



SERIO *EST.* 1952



2025

# TAVERNA

ENOGASTRONOMICAL CHRONICLES BY TINCHITÈ

VIA XXV NOVEMBRE 37/39 - 90015 CEFALÙ | 0921 42 11 64 | WWW.FACEBOOK.COM/TINCHITE

## RETURNIG TO OUR ROOTS

This tavern was born from the idea of preserving the core values of Sicilian cuisine.

A space dedicated to tastes, a Sicilian tavern and market.

At Tinchitè, the cuisine is that of our grandmothers. Our research, rigorous selection process and the seasonal fluctuations of our ingredients bring life to our dishes.

At Tinchitè we eat, we toast, we observe the old ways, and above all we are together.

M'invitaru 'na Taverna Tin Chi Tè,  
Manciarì minni purtaru quanto eghiè,  
Mi ficiru a pasta a taianu che è chidda ca piaci o sicilianu  
Uora ca sacciu 'a 'unn'è, tutti i juorna va' manciu a tinchitè!

TOTÒ LIBERTO

### “a tinchitè”...

...is a typical expression from the Sicilian dialect that indicates abundance or plenty. It is frequently used by the famous writer Andrea Camilleri (the creator of Inspector Montalbano).



THE FAMOUS SCENE OF SPAGHETTI FROM THE FILM: "AN AMERICAN IN ROME" WITH ALBERTO SORDI, EXPRESSES TO FULL THE CONCEPT OF "EATING IN TINCHITÈ"

HUB 87  
DESIGN AGENCY

## DISCOVERING: THE SCOTTONA RAGUSANA

### WHAT CUT ARE YOU, FILLET OR T-BONE?

The Scottona (Ragusa Steak) is a truly refined meat distinguished by its succulent taste and particular softness. Delight also in the 'frollatura' dry ageing process, which at Tinchitè has taken place for a minimum of 30 days.

**FROLLATURA:** THE SEASONING PROCESS WHERE THE MEAT IS HUNG AND DRY AGED, LEAVING A FINISHED PRODUCT WHICH IS MORE TENDER, AND ABOVE ALL MORE FLAVOURFUL.



## TINCHITÈ

A gastronomic journey  
to the heart of Sicily:

The tavern exactly reflects the meaning of the Sicilian expression "a tinchitè": a truly "plentiful" meal! Whether you dine on meat or fish makes no difference, the raw materials are exclusively locally sourced.



FOLLOWS ON PAGE 2

# MENÙ

# A TINCHITÈ

## LAND

€15,00

1 - 3 - 7 - 8 - 9 - 14 - 16

### STARTERS

Olives 'Cunzati', Agrolored Pumpkin,  
Fried meatballs with sweet and sour sauce, Fresh ricotta,  
Aubergine in Batter (Caponata), Canazzu e Fried breaded aubergine

## SEA

€15,00

1 - 2 - 3 - 4 - 7 - 8 - 9 - 14 - 15 - 16

### STARTERS

Fish\* in Batter (Caponata) Marinated, Anchovies  
Octopus\* salad, Croquettes with Shrimps\* olive and mozzarella pate,  
Sardinian\* meatballs with sweet and sour sauce

N.B.: FOR INTOLERANCES OR ALLERGIES, CONSULT THE ALLERGEN TABLE ON PAGE 7

## LAND - STARTERS

### **Caponata - Aubergine in Batter €12.00** 1 - 9

It is a typical product of Sicilian cuisine. It is a set of fried vegetables, seasoned with tomato sauce, celery, onion, olives and capers, in sweet and sour sauce.

### **Cacio all'Argentiera €11.00** 7

It is a typical Sicilian appetizer consisting of slices of caciocavallo ragusano sautéed in a pan with garlic and smoked with white vinegar and mint.

### **Panelle\* and Cazzilli\* (Crocchè) €9.00** 7 - 8 - 15 - 16

They are one of the most delicious foods that can be tasted in Sicilian fry shops.

### **Carpaccio of pork with mushrooms €13.00** 7 - 9 - 16

With flakes of parmesan, rocket and balsamic glaze

### **Cutting board of meats and cheeses €18.00** 1 - 7 - 8

Selection of D.O.P and I.G.P..

### **Snails €15.00** 9 - 14

with tomatoes sauce



## SEA - STARTERS

### **Mussels Messina style €15,00** 7 - 14

with tomato, onion and basil

### **Fish\* in Batter (Caponata) €16.00** 1 - 4 - 9 - 15 - 16

A variation of the most traditional Sicilian caponata made with aubergines. To make the difference, in this recipe, it is the addition of pieces of swordfish to the classic preparation of the caponata.

### **Croquettes with Shrimps\* €10.00** 1 - 2 - 7 - 15 - 16

olive and mozzarella pate

### **Carpaccio (Swordfish and Cod) €14.00** 4 - 8

Marinated with pistachio sauce

### **Sweet and sour meatballs of sardines\* €12.00** 1 - 4 - 8

Sweet and sour onions garlic, sugar and vinegar, parsley, mint, pecorino cheese, breadcrumbs and eggs.

### **Octopus salad €15.00** 4 - 9 - 15 - 16

is an appetizer based on fish typical of Sicily, but widespread throughout southern Italy. The boiled octopus is cut into chunks and seasoned, oil, lemon, salt

## ANCIENT RECIPES LA CAPONATA

The number one ingredient is aubergine, but not any one. The queen of this dish is the long Violet palermitana, the one characterized by its elongated shape. Why this variety? Being firmer, it remains intact even after the 'double' cooking. And here's how to prepare it:

### INGREDIENTI

1KG OF EGGPLANT  
500GR OF CELERY  
EXTRA VIRGIN OLIVE OIL  
2 ONIONS  
50-70 GR OF SUGAR  
200GR GREEN OLIVES  
HALF GLASS OF BLACK VINEGAR  
BASIL  
TOMATO SAUCE (Q.B.)  
CAPERS

### PREPARATION

Cut the aubergines into cubes, put them in salt for about an hour and then rinse them with fresh water and after having dried or drained them, fry them. Do not cook them completely, but let them only brown, until half cooked. Meanwhile, wash the celery removing the leaves and cut the stem into small pieces (about one cm). Boil it until it softens. Then fry a generous onion, finely chopped by adding the tomato sauce, the olives and the already boiled celery. Finally add the eggplant and continue to cook so that the sauce covers at least in part. When cooked, it is necessary to make sweet and sour. Nothing could be simpler. Add the aubergines ready and add the vinegar and immediately after the sugar. All this should be left to cook over moderate heat for a few minutes. Better to let it rest for a few hours. Once the caponata has cooled, garnish with the leaves of celery set aside and with the basil and capers.



## On the trail of the Marzuolo wheat

'Their wheat is wonderfully fine. Tumenia, of which the name is derived from bimenia or trimenia, is a glorious gift from Ceres. It is a species of Summer wheat, which ripens within three months. They sow it from the first of January until June, so that for a certain period there is always a crop ripe. It does not need a lot of water, but rather a great heat; at first it bears a very delicate leaf, but it soon begins to grow like wheat and at last acquires a great strength...'

Johann Wolfgang Goethe  
Viaggio in Sicilia, 1787

**Pasta a Taianu €15.00** 1 - 7 - 9  
A dish typical of Cefalù

**Rigatoni alla Norma €12.00** 1 - 7 - 9  
A dish typical of Sicily

**Panzerotti\* ai profumi Madoniti €16.00** 1 - 3 - 7 - 9 - 15 - 16  
Aparagus\*, Mixed mushrooms\*, wild fennel and milk cream

**Fettuccine, porcini mushrooms €20,00** 1 - 3  
and truffle

**Busiate with Trapani-style €14.00** 1 - 8  
**pesto and almonds**  
Fresh tomato, almonds, basil, extra virgin olive oil, garlic

**Lasagna Vegetariana €14.00** 1 - 3 - 7 - 9 - 15 - 16  
With mushrooms\*, aubergines, carrots, zucchini, parmesan, mozzarella and bechamel sauce

**Anelletti al Forno €14.00** 1 - 3 - 7 - 9  
Veal ragout, mozzarella cheese, ham, fried eggplant and peas

**Pistachio rectangles\* €16.00** 1 - 3 - 7 - 8 - 15 - 16  
Pasta filled with cheese and pistachio, lemon flavored with wild boar bacon, fried zucchini and cream of milk.

## DISCOVERING ANCIENT TRADITIONS

### PASTA A TAIANU

Pasta "a taianu" or in the pan, is a dish typical of Cefalù. However in reality, like many Sicilian dishes, it dates back to the island's Arabian past. The term "taianu" (from the Arabic, "taio") refers to an earthenware or terracotta container, used for cooking pasta. This simple dish is traditionally prepared for the feast of Santo Patrono Santissimo Salvatore Most Holy St Saviour, from the 4th to the 6th of August. its main characteristic is the layering of the pasta, which divides strata of meat (long-cooked in tomato and separated by hand), aubergines (first fried and then also pulled), pecorino cheese and plenty of fresh basil.



T-SHIRT ON SALE HERE € 19.90

TINCHITÈ



## SEA - MAIN COURSES

### Ruvidelli alla Bottarga €15.00 1 - 4 - 8

Ruvidelli with bottarga (a cured fish roe) is one of the most famous and appreciated dishes of the Sicilian culinary tradition. It would be truly unthinkable to visit the island without sampling this delicious dish, whose intense aromas are sharpened with an unmistakable zest of lemon and cherry tomatoes.

### Pasta con le Sarde €14.00 1 - 4 - 8 - 15 - 16

Pasta with sardines is a Sicilian classic, included in the official register of traditional Italian food products by the Ministry of Agriculture, Food and Forestry. The primary ingredients are sardines, wild fennel, pine nuts, raisins and saffron.

### Bauletti with Mediterranean aromas €16.00

with ricotta and pistachio filling, \*shrimps, 1 - 2 - 7 - 8 - 15 - 16  
Red pumpkin and pistachio

### Ruvidelli with Tuna\* ragù €15.00 1 - 3 - 9 - 15 - 16

Any combination of pasta with freshly caught tuna is a true jewel of the island's cuisine, especially in the places that overlook the sea like Cefalù.

### Busiate alla Lido €16.00 1 - 4 - 9 - 15 - 16

Swordfish, aubergine, tomato, yellow "datterino" tomato

### Paccheri Mullet and Bottarga €16.00 1 - 4 - 15 - 16

## BAG ON SALE HERE



€ 17,00

## OVERALL ON SALE HERE



€ 19,90



## SEA - SECOND COURSES

**Swordfish\* involtini €16.00** 1 - 2 - 4 - 8 - 15 - 16

Swordfish with zucchini, shrimp and pistachio

**Grilled swordfish\* €15.00** 4 - 15 - 16

**Swordfish\* alla ghiotta €17.00** 1 - 4 - 9 - 15 - 16

'For the greedy', the ghiotta – made from fried onion, capers, green olives and tomato - is a typical accompaniment to many different Sicilian recipes

**Grilled\* tuna € 16.00** 4 - 15 - 16

**Sweet and sour tuna\* € 17.00** 1 - 4 - 15 - 16

Distinctly Sicilian, slices of bluefin tuna fried in the pan and flavoured with sweet and sour onions

**Tuna\* with Sesame € 17.00** 4 - 11 - 15 - 16

Breaded with sesame

**Seafood\* Soup €20.00** 1 - 2 - 4 - 9 - 15 - 16

Redfish, gurnard, octopus, monkfish, cuttlefish

**Seafood Cous Cous €25.00** 1 - 2 - 4 - 9 - 15 - 16

redfish, gurnard, octopus, monkfish, cuttlefish, tomato sauce

## CHOOSE THE GRADE OF YOUR MEAT

### BLUE

The ideal grade to fully enjoy the flavours and succulence of the meat. For sharp-toothed carnivores who hear the roaring call of the wild!

### RARE

The outside will have a subtle hint of crispness while the inside exudes juiciness. Chills of pleasure...

### MEDIUM

With a deliciously rosy centre and a crispy outer crust, this grade of cooking exudes all the flavors of the grill and melts the fat away beautifully.

### WELL DONE

This grade gives us meat which is of a perfectly uniform shade within, and sealed without. Crisp and with a strong aroma of embers from the grill.

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## LAND - SECOND COURSES

**Sicilian black pork shank € 16.00** 9

Fresh from the oven, a dish with twin objectives: to enchant your eyes and delight the palate. First grilled and then baked for around 4 hours at low temperature to give an incredibly tender finish. About 500g.

**Meat rolls €14.00** 1 - 7 - 15 - 16

Courgettes and Porcini mushrooms

**Cut of veal €20.00** 7

Served with rocket, parmesan flakes and a balsamic glaze

**Tomahawk steak Scottona Ragusana € 35.00**

**Fillet of Scottona Ragusana (Ragusa Steak) with porcini mushrooms and milk cream €25.00** 1 - 7

**T-Bone of Ragusa Steak €38.00**

**Sausage with fennel seeds €12.00**

**Cipollotti (mangia e bevi) € 2.50 each**

Known locally as 'food and drink', these tasty treats are spring onions rolled in bacon and cooked on the grill.

**Stigghiola €3.50 Each**

A staple of Sicilian and Palermo cuisine, made from intestine of lamb.

**Mixed grill €24.00**

Sausage, pork skewers, lamb chops, stigghiola, spring onion and roasted marinated quail.

**Grilled Lamb €18.00**

## SIDE DISHES

**Green salad €5.00**

**Mixed salad €5.00**

**Tomato salad €5.00**

**Baked potatoes €5.00**

**Fried potatoes\* €5.00** 15

**Grilled vegetables €7.00**

**Aubergines (Parmigiana) €6.00** 7 - 9

**COVERED €1,50**

"The consumer is asked to communicate to the room staff the need to consume foods without certain allergenic substances"

Our dishes may contain the following allergenic substances: Fish and fish products, Molluscs and products based on molluscs, Crustaceans and products based on crustaceans, Cereals containing gluten, Eggs and egg products, Soybeans and products soybean, Milk and milk-based products, Sulfur dioxide and sulphites, Nuts, Celery and celery-based products, Lupins and lupine-based products, Peanuts and peanut-based products, Mustard and products based on of mustard, sesame seeds and products based on sesame seeds.

NB. In the absence of finding the fresh product, some products can be frozen or from freezing by blast chiller and indicated with an asterisk \*

## HOUSE WINES

25cl	€5.00
50cl	€7.00
100cl	€12.00

FOR A GREATER CHOICE, REQUEST THE COMPLETE WINES CARD TO THE WAITERS

## DRINKS

Draft Beer 30cl	€5.00
Sicilian Craft Beer TROPPO BELLA	€10.00
Water 100cl	€2.50



# 3/4

## TRE QUARTI E' NA GAZZUSA

In ancient taverns, to turn red wine into a lovely sparkling table wine, one used to serve a bottle of gazzosa. Precisely this habit is due to the origin of the famous recipe: "3/4 of wine and 1/4 of gaseous" and the Sicilian par excellence is the Polara!

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## THE SICILIAN TRADITION



**Bibite Tomarchio ml. 275 € 4,00**  
Chinotto - Arancia rossa - Limonata - Gazzosa  
Mandarino verde - Tonic - Spuma

## DESSERT WINES

Marsala alle Mandorle	€5.00
Zibibbo	€5.00
Malvasia	€5.00
Passito di Pantelleria	€6.00

## SICILIAN DIGESTIVES

Amaro SERIO 1952	€4.00
AMARA	€6.00
Limoncello SERIO 1952	€4.00
Grappa di Sicilia Bianca	€4.00
Grappa di Sicilia Barricata	€5.00

## DESSERTS AND FRUITS

Dessert of the day	€5.00
Fruits of the day	€6.00
Sicilian Cannolo	€4.00
Sicilian Cassata	€5.00
Baked Cassata	€5.00

1 - 3 - 7 - 8

SYMBOL	ALLERGEN	DESCRIPTION
1	Gluten	Cereals, wheat, rye, barley, oats, spelt, kamut, including hybrids and derivatives.
2	Crustaceans and derivatives	Both marine and freshwater ones: shrimp, scampi, lobsters, crabs, hermit crabs and the like.
3	Eggs and derivatives	All products made with eggs, even minimally. Among the most common: mayonnaise, omelette, emulsifiers, egg pasta, biscuits and cakes, including savory ones, ice creams and creams, etc.
4	Pesce e derivati	Inclusi i derivati, cioè tutti quei prodotti alimentari che si compongono di pesce, anche se in piccole percentuali.
5	Arachidi e derivati	Snack confezionati, creme e condimenti in cui vi sia anche in piccole dosi.
6	Soia e derivati	Latte, tofu, spaghetti, etc.
7	Latte e derivati	Yogurt, biscotti e torte, gelato e creme varie. Ogni prodotto in cui viene usato il latte.
8	Frutta a guscio e derivati	Tutti i prodotti che includono: mandorle, nocciole, noci comuni, noci di acagiù, noci pecan e del Brasile e Queensland, pistacchi.
9	Sedano e derivati	Presente in pezzi ma pure all'interno di preparati per zuppe, salse e concentrati vegetali.
10	Senape e derivati	Si può trovare nelle salse e nei condimenti, specie nella mostarda
11	Semi di sesamo e derivati	Oltre ai semi interi usati per il pane, possiamo trovare tracce in alcuni tipi di farine.
12	Anidride solforosa e solfiti in concentrazioni superiori a 10 mg/kg o 10 mg/l espressi come SO2	Usati come conservanti, possiamo trovarli in: conserve di prodotti ittici, in cibi sott'aceto, sott'olio e in salamoia, nelle marmellate, nell'aceto, nei funghi secchi e nelle bibite analcoliche e succhi di frutta.
13	Lupino e derivati	Presente ormai in molti cibi vegan, sotto forma di arrosti, salamini, farine e similari che hanno come base questo legume, ricco di proteine.
14	Molluschi e derivati	Canestrello, cannolicchio, capasanta, cuore, dattero di mare, fasolaro, garagolo, lumachino, cozza, murice, ostrica, patella, tartufo di mare, tellina e vongola etc.
15	Congelato o surgelato	Sono preparati con materia prima congelata o surgelata all'origine.
16	Abbattuto	Il pesce destinato ad essere consumato crudo o praticamente crudo è stato sottoposto a trattamento di bonifica preventiva conforme alla prescrizione del regolamento CE 853/2004, allegato III, sezione VIII, capitolo 3, lettera D, punto 3

# WINES BY THE GLASS OR BY THE BOTTLE?

## WHITE

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**RUFFIANO BIANCO** € 24.00 € 7.00  
GRILLO, INSOLIA, GRECANICO, ZIBIBBO

**DONNA ELVIRA** € 28.00 € 8.00  
GRILLO 100%



**GRILLO PARLANTE** € 24.00 € 7.00  
GRILLO 100%

**SOLE** € 24.00 € 7.00  
INSOLIA

**BELLO MIO** € 24.00 € 7.00  
ZIBIBBO

**LUMIERE** € 24.00 € 7.00  
CHARDONNAY

**ÁITHO** € 40.00 € 10.00  
CARRICANTE

## ROSE'



**APRILE** € 28.00 € 7.00  
NERO D'AVOLA

## RED

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**RUFFIANO ROSSO** € 26.00 € 7.00  
NERO D'AVOLA, SYRAH

**DONNA ELVIRA** € 40.00 € 10.00  
SYRAH, MERLOT

**DON GIOVANNI 2022** € 40.00 € 10.00  
NERO D'AVOLA RISERVA



**PER TE** € 28.00 € 7.00  
PERRICONE

**NENE'** € 28.00 € 7.00  
NERO D'AVOLA

**LE CLAY** € 28.00 € 7.00  
SYRAH

**ÁITHO** € 40.00 € 10.00  
NERELLO MASCALESE

**COCKTAILS** € 8.00

**SICILIAN SPRITZ**  
(Limoncello, Prosecco, Soda)

**APEROL SPRITZ**  
(Aperol Bitter, Prosecco, Soda)

**CAMPARI SPRITZ**  
(Campari Bitter, Prosecco, Soda)

**NEGRONI**  
(Campari Bitter, Vermouth Rosso, Gin)

**SBAGLIATO**  
(Campari Bitter, Vermouth Rosso, Prosecco)

**GIN TONIC**  
(Etna gin, tonica)

**HUGO**  
(Spumante, sciroppo di fiori di sambuco, menta)

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TAVERNA