



**STONE**

**AT RUSTIC**

by dylan mcgrath

“At Rustic Stone our philosophy is simple. We source the best seasonal ingredients, then we apply simple techniques to extract the most flavour, while giving you the information you need to add nutrition and structure to your diet. The produce I’ve chosen and our demand for freshness, is the cornerstone of our Rustic idea, while providing a healthy but affordable eating approach.”

-Dylan McGrath

THE KEY TO HEALTHY EATING

- LF Low Saturated Fat  
 WF Wheat Free  
 GF Gluten Free  
 DF Dairy Free  
 V Vegetarian  
 S Super Food  
 SF Sugar Free  
 CN Contains Nuts

BREADS ‘N’ DIPS

Rustic selection of organic, sour and crunchy breads with my very own cumin scented hummus and baba ganoush bound with walnut oil. I hope you like this marriage, butter it if you want to. All of our bread has been organically certified.

CN

STARTERS:

Here I've let the natural flavours shine through. The soups tick all the right boxes. They are light, fragrant and prepared in a way that celebrates the natural flavours, while preserving all the healthy nutrients.

BORLOTTI BEAN MINISTRONE SOUP WITH CHORIZO

Packed with the most nutritious chunky vegetables I could find, then finished with basil, parmesan and good olive oil. Has a hearty protein base and is high in fibre... a well balanced dish. Reduces the appetite and keeps you fuller for longer. A perfect dish for those on a low glycemic index diet. You can have this as a main course as well.

CN

BEETROOT BROTH INFUSED WITH ORANGE AND DILL

Flavour release on this is better suited when cold, served with chopped broad beans and grated beetroot bound in my own orange relish. It's high in iron, potassium and folic acid making it the perfect dish if you're pregnant, or even if you're just thinking about it!

LF WF GF DF V

CUBES OF MELON POACHED IN PICKLED GINGER SYRUP WITH TORN BASIL, SLICED RADISH AND CUCUMBER

Freshness stacked together and sprinkled with a little sesame powder. Melon is full of nutrients. A special compound in cantaloupe relieves and calms the nerves. Help for insomniacs.

LF WF GF DF V S

TEMPURA OF SALMON WITH CRUNCHY BROCCOLI, MINT AND CUCUMBER

Native fish wrapped in nori seaweed cooked in rice bran oil brought together with crunchy vegetables and yoghurt. High in protein and low in calories. Rice bran oil is one of the healthiest oils in the world. Seaweed is packed with essential minerals and nutrients.... it will give you a natural energy boost.

LF WF GF S

OUR CHICKEN WINGS

The city's favourite, the owl chicken wing. Here I've done 'em in some sticky soya and crushed roasted sesame seeds with fresh grated lime zest, garlic chips, red sprouts and coriander. I can't say the wings are low fat, so I have tried to lighten the load with a superfood, but I can say they are freerange.

DF S

MAINS:

A range of unique main dishes, many of them are good for you and some are for those who like to be bad.

SUPERFOOD SALAD

Smoked haddock poached in soya milk with rocket, shaved fennel, watercress, wild leaves, broccoli, avocado, quinoa, cucumber, peas, broad beans and alfalfa sprouts. Simply bound in a little olive oil with a squeeze of lemon. The most powerful nutrient dense salad - no bad fats!

LF WF GF DF S

RUMP OF BEEF WITH BASIL AND PINE NUTS 8OZ

This wonderful under used piece of meat, cooks great on the stone with our own Rustic Chunky Pesto.

WF GF CN

PORK PAPPARDELLE

Fried pork mince with onion, rosemary, bound with pumpkin, honey and sage. The joy of pork belly is in the flavor of its fat. This is for those who don't care about calories.

S

PENNE PESTO

Good old fashioned chunky basil pesto with marinated tomatoes and roughly chopped great black olives with pine nuts and parmesan.

LF S CN

TUNA WITH CORIANDER, DILL, BASIL AND ROCKET WITH A HINT OF ORANGE AND CONFIT GINGER

Eat it quick if you like sushi or take it slow and let the fragrance and herbs infuse with the fish.

LF WF GF DF S CN

MIGHTY MUSTARD

Wild rocket, sliced prosciutto ham, shaved crisp slices of pear with toasted hazelnuts, parmesan and wild herbs dressed in my light mustard dressing. Mustard is extremely high in anti-oxidants.

LF WF CN S

SIDES:

A range of unique side orders, many of them are good for you and some are for those who like to be bad.

GREEN RELISH WITH PEAS, BROAD BEANS AND SPRING ONIONS

My favourite vegetables made into a purée. Keeps you fuller for longer.

LF WF GF DF V S

PESTO CHIPS WITH GARLIC, TOMATO AND PARMESAN

Funky flavour to jazz them up.

WF GF CN

BEAN SALAD WITH HERBS AND HEALTHY SHOOTS

All the goodness of 8 different beans and shoots bound in olive oil and herbs.

LF WF GF DF V

LUSCIOUS LIME

Floppy lettuce, baby gem leaves, watercress, torn iceberg, cucumber, pickled ginger, shaved mouli, slices of mango, coriander and watermelon dressed in lime roasted coconut, dill seed and lime. Fresh flavour with a superb cleansing effect.

LF WF GF DF V S

DESSERTS:

Almost too good to be true! In some of our desserts, instead of sugar, we use natural sweetness like agave syrup. Guilt-free with all the flavour.

BRULÉE PAN D'EPICE

A spiced baked custard with ginger bread crumbs and pear sorbet.

V S CN

CATALAN CASSANADE WITH TOASTED BRIOCHE

Warm Catalan curd and orange sorbet. A little bit of indulgence

V S

CHERRY TEA FLAVOURED PANNACOTTA WITH ALMOND TART

Best pannacotta in town infused with some cherry tea rich in flavanoides, amino acids and vitamins. Served with a fragrant almond tart and cherry frozen yogurt.

S CN

CHOCOLATE SOUP WITH CHOCOLATE MOUSSE

I've made a wonderful chocolate soup and mousse, but the best part of it is that it is completely sugar free, and finished with some roasted hazelnut.

WF GF V SF CN

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BITES:

*I've chosen little bites that are affordable, very tasty and nutritious - perfect for grazing. Whether you're a vegetarian or a carnivore I have designed for flavour, with my own special technique to keep them low fat.*

BIG GREEN OLIVES AND GRAPEFRUIT

Amazing green olives with segments of pink grapefruit and crushed ice made from cucumber juice and dill. Simply freshness in a bowl. Rich in iron, antioxidants, Vitamin C and E. Pure goodness for a healthy heart.

LF WF GF DF V S

SWEET CHILLI PEPPERS

Sweet baby skinless chilli peppers stuffed with tartare of tuna, avocado and scented with the freshest soft herbs. Chillies are great for burning off fat, and if you like your protein lean you will love these little omega 3 bites.

LF WF GF DF S

STARTERS:

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BORLOTTI BEAN MINESTRONE SOUP WITH CHORIZO

Packed with the most nutritious chunky vegetables I could find, then finished with basil, parmesan and good olive oil. Has a hearty protein base and is high in fibre... a well balanced dish. Reduces the appetite and keeps you fuller for longer. A perfect dish for those on a low glycemic index diet. You can have this as a main course as well.

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CUBES OF MELON POACHED IN PICKLED GINGER SYRUP WITH TORN BASIL, SLICED RADISH AND CUCUMBER

Freshness stacked together and sprinkled with a little sesame powder. Melon is full of nutrients. A special compound in cantaloupe relieves and calms the nerves. Help for insomniacs.

LF WF GF DF V S

CRAB MAYONNAISE ON TOAST WITH TORN HERBS AND WHEATGRASS

Great crab softened in a low fat mayonnaise smeared on toast, freshened with ripped fresh herbs and brushed with a superfood. Wheatgrass is a powerful superfood and brilliant for detoxing your body.

LF S

ASIAN QUAIL GRILLED ON A STICK WITH RADISH, MANGO AND CORIANDER

Spicy soya marinated quails. I grill them to keep them low fat and cut the spice with some sweetness.

DF S CN

ON THE STONE:

*Here I've insisted on some great meat and fish that you cook yourself... Taking into account the correct cuts, breeds and suppliers I've chosen... This style of cooking provides excellent flavour release which marries with the accompaniments I feel belong... No heavy fatty jus or sauces here! Just healthy marinades and relishes, packed with prominent fresh clean flavours.*

SIRLOIN OF BEEF WITH THREE PEPPERCORN RELISH 8oz

A light version of peppered Sirloin beef, none of the cream and more of the flavour.

WF GF

RUMP OF BEEF WITH BASIL AND PINE NUTS 8OZ

This wonderful under used piece of meat, cooks great on the stone with our own Rustic Chunky Pesto.

WF GF CN

HALIBUT WITH WALNUT RELISH

This wonderful, versatile fish was blessed with a layer of fat that renders perfectly on the stone. Careful not to blow the flavour! Walnuts will do. Rich in omega-3, real brain food.

LF WF GF DF CN

PENNE PESTO

Good old fashioned chunky basil pesto with marinated tomatoes and roughly chopped great black olives with pine nuts and parmesan.

LF S CN

TRUFFLE TAGLIATELLE

A little bit of indulgence, simply bound in truffle dressing, low fat yoghurt and just a dollop of crème fraiche and a hint of nutmeg.

LF

SUPERFOOD SALAD

Smoked haddock poached in soya milk with rocket, shaved fennel, watercress, wild leaves, broccoli, avocado, quinoa, cucumber, peas, broad beans and alfalfa sprouts. Simply bound in a little olive oil with a squeeze of lemon. The most powerful nutrient dense salad - no bad fats!

LF WF GF DF S

FILLET OF BEEF WITH MUSHROOMS & TARRAGON 8oz

Here I've chosen an excellent fillet topped with a mushroom duxelle, whisked up a lighter hollandaise made with olive oil and packed with chervil and tarragon. The fillet is the leanest cut.

WF GF

ADD €5 SUPPLEMENT

THE ROLLS ROYCE OF SIRLOIN WITH THREE PEPPERCORN RELISH 12OZ

Henry VIII loved this cut so much he knighted it 'Sir Loin', I tend to agree. This is one of our greatest exports.

WF GF

ADD €5 SUPPLEMENT

ACCOMPANIED BY YOUR CHOICE OF SIDE

GREEN RELISH WITH PEAS, BROAD BEANS AND SPRING ONIONS

My favourite vegetables made into a purée. Keeps you fuller for longer.

LF WF GF DF V S

TRUFFLE CHIPS WITH TRUFFLE MAYONNAISE AND PARMESAN

A little bit of indulgence.

WF GF

PESTO CHIPS WITH GARLIC, TOMATO AND PARMESAN

Funky flavour to jazz them up.

WF GF CN

CRUNCHY CAULIFLOWER COLOMBO FLORETS WITH COCONUT AND CAULIFLOWER PUREE

Curried florets deep fried in bran oil with its own purée cooked in coconut milk.

LF WF GF DF V S

TOMATO, AVOCADO, COURGETTE & CORIANDER

Great simple fresh Mediterranean vegetables.

LF WF GF DF V S

DESSERTS:

*Almost too good to be true! In some of our desserts, instead of sugar, we use natural sweetness like agave syrup. Guilt-free with all the flavour.*

BRULÉE PAN D'EPICE

A spiced baked custard with ginger bread crumbs and pear sorbet.

V S CN

SWEET RAW FRUIT

Pineapple infused with rosemary, raw banana and passion fruit sorbet.

LF WF GF DF V S

CHERRY TEA FLAVOURED PANNACOTTA WITH ALMOND TART

Best pannacotta in town infused with some cherry tea rich in flavanoides, amino acids and vitamins. Served with a fragrant almond tart and cherry frozen yogurt.

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CHOCOLATE SOUP WITH CHOCOLATE MOUSSE

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## CHAMPAGNE

### CHAMPAGNE LÉTÉ VAUTRAIN BRUT NV €70

CHAMPAGNE, FRANCE

This light-medium bodied, value-packed gem makes its way to the palate on a silky smooth texture dishing out a balanced, crisp and refreshing mouthful of racy blood orange and lemon zest.

### BOLLINGER SPECIAL CUVÉE NV €85

CHAMPAGNE, FRANCE

The Bollinger style is distinctive for its full-bodied toasty character derived from a high proportion of Pinot Noir and the inclusion of base wine that has been matured in oak.

### PERRIER-JOUET NV €80

CHAMPAGNE, FRANCE

Fresh and lively with spiraling bubbles, delicate bouquet, and a subtle complex flavors. Serve for all occasions, hors d'oeuvres, caviar, seafood dishes with light elegant sauces, or smoked salmon.

### GOSSET GRAND RESERVE MILLESIME 2004 €95

CHAMPAGNE, FRANCE

The Oldest Champagne house in the world, created in 1584. Their Grande Reserve is an elegant blend of Chardonnay, Pinot Noir and Pinot Meunier and shows all the hallmarks of great Champagne including a rich but restrained palate, a creamy mousse and super fine bead.

### RUINART BLANC DE BLANC NV €95

CHAMPAGNE, FRANCE

Ruinart Blanc de Blancs is produced from a blend of 100% premiers crus Chardonnay grapes from the best of recent vintages.

### PERRIER-JOUET BELLE EPOQUE 2004 €120

CHAMPAGNE, FRANCE

This sublime and consistent Grand Brut reflects the House terroir: a blend 25% Chardonnay, 35% Pinot Noir, 40% Pinot Meunier, a wine which is light and elegant from the exceptional quality of the Chardonnay component. Exceptionally elegant.

### DOM PERIGNON VINTAGE BRUT 2004 €190

CHAMPAGNE, FRANCE

The soft delicate flavours continue while the senses are tickled by the most delicate of fine bubbles. Though this is such a fine delicate wine, the complexity is astounding, along with its length. Stunning.

## SPARKLING

### BIANCAVIGNA PROSECCO FRIZZANTE NV €38.00

VALDOBADIENE, VENETO, ITALY, GRAPE VARIETIES: GLERA, ABV: 11%

Brilliant straw-yellow with green reflexes, fruity nose with a marked scent of apple and white fruit.

## CHAMPAGNE ROSÉ

### BILLECART SALMON BRUT ROSÉ NV €70

CHAMPAGNE, FRANCE

Bright and elegant, this offers appealing flavors of ripe black cherry, raspberry and orange peel that show hints of toasted raisin bread, anise and sweet smoke. Offers a beautiful texture, with a long, mouthwatering finish. Drink now through 2015.

### MOET ET CHANDON ROSÉ IMPERIAL NV €85

CHAMPAGNE, FRANCE

A soft rose touched by raspberry flavors, this is generous and juicy in the middle, cut by a sharp acidity in the finish. It hints at the scent of pressed flowers.

### LAURENT PERRIER BRUT CUVÉE ROSÉ NV €125

CHAMPAGNE, FRANCE

This salmon-pink rosé Champagne is truly remarkable for its highly expressive bouquet, stemming from very careful preservation of fresh fruit aromas during the winemaking. Made with 100% pinot noir using skin contact, also known as the saignée method, Laurent-Perrier's know-how and attention to quality produces a finely crafted rosé with both depth and freshness. It has become the benchmark for rosé Champagne around the world.

## WHITE WINE

### QUINTA DA ALORNA “CARDAL” WHITE 2014 €26.50

TEJO, PORTUGAL, GRAPE VARIETIES: FERNÃO PIRES, MOSCATEL, ABV: 12.5%

Fresh and soft, with notes of rose petal. Slightly spritzzy with generous ripe fruit.

### SANTA RITA GRAN HACIENDA 2015 €26.50

LONTUÉ VALLEY, CHILE, GRAPE VARIETIES: SAUVIGNON BLANC, SEMILLON, ABV: 13%

Fruity nose of lime, grapefruit, passion fruit and acacia flowers. Fresh acidity and a rich and long finish.

### DOMAINE COUSTELLIER CHARDONNAY 2013 €30.00

LANGUEDOC, FRANCE, GRAPE VARIETIES: CHARDONNAY, ABV: 13.5%

A deliciously fresh Chardonnay which shows lovely clean fruit and well balanced crisp acidity with a delicate lick of oak.

### CA' DONINI PINOT GRIGIO 2014 €32

VENETO, ITALY, GRAPE VARIETIES: PINOT GRIGIO, ABV: 12%

This delicious Pinot Grigio is full of flavor with bright notes of honey, apple and wildflowers. It is fresh, clean and lively with a pleasing, lingering aftertaste of ripe pears.

### MAN FAMILY WINES CHENIN BLANC 2015 €35.00

AGTER-PAARL, SOUTH AFRICA, GRAPE VARIETIES: CHENIN BLANC, ABV: 12.5%

Bursting with flavour, this Chenin Blanc has mouth-watering tropical fruit flavours offset by a vibrant acidity.

### VÍÑA CARTIN ALBARIÑO 2013 €37.00

RIAS BAIXAS, SPAIN, GRAPE VARIETIES: ALBARIÑO, ABV: 12.5%

Medium body, balanced acidity and citrus aromas, nicely structured with hints of ripe fruit. Lively finish.

### WINZER KREMS RIESLING ‘VON DEN TERRASSEN’ 2014 €40.00

KREMS, AUSTRIA, GRAPE VARIETIES: RIESLING, ABV: 12.5%

Typical Riesling from the steep slopes of Danube River. Nervy and dry, piercing acidity and long lasting aftertaste. This Austrian bottle will pleasantly surprise even the most seasoned Riesling fans.

### LA CHABLISIENNE ‘LA PIERRELÉE’ CHABLIS 2013 €46.00

BURGUNDY, FRANCE GRAPE VARIETIES: CHARDONNAY, ABV: 12.5%

A classically dry, stony, mineral Chablis. An exotic bouquet with apple, citrus and vanilla notes. Full and rich in the mouth with a reminder of its aromatic finesse.

### MARBLE LEAF SAUVIGNON BLANC 2014 €40.00

MARLBOROUGH, NEW ZEALAND, GRAPE VARIETIES: SAUVIGNON BLANC, ABV: 12.5%

Classic Marlborough style with a mineral edge. Strong varietal characters of passionfruit and grapefruit with a long, dry stony finish.

### TRIMBACH ALSACE CLASSIC PINOT BLANC 2013 €45.00

ALSACE, FRANCE, GRAPE VARIETIES: PINOT BLANC, ABV: 12%

Aromatic nose shows floral notes, spices and soft citrus fruits. The palate is dry, fruity and intensely flavoured and leading to a long, rounded finish.

### DOMAINE PAUL DOUCET & FILS SANCERRE BLANC 2015 €45.00

LOIRE VALLEY, FRANCE, GRAPE VARIETIES: SAUVIGNON BLANC, ABV: 12.5%

A distinctive citrus taste with a crisp clean finish. This wine shows a complexity and depth that can rarely be found in Sauvignon Blanc.

### JOEL GOTT UNOAKED CHARDONNAY 2014 €48.00

MONTEREY, SONOMA AND NAPA – CALIFORNIA, USA, GRAPE VARIETIES: CHARDONNAY, ABV: 13.8%

Modern and refreshing unoaked Chardonnay from the premium Californian regions of Napa, Sonoma and Monterey. Bright tropical fruit is accompanied by zesty acidity and a nice savoury tone. This is the antithesis of the California Chardonnays of old which were intensely oaky and oily in style.

### BODEGAS MENGOKA, GODELLO SOBRE LIAS, 2014 €59

BIERZO, SPAIN, GRAPE VARIETIES: GODELLO, ABV: 13%

A fascinating, individual wine. Structured and complex with exotic aromas of musk, baking apples, warm croissants and white flowers. It's sappy and fresh in the mouth, with orchard fruit, quince, floral and crushed stone flavours. A perfect vino blanco to pair with wild game, rich seafood dishes, jamón, cheeses, and poultry dishes.

## RED WINE

### QUINTA DA ALORNA “CARDAL” RED 2013 €26.50

TEJO, PORTUGAL, GRAPE VARIETIES: TOURIGA NACIONAL, CASTELAO, TINTA MIUDA, ABV: 13.5%

A youthful, fresh and well balanced wine showing generous fruit, produced using indigenous Portuguese grapes.

### SANTA RITA GRAN HACIENDA MERLOT 2014 €26.50

RAPEL VALLEY, CHILE, GRAPE VARIETIES: MERLOT, ABV: 13.5%

Aromas of plum and soft floral characters give way to richer, almost chocolatey flavours on the palate

### CHÂTEAU GRAND PASCAUD BORDEAUX SUPERIEUR 2012 €32.00

BORDEAUX, FRANCE, GRAPE VARIETIES: 50% MERLOT, 35% CABERNET SAUVIGNON, 15% CABERNET FRANC, ABV: 13%

Excellent concentration of blackcurrant and plum on the nose, with similar lovely fruit intensity on the palate. Tannin is very well-textured and the finish is long, with fruity complexity.

### CÔTES DU RHÔNE ‘LA BORDE’ 2013 €33.00

RHÔNE VALLEY, FRANCE, GRAPE VARIETIES: GRENACHE (60%), CARIGNAN (40%), ABV: 14.5%

Deep garnet colour with a delicate nose of red fruits, black currant jelly and cedar. Well balanced with spicey herbal character.

### ALLOZO LADERO TEMPRANILLO RESERVA 2009 €34.00

LA MANCHA, SPAIN, GRAPE VARIETIES: TEMPRANILLO, ABV: 14%

Intense cherry-red with brick hues on the rim. Clean, powerful nose with aromas of sweet, ripe, red fruit and oak ageing. Full-bodied, black fruit flavours with polished tannins and a long finish.

### AMBO NERO PINOT NOIR 2015 €34.00

PAVIA, LOMBARDY, ITALY, GRAPE VARIETAL: 100% PINOT NOIR, ABV: 12.8%

Quintessential notes of Pinot Noir with berry and black cherry aromas. Delicate and fruity on the palate, velvety and smooth. Superb value.

### CALLIA MALBEC ‘BLEND DE TERROIRS’ 2014 €36.00

SAN JUAN, ARGENTINA, GRAPE VARIETIES: MALBEC, ABV: 13.5%

Deep red and vivacious wine, with bright purplish tints. Aromas of wildberries, raspberries and cherries, melded with vanilla and chocolate notes contributed by oak. Persistent mouth-feel, supported by tannins that are firm and structured, yet sweet and pleasant.

### FINCA NUEVA RIOJA RESERVA 2008 €42.00

RIOJA, SPAIN, GRAPE VARIETIES: TEMPRANILLO, ABV: 14%

This wine spends 24 months in old French oak. Very fine and elegant: rich, dense and sweet with plum and cherry fruit, refined minerality and some spiciness. Firm yet fine-grained tannins. Great concentration with superb balance.

### JOSEPH DROUHIN FLEURIE 2013 €55.00

BEAUJOLAIS, FRANCE, GRAPE VARIETIES: GAMAY, ABV: 13%

Pleasant aromas of lilac and violets lead onto a palate with great charm and delicate flavours of strawberry and cherry.

### CHÂTEAU CÔTES DE BONDE MONTAGNE SAINT EMILION 2011 €46.00

BORDEAUX, FRANCE, GRAPE VARIETIES: MERLOT, CABERNET FRANC, ABV: 13%

A nose with evokes leather and undergrowth with hints of coffee, chocolate and caramelized cherry. On the palate, a supple attack, developing into harmonious sensations and very discernable tannins on the finish.

### ‘TOAR’ VALPOLICELLA CLASSICO SUPERIORE, MASI, 2011 €55.00

VALPOLICELLA, VENETO, ITALY, GRAPE VARIETIES: CORVINA, RONDINELLA, OSELETA, ABV: 13%

In this wine the usual valpolicella grapes are joined by the Masi re-discovered Oseleta grape. Oseleta adds deep colour and a tannic structure and flavours of damson and dark chocolate to the lovely cherry fruit of the Corvina and Rondinella grapes. There are also floral and tarry notes to accompany the sweet fruit flavours. Overall a complex and intriguing Valpolicella.

### ARBÉTA BAROLO D.O.C.G. 2011 €65

PIEDMONT, ITALY, GRAPE VARIETAL: 100% NEBBIOLO, ABV: 14%

A giant of Italian red wine and one of only 5 noble grape varieties the world over. This vino rosso is garnet with orange hues, intense notes of red fruit and violet. Ample and velvety palate with a finish full of spice and subtle vanilla.