IO SONO FRIULI VENEZIA GIULIA
ITALY

FRICO VERY GOOD

MERCATO METROPOLITANO

THE ALTAR · FRIULI VENEZIA GIULIA

SALUMI SLICED TO ORDER, DELI SANDWICHES, CICCHETTI & THE SWEETS OF THE NATISONE VALLEYS

ANTIPASTI

Sliced to order on the altar slicer, served with Macoritti grissini. Take it away, or eat it here.

San Daniele Prosciutto per 100g — £18.50

AGED 20-24 MONTHS · MACORITTI CLASSICI

Sweet, silky and aged for up to two years where the Alpine air meets the Adriatic breeze. Cut paper-thin to order, with classic Macoritti grissini.

Prosciutto di San Daniele DOP · San Daniele del Friuli

Salame Friulano per 100g — £10.50

COARSE-CUT PORK · BLACK PEPPER · MACORITTI CLASSICI

The salame of every Friulian table — coarse-ground pork and cracked black pepper, slowly aged. Sliced to order, with classic Macoritti grissini.

Salame Friulano · Friuli

Montasio Mezzano semi-aged · per 100g — £8.50

TRUFFLE HONEY · MACORITTI CLASSICI

The mountain cheese of Friuli at its middle age — firm, nutty and gently sweet. Finished with truffle honey and served with classic Macoritti grissini.

Montasio DOP · Udine & Pordenone

The Antipasti Board — £26.00

SAN DANIELE · PROSCIUTTO COTTO · SPECK · MONTASIO · GIARDINIERA

The altar on one board: San Daniele, prosciutto cotto and speck with Montasio, giardiniera and Macoritti grissini. Built for sharing.

DOLCI

Festive sweets of the Natisone valleys, finished with grappa syrup, the Friulian way.

Gubanetta — £5.50

WALNUT · RAISIN · PINE NUT · GRAPPA SYRUP

A little gubana — the spiral sweet bread of Cividale, rolled around walnuts, raisins and pine nuts — soaked with grappa syrup.

Gubana · Cividale del Friuli

Strucchi — £4.50

WALNUT · RAISIN · PINE NUT · GRAPPA SYRUP

Bite-sized knots of pastry filled like a gubana with walnuts, raisins and pine nuts, finished with grappa syrup.

Strucchi · Valli del Natisone

SANDWICHES

Made fresh in the deli each day. Take it away, or eat it here.

Deli Sandwiches — £12.50

ASK FOR TODAY'S SELECTION

Filled with salumi and cheese from the counter — ask the team what's on today.

Vegetarian Deli Sandwiches — £9.50

ASK FOR TODAY'S SELECTION

Today's meat-free fillings, made fresh in the deli.

Smoked Salmon Focaccia — £12.50

SMOKED SALMON · FOCACCIA

Smoked salmon on soft, olive oil-rich focaccia.

CICCHETTI

Little bites for the bar, the way they're served in the osterie of the north-east.

Cicchetti — £3.25

ASK FOR TODAY'S SELECTION

A single bite on bread, topped with whatever the counter has to offer today.

Grissini con San Daniele — £3.25

SAN DANIELE DOP · MACORITTI GRISSINI

Crisp Macoritti grissini wrapped in paper-thin San Daniele.

DRINKS

Soft drinks from the Frico shop.

Still Water 330ml	£3.50
Sparkling Water 330ml	£3.50
Friulian Apple	£4.00
Polara Iced Tea – Limone	£4.00
Polara Iced Tea – Pesca	£4.00

SALUMI & FORMAGGI SLICED FRESH TO ORDER · MONTASIO DOP FROM UDINE & PORDENONE · PLEASE ASK ABOUT ALLERGENS
ALL SANDWICHES CONTAIN GLUTEN · SMOKED SALMON FOCACCIA CONTAINS FISH