



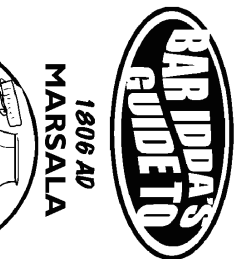
BAR IDDA

Aperitivi

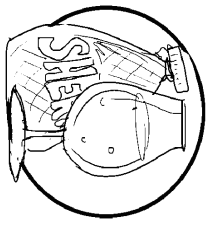
	Italian 75	15
	<i>Four Pillars Gin, Prosecco, Lemon Juice</i>	
	Spritz	15
	<i>Aperol, Amara, Montenegro or Campari with Prosecco, Soda</i>	
	House made barrel-aged negroni	18
	<i>Four Pillars Gin, Campari, Antico Rosso</i>	
Alivi cunzati	Marinated Sicilian green olives	8
Giardinera	House pickles	8
Salumi	Capocollo – 30 grams	15
	Sicilian style salami – 30 grams	15
Arancino	Saffron rice, fried cauliflower & smoked scamorza	4
Mulinciani	Baked layered eggplant, passata, buffalo mozzarella, basil, pecorino	14
Cavatelli	House made gnocchetti, winter greens & broccoli, mushroom	22
Maccaruni	Twirled pasta, slow cooked beef and pork ragu, grated pecorino	18
Capretto	Anchovy & buttermilk slow roasted goat, wild fennel, lemon	25
Pisci Spada	Barbeque Swordfish, charred onion and stemperata	25
Salsiccia	Barbecue house sausage of pork & fennel, broad bean, pickled radish	22
Pisci 'mpanattu	Pan fried fillets of barramundi, almond flakes, salsa verde	30
Purpetti dolce	Beef, almond, pine nut, currant, and cinnamon meatballs, passata	18
Verdure grigliate	Barbecued fennel & leek, almond butter	12
Cavoletti	Garlic roasted brussel sprouts, salmoriglio, mollica	12
Capunata	Sweet & sour fried eggplant, zucchini, capers, green olives & chickpea purée	12
Nzalata di casa	House salad of chicory, celery, sultana, Dijon & lemon vinaigrette	7
Cannolo	House nutella ricotta, walnut	6
Cassata	Layered ricotta cake, soaked sponge, chocolate, amarena cherries, marzipan	12
Affogato	Vanilla gelato, espresso, almond shortbread, sambuca or amaretto di saronna	14

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.

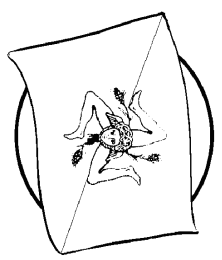


1806 AD
MARSALA



The British arrive and begin the production of Sherry at Marsala

SICILY



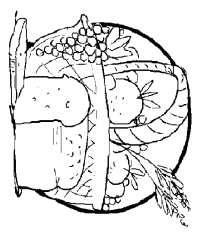
1805 AD
PALERMO



The Royal Court moves to Palermo. King Ferdinand I, with his wife Maria Carolina, sister of Marie Antoinette. French chefs called "horizi" 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 bread/crumbs in place of parmesan and eggplant in place of chicken in the classic dish Capunata.

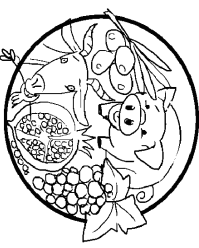
Sicily is the largest island in the Mediterranean and the largest region of the modern state of Italy. 5.3 million people live on Sicily, an island so small it fits into Tasmania 2.7 times. The Sicilian flag features the symbol of Sicily called "Trinacria", meaning triangle, which dates back to when 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 Pegasus implies the protection of the Goddess Athena of ancient Greek mythology, the patron Goddess of the isle. The wheat symbolises the fertility of the island

201 BC
MESSINA



The Punic Wars give control of Sicily to the Roman Empire. The Romans use Sicily as their breadbasket. They cultivate wheat and grain 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

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 and 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 bed soil. They teach methods of farming to the first farmers settlers the Sicil, Sclani and Elymi 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 (or is dried). They raise and cure pork in Stracusa. Vendors sell ready to eat food straight out on the streets, the first of Sicilian street food

5th Century BC
SIRACUSA

In 1860 Sicily is liberated from Spanish rule by Giuseppe Garibaldi and is united with Italy. From 1951 r/73 one million Sicilians emigrate in search of a better life

The first cookbook of the western world, "The Art of Cooking" is written in Stracusa by Mitheasus

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 jasmine. 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 Nocngat. They use the 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

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 Stracusians, who ate to repletion twice every day"

Mediterranean Sea



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

1487 AD
MODICA



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5th Century BC
SIRACUSA

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