 12.

BLACKBERRIES, GIN LEMON AND MELISSA ICE CREAM 🌿
1.3.7.8.

PANZANELLA OF ANCHOVIES FROM THE TYRRHENIAN SEA 🌿
1.4.6.8.9.

RAW LANGOUSTINE ON PURGATORIO WHITE BEANS AND SUCKLING BELLY 🌿 🐷 🌿 🌿
4.9.

RAVIOLI FILLED WITH RAY FISH, ROMAN COURGETTES 🌿
AND SWEET RED BELL PEPPER
4.7.9.14.

SALTIMBOCCA OF MONKFISH, YELLOW TOMATO,
CHANTERELLES AND ASETRA CAVIAR 🌿 🐷
1. 3. 4. 7. 9.

GRILLED LAMB RACK, ITRANA OLIVES AND ROMAN MINT 🌿
7.8.9.

OUR DESSERT OF RICOTTA AND WILD SOUR CHERRIES 🌿 🌿
1.3.7.8.

CHEESE TROLLEY 🌿
1.3.5.7.8.

WELCOME FROM THE CHEF 🌿 🌿 🌿 🌿

SUMMER VEGETABLES, AJI AMARILLO SAUCE AND CORIANDER OIL 🌿 🌿 🌿 🌿 🌿

SCAPECE STYLE COURGETTES 🌿 🌿 🌿 🌿

SPAGHETTI COOKED IN TOMATO WATER, NETTLE PESTO AND CAPER POWDER 🌿 🌿 🌿 🌿

CELERIAC AND SAFFRON RISOTTO 🌿 🌿 🌿 🌿

POTATO TERRINE, WILD MUSHROOMS, 🌿 🌿 🌿 🌿
FRESH HERBS AND WHITE BALSAMIC VINEGAR

FRUIT SALAD, PEACH GRANITA AND RASPBERRY SORBET 🌿 🌿 🌿 🌿

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