



BAR IDDA

Chef's Selection Tasting Menu 55 per head

Chef's Selection Tasting Menu 75 per head

Wine pairing available 35 per head

ANTIPASTI

Alivi cunzati	Marinated Sicilian green olives	8
Giardinera	House pickles	8
Salumi	Sicilian style salami – 30 grams	15
	Hand cut cacciatore salami – 30 grams	15
	Capocollo – 30 grams	15
	Mixed plate of all three styles – 45 grams	20
Arancino	Saffron, cauliflower & fontina, salmoriglio	4
Mulinciani	Baked layered eggplant, passata, buffalo mozzarella, basil, pecorino	14
Carpaccio	Carpaccio of tuna, salted cucumber, dill, raddish & almond cream	18

PRIMI

Cavatelli	Gnocchetti, confit blue eye, cauliflower cream, mollica, pinenuts & currants	20
Maccaruni	Twirled pasta, slow cooked beef and pork ragu, grated pecorino	18
Cous cous	Cous cous with grains, fried calamari, river prawns, strattu dressing	20
Ravioli	Ricotta ravioli, trapanese pesto & basil	20

SECONDI

Pisci Spada al'fucularu	Barbeque swordfish with stemperatta salsa	27
Salsiccia	Barbecue sausage of pork & fennel with Pippa's relish	20
Pisci 'mpanattu	Pan fried fillets of barramundi, almond flakes, salsa verde	30
Purpetti dolce	Beef, almond, pine nut, currant, and cinnamon meatballs, passata	18
Spalla di Agnello	Five hour roast lamb shoulder with gremolata	25

CONTORNI

Patate all'eoliana	Olive oil confit potatoes with conza spice	12
Broccoli affogati	Red wine braised broccoli, polenta, semolina and cacciocavallo	12
Capunata	Sweet & sour fried eggplant, zucchini, capers, green olives & chickpea purée	12
Fagioli e Fagiolini	Passata braised green & cannellini beans	12
'Nzalata di Casa	House salad of chicory, celery, sultana, Dijon & lemon vinaigrette	7

DOLCE

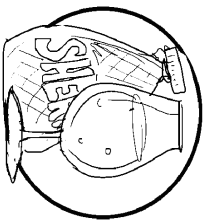
Cannolo	Cinnamon shell, lemon cream & pistachio	6
Cassata	Layered ricotta cake, soaked sponge, chocolate, amarena cherries, marzipan	12
Torta	Chocolate and mandarin cake, nutella, hazelnut mousse & marmellata	15
Affogato	Vanilla gelato, espresso, almond shortbread, Sambuca or Amaretto di Saronna	14

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

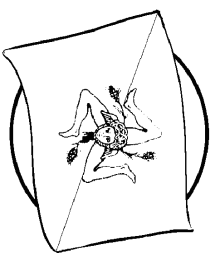
827 AD

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 Nocigli. 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



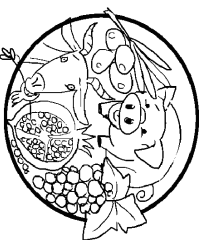
Sicily is the largest island in the Mediterranean and the largest region of the modern state of Italy. 5.3 million people live on Sicily, an island so small it fits into Tasmania 2.7 times. The Sicilian flag features the symbol of Sicily called Triskelion - meaning orange - which dates back to when Sicily was part of Magna Graecia. It symbolises the triangular shape of the island and the three caps 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 Isle. The wheat symbolises the fertility of the island



201 BC
MESSINA

The Punic Wars gave 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

735BC
NAXOS




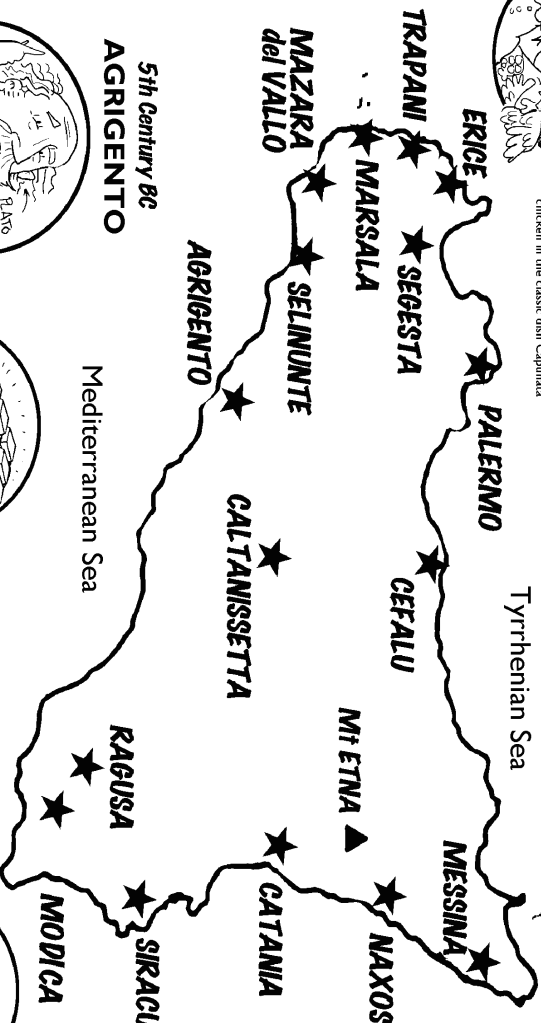
The Greeks arrive and first settle at Naxos, before going on to build cities across the island. They bring honey, wheat, walnuts, hazelnuts, figs, pomegranates, olives and olive oil, grapes and wine and sheep and goats to make cheese. They find an abundance of produce growing in the hills, including 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 Sicil, Sican 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 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 Miniacus

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

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The Royal Court moves to Palermo. King Ferdinand I, with his wife Maria Carolina, sister of Marie Antoinette, French chef called 'Mozzo', are bought 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 Capunata



1805 AD
PALERMO

5th Century BC
AGRIGENTO



Pitao 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 Siraculians, who ate to respiration twice every day"



1487 AD
MODICA

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



Bar Idda
9380 5339
132 Lygon St Brunswick East 3057
Dinner Monday to Sunday
www.baridda.com.au