



INSULA  
BEACH CLUB  
MENFI

## FOCACCE \*\*

<i>Focaccia with Burrata fresh tomato and basil</i>	10 €
<i>Focaccia with avocado, tomato, onions and chilli</i>	12 €
<i>Focaccia with black pig cured meet and Mozzarella from Sambuca di Sicilia</i>	12 €
<i>Focaccia with Burrata and anchovies from Sciacca</i>	10 €
<i>Focaccia with artisanal bresaola and salads</i>	10 €
<i>Focaccia with olive oil and oregano</i>	5 €

## DESSERTS

### DOLCI

ICE CREAMS AND SORBETS	8 €
WINE PEACHES <i>Wine poached peaches with almond sorbet</i>	8 €
FRUIT PLATTER	8 €
YOGHURT MOUSSE <i>Crunchy puff pastry, yogurt mousse and seasonal fruit</i>	8 €

<i>Caffè</i>	2 €
<i>Amaro</i>	5 €
<i>Distillati</i>	5 €

*Welcome!*

*From 12:00pm, you can discover Insula's cuisine: a fresh and light proposal in the shade of the pines*

*Grilled selection, raw fish, sandwich and salads for a summer lunch*

LUNCH

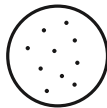
On request it is possible have vegan options,  
without lactose and gluten  
If it is necessary, you can request the allergen menu



Every day we select the best fish from the southern coast of Sicily. All the fish is blast chilled and changes daily depending on the weather and the sea



Kamado is an ancient japanese terracotta BBQ used to cook rice meat and vegetables. We have created a "Sicilian Kamado, with handmade Burgio terracotta pots. All "the spits" are served on Kamado.



Our Focaccia is a mixture of sicilian grains and Tumminia, Perciasacchi and Senatore Cappelli, it is fluffy and soft can be eaten alone or "cunzata".

## RAW FISH

### PLATEAU INSULA

Scampi	2 pieces 8 €
Red prawn I	2 pieces 10 €
Mussels	6 pieces 4 €
Fin de claire Oyster	per shell 4 €
Belon Oyster	per shell 5 €

GRAVLAX DI OMBRINA 18 €  
Ombrine carpaccio with beetroot, cucumber and lettuce

CEVICHE 15 €  
Marinated white fish with lime and spices

RAW FISH SELECTION 28 €  
Four kind of different raw fish

## SALADS

PANTESCA 15 €  
Artisanal tuna, Castelvetrano olives, Partanna onions, Kamarino tomatoes, cappers, beans and potatoes

CAPRESE 15 €  
Mozzarella di bufala from Sambuca di Sicilia with basil pesto and tomatoes from the garden

MEDITERRANEA 15 €  
Chickpeas from Serra Ferdinandea, radishes, red onion, sumac, oregano, grilled peppers, Sciacca anchovies and celery

ORTO 13 €  
Salad leaves and garden vegetables

## INSULA CUCINA

FISH & CHIPS 18 €  
Deep fried fish, fries and citrus mayonnaise

FALAFEL 10 €  
Chickpeas balls and aromatic herbs with Harissa sauce and Tahina sauce

KATSU SANDO 20 €  
The classic japanese sandwich, in a sicilian version: deep fried white fish with medlar ketchup

CLUB SANDWICH INSULA 20 €  
Marine version of the multilayered New York sandwich with smoked swordfish, tomato, mayonnaise and salad

SFINCE INSULA 10 €  
Soft bread dough fried with seaweed

CALAMARO \* 15 €  
Fresh grilled calamari with caper salmoriglio

POLLO E ANANAS\* 18 €  
Skewer of free range chicken with Teriaki sauce and pineapple

GAMBERI ROSSI AL BBQ\* 22 €  
Shrimp skewer with Sweet Chili sauce



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*Welcome!*

*When the sun goes down, everything is coloured with a unique light and the beach comes alive with new feelings.*

*At sunset Insula offers an Aperitif, between wine and cocktail paired with a sequence of dishes to be shared and eaten without cutlery, in freedom.*

## COCKTAIL

<b>SPRITZ PLANETA</b>	13 €
Brut Planeta, Aperol and Soda	
<b>HUGO</b>	13 €
Brut Planeta, Elderbery syrup and Soda	
<b>GUADALUPE</b>	13 €
Dark rum, white rum, pineapple juice, lime, cinnamon, sugar and chilli pepper	
<b>PASSION ISLAND</b>	13 €
Gin Tanqueray, Passion fruit, Lime, Cucumber, Sugar and Black pepper	
<b>PEACH ON THE BEACH</b>	15 €
Tequila, Peach juice, Fresh basil, Lime e Agave syrup	
<b>STINGER</b>	13 €
Vodka Stolichnaya, Liquore alla menta e Menta fresca	

## MOCKTAIL

<b>ITACA</b>	10 €
Elderbery syrup, Lemon and tonic water	
<b>ELBA</b>	10 €
Mint infusion, millefiori honey from Serra Ferdinandea and black tea	
<b>ISCHIA</b>	10 €
Orange Shrub, Orange marmelade, Bergamot The	
<b>PALMARIA</b>	10 €
Fresh Basil, Peach juice, Lemon Juice and Cinnamon	

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### CEVICHE

	15 €
<i>Marinated white fish with lime and spices</i>	

### RAW FISH SELECTION

	28 €
<i>Four kind of different raw fish</i>	

## INSULA CUCINA

### FALAFEL

	10 €
<i>Chickpeas and aromatic herbs balls with Harissa and Sauce and Tahina Sauce</i>	

### SFINCE INSULA

	10 €
<i>Soft fried bread dough with seaweed</i>	

### KAKIAGE

	10 €
<i>Crispy battered vegetable balls</i>	

### OSTRICHE AL BBQ

	16 €
<i>Three versions of grilled oyster</i>	

### KATSU SANDO

	20 €
<i>The classic Japanese sandwich in a Sicilian version: breaded white fish cutlet with medlar ketchup</i>	

### MELONE & MELONE

	10 €
<i>Watermelon and cantaloupe salad with yoghurt and cured fish roe</i>	

## FOCACCE

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<i>Coffee</i>	2 €
<i>Amaro</i>	5 €
<i>Spirits</i>	5 €



DINNER

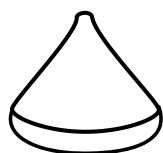
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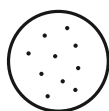
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Sicily has always been a land of exchange and encounters. Among the finest Arab legacies remaining on the island, cous cous certainly excels. We like to homage this incredible dish with cous cous made by us with sicilian broken wheat, vegetables, fish and smell of the sea.



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## INSULA CUCINA

to start

### TATAKI

18 €

Plancha yellowtail with mandarin sauce and anchovies colatura

### VEGETALE

15 €

Selection of raw garden vegetables, marinated and grilled

### MELANZANA

12 €

Deep fried aubergine with sesame and miso

### KAKIAGE

10 €

Crispy battered vegetable balls

### FRITTO INSULA

18 €

Fish of the day and tempura vegetables with colatura and mandarin sauce

### PEPERONI E STRACCIATELLA

15 €

Grilled peppers and buffalo stracciatella

## COUS COUS & BBQ \*\*

### COUS COUS INSULA

25 €

Handmade Sicilian durum wheat semolina with almond and spices, "raw and cooked" fish and shellfish, fish and vegetable soup

### POLLO E ANANAS\*

18 €

Skewer of free-range chicken with Teriaki sauce, pineapple

### GRANCHIO BLU \*

20 €

BBQ crab with garlic, lemon and herb butter and BBQ potato