

SEAFOOD

FRIDAY

Prawn Cocktail

Freshly Steamed King Prawn Tails in Pink Cocktail Sauce served on bed of Crispy Lettuce Leaves

Seafood Guazzetto

Tomato based Soup with Brandy steamed Shellfish, Prawn, Calamari and Cod. Served with Toasted Sourdough.



Saute'd Mussels

Wine steamed Atlantic Mussels with Pepper and Chilli served with Chargrilled Sourdough.
Napoletana Tomato Sauce option available



Monkfish and Asparagus Paccheri

Flat tubular Pasta with diced Wine steamed Monkfish, Cherry Tomato mix, a hint of Garlic and Asparagus

Risotto alla Pescatora

Arborio Rice with Wine Steamed Lissadell Mussels, Fresh Clams, Diced Squid, King Prawn and Cod with Datterini Tomato, hint of Saffron and Fresh Parsely.



Gnocchi Clams and Porcini

Fresh Potato Gnocchi with Wine Steamed Fresh Clams, Porcini Mushroom and Datterini Tomato Mix.

Lemon and Crab Linguine

Linguine Pasta with Lemon and Spring Onion steamed Crab Meat with a hint of Chilli and Garnished with Lemon Zest.



Linguine allo Scoglio

Fresh Lissadell Mussels, Clams, Scampi, Calamari and Cod Wine steamed in a light Cherry Tomato and Garlic Sauce Garnished with Freshly chopped Parsley and E.V.O. oil



Grilled Haddock

Grilled Haddock Fillet served with Pesto Potato Chips Mixed Leaves, Cherry Tomato, and Spring Onion Garnished with E.v.o. Oil Vinaigrette and toasted Sourdough.

Fish and Chips

Traditional Italian Chipper style Battered Atlantic Cod, Homemade Chips and Tartare Sauce.

Grigliata di Mare

Mixed Chargrilled Seafood with Seabream Fillet, Calamari Squid, Langoustine and Octopus, served with Grilled Vegetables and Roast potato..



ALL ALLERGEN INFORMATION AVAILABLE ON PURPOSE PRINTED MENUS

Rockwood Parade - Sligo - 071 9148987

NO SPLIT BILLS THANK YOU

www.rugantino.ie

MAR 24

