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|  | **Starters** | **1st courses** | **2nd courses** | **Side dishes** |
| Alessia | Platter of Calabrian cold cuts = cured meats and cheese (*Tagliere di salumi e formaggi*) | Tomato sauce pasta, Bolognese lasagne and pasta with crumbs. | *Pizzaiola* meat, sausages, meatballs, kebab, roast chicken. | Lentils, fennel salad, mashed potatoes (*purè*). |
| Egi | Toasted bread topped with garlic, origano, chilli pepper, oil (*bruschetta)* | Pasta with *bergamot* lasagne with spinach, bechamel cream and parmesan. | Fish rolls/wraps (Involtini di pesce), fried salt cod, dried codfish with potatoes and olives  (*pesce stocco a ghiotta or Messinese)* | lentils, artichokes, mashed potatoes (*purè*), roasted onions, sweet- and-sour Tropea’s onions |

**OUR FAVOURITE DISHES and DRINKS**

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|  | DESSERT | FRUIT | DRINKS |
| Alessia | Tiramisù, chocolate doughnut (ciambella) with drops of chocolate, cannoli. | Banana, apple, pear, strawberry, cherry, orange. | coke, sprite, orange and peach fruit juice, water. |
| Egi | Millefoglie with cream, cannoli, lemon cake | Fruit salad, bergamot citrus , strawberry, banana. | Sprite, water, apple juice. |