

Aperitivi



BAR IDDA

ANTIPASTI

	Italian 75	15
	<i>Four Pillers Gin, Prosecco, Lemon Juice</i>	
	Aperol spritz	15
	<i>Aperol, Prosecco, Soda</i>	
	House made barrel-aged negroni	18
	<i>Four Pillers Gin, Campari, Antico Rosso</i>	
	Alivi cunzati	8
	Marinated sicilian green olives	
	Giardinera	8
	House pickles	
	Sicilian style salami – 30 grams	15
	Salumi	15
	Hand cut cacciatore salami – 30 grams	
	Capocollo – 30 grams	15
	Mixed plate of all three styles – 45 grams	20
	Arancino	5
	Saffron rice, fried cauliflower & smoked scamorza, salmoriglio	
	Mulinciani	14
	Baked layered eggplant, passata, buffalo mozzarella, basil, pecorino	
	Schibecci	18
	Cured kingfish, fennel & caperberry, orange	

PRIMI

	Cavatelli	22
	House gnocchetti, blue swimmer crab & trapanese pesto	
	Maccaruni	18
	Twirled pasta, slow cooked beef and pork ragu, grated pecorino	
	Linguine	20
	Summer peas, anchovy onions & fresh ricotta, garlic mollica	

SECONDI

	Pisci al'fucularu	27
	Barbecue market fish, salsa messinese	
	Salsiccia	22
	Barbecue house sausage of pork & fennel, green tomato relish	
	Pisci 'mpanattu	30
	Pan fried fillets of barramundi, almond flakes, salsa verde	
	Purpetti dolce	18
	Beef, almond, pine nut, currant, and cinnamon meatballs, passata	
	Tagliata di manzo	32
	Barbecue scotch fillet, pepperonata	

CONTORNI

	Mais	12
	Barbecue corn, olio santo & conza spice	
	Lenticchie e farro	12
	Lentils, farro, greens & strattu, house salted ricotta	
	Capunata	12
	Sweet & sour fried eggplant, zucchini, capers, green olives & chickpea purée	
	Nzalata di casa	7
	House salad of chicory, celery, sultana, dijon & lemon vinaigrette	

DOLCE

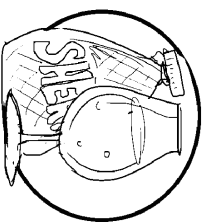
	Cannolo	6
	Burnt orange ricotta, pistacchio	
	Cassata	12
	Layered ricotta cake, soaked sponge, chocolate, amarena cherries, marzipan	
	Panna cotta	12
	Vanilla panna cotta, lemon granita, fresh raspberries	
	Affogato	14
	Vanilla gelato, espresso, almond shortbread, sambuca or amaretto di saronna	

CELEBRATE AT BAR IDDA

Our private dining room, located above the restaurant, is the perfect spot for your next gathering of friends, family, or colleagues. Ask us about group bookings for lunch or dinner, private events and find out how to celebrate your next milestone, Sicilian style.



1806 AD
MARSALA



The British arrive and begin the production of Sherry at Marsala

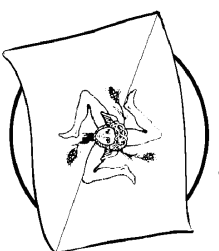
827 AD

MAZARA del VALLO



The Arabs arrive and eventually take over the island and have the most influential impact on Sicilian gastronomy. They bring in new produce such as oranges, lemons, peaches, apricots, melons, date palms, mulberries, almonds, pistachios, eggplant, rice and couscous, as well as new spices such as clove, cinnamon and hsumine. They introduce sophisticated methods of irrigation and agriculture flourishes. They manufacture dry pasta, introduce deep-frying and set up tuna traps in the sea. They introduce sugar cane and give Sicily its sweet tooth. Iconic Sicilian desserts date back to this period such as Cassata, Cannoli, Marzipan and Noceng. They use Mt. Etna's snow and fruit syrup to make Granita to survive the heat. They bring in the Agrodolce (sweet and sour) method of cookery. The local cuisine acquires the sophisticated flavours that still make it unique 1000 years later.

SICILY



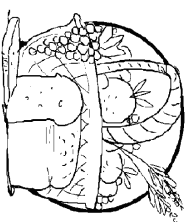
1805 AD
PALERMO



The Royal Court moves to Palermo, King Ferdinand I, with his wife Maria Carolina, sister of Marie Antoinette. French chefs called 'Piccolis' are brought over to prepare sophisticated cutting edge French cuisine in the palaces of nobles and aristocrats using quail, rabbit, sole, capons, butter, cream and brandy. With great imagination and skill the servants of the nobility reinvent these dishes at home for their own families with lower quality ingredients. The 'cucina povera' is formed with classic examples being breadcrumbs in place of Parmesan and eggplant in place of chicken in the classic dish Caponata

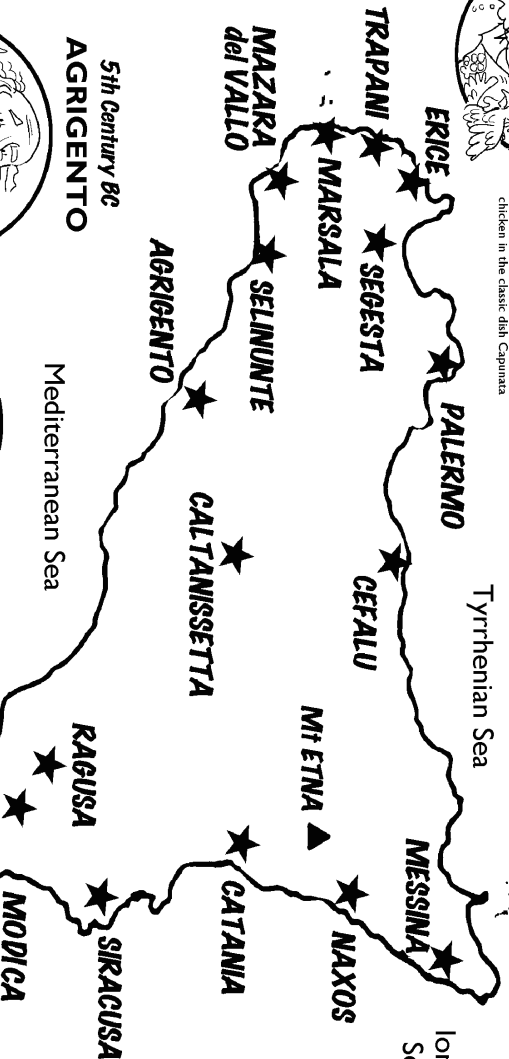
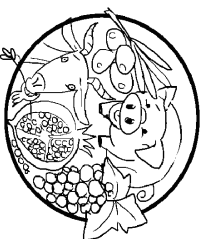
Sicily is the largest island in the Mediterranean and the largest region of the modern state of Italy. 5.3 million people live on Sicily, an island so small it fits into Tasmania 2.7 times. The Sicilian flag features the symbol of Sicily called 'Trinacria', meaning triangle, which dates back to when Sicily was part of Magna Graecia. It symbolises the triangular shape of the island, and the three capes of Sicily pointing in their respective directions. The winged head of Medusa implies the protection of the Goddess Athena of ancient Greek mythology, the patron Goddess of the life. The wheat symbolises the fertility of the island

The Punic Wars give control of Sicily to the Roman Empire. The Romans use Sicily as their breadbasket. They cultivate wheat and grains for export to Rome, crops that prosper in the Sicilian climate. The island is known as the "Granary of Rome". Cherries, plums and citron are imported from Asia



201 BC
MESSINA

735 BC
NAXOS



The Greeks arrive and first settle at Naxos, before going on to build cities across the island. They bring honey, wheat, walnuts, hazelnuts, figs, pomegranates, olives and olive oil, grapes and wine and sheep and goats to make cheese. They find wild abundance of produce growing in the hills including wild fennel, capers, thyme and wild thistle, deep in taste as a result of growing in the hot Sicilian sun and the rich, lava fed soil. They teach methods of farming to the first known settlers the South Sican and Elymian people. Crops flourish on the fertile land to create a great deal of profitable trading. The abundance of fish in the sea is caught by fishermen and grilled and tuna roe is dried. They raise and cure pork in Siracusa. Vendors sell ready to eat food straight out on the streets, the first of Sicilian street food

5th Century BC
SIRACUSA

The first cookbook of the western world, "The Art of Cooking", is written in Siracusa by Mitheaeus

In 1860 Sicily is liberated from Spanish rule by Giuseppe Garibaldi and is unified with Italy. From 1951-75 one million Sicilians emigrate in search of a better life

5th Century BC
AGRIGENTO



Plato visits Siracusa and expresses his strong disapproval at this so called "life of happiness, stuffed full as it was with the banquets of the Italian Greeks and Siracusians, who ate to repletion twice every day"

1487 AD
MODICA



The Spanish Inquisition commences its terror on Sicily. Chocolate, squash, tomatoes, vanilla, peppers and potatoes are brought to Sicily from Mexico on Spanish ships. Ancient Aztec chocolate making techniques are still in use in Modica today



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