

MENU

8 courses	€ 120,-
5 courses*	€ 80,-
3 courses*	€ 60,-
additional dish* (at your choice)	€ 25,-

PAIRING

7 glasses	€ 70,-
5 glasses	€ 50,-
3 glasses	€ 30,-

COVER € 5,-

microfiltered water is included



CON T ANIMA

The gastronomic philosophy of ConTanima is inspired by the interweaving of cultures, worlds and tastes that characterise the history of Bolzano and the chef.

It is based on fresh, seasonal ingredients selected from attentive local producers and prepared using innovative techniques such as grilling, smoking, fermenting and drying.

The ingredients on the plate play with changing textures, temperatures and tastes.

An experience that combines South Tyrolean tradition with contemporary cuisine

I do not like formality, but I love good manners.

I love all simple things, with an authentic heart,
that bring back memories of the past.

Nothing makes me more satisfied than a spontaneous smile that comes after a bite,
the amazement, the joy that comes.

I look at you and I am happy.

Welcome to ConTanima,

Chef Dario Tornatore

🌿 Vegetarian dish

Our dishes and beverages may contain the following substances: gluten ^(G), crustaceans ^(C), egg ^(U), fish ^(P), peanuts ^(A), soy ^(S), milk ^(L), edible nuts ^(F), celery ^(D), mustard ^(E), sesame seeds ^(B), sulfites ^(O), lupins ^(N), molluscs ^(M).

Fish served raw or undercooked must undergo a cleaning and purification process in accordance with the EC regulation 853-2004. If certain substances or products may cause you allergies please communicate those to our service team when placing the order. Our team will provide you more detailed information on alternatives.

To enjoy this experience to the fullest, we put together a beverage pairing that includes not only wines, but also beers, spirits and liqueurs.

The ConTanima team wishes you a pleasant experience.

MENU

GAME

game, underwood, clouds and rain

„I remember those dreary mornings in Buckinghamshire, the rifle in hand, out in the cold. Clouds covered the sky, fine drizzle filled the air and I could feel the wet grass under my boots as I prepared to hunt.“

L.E.

ARTICHOKE

artichoke, topinambur and truffle

„When I skipped school in the mornings and went to the market on the Campo de Fiori, I always noticed the blackened hands of the ladies cleaning the artichokes. I was delighted to see, how they handled the most beautiful flowers in the world.“

L.

FAKE GENOVESE

yesterday's „candele“ with smoked onion

„When you wake up on a Sunday morning with this unmistakable fragrance, you feel the love of a woman, a mother, a grandmother, who sacrifices many hours in front of the stove for the happiness of the family.

This is the Genovse, an act of love.“

G.L.

BLASFEMO LAMB RAVIOLI

lamb ravioli, orange wine and fermented mirepoix

„From transhumance in the Val Senales to Castellino in Chianti, my unconventional idea of cooking“

O.E.

SCAROLA M'BUTTUNATA

escarole, provola cheese smoked and melted

„In my house, we have always looked forward to autumn: it was the signal that heralded the arrival of the first cold. The escarole marked the passing of time, that would bring with it woolen sweaters, scarves and the anticipation of Christmas celebrations.“

F.L.

DEER

deer, black lime and radishes

„In Manama's Souq, walking through dozens of spice stalls, the perfumes, that have accompanied you throughout your life, change. Here, I discovered colours and traditions I have never seen before. I come across a black basket, where I find an acidic, dark but extremely aromatic fruit.“

O.E.

CACIO E PERE

cacio cheese, pears, walnuts and honey

„A Tuscan proverb says: Al contadino non gli far sapere, quanto sia buono il cacio con le pere.

(Don't let the farmer know, how good cheese paired with pears is).“

L.F.

PASTIERA

spelt, barley and bufala mozzarella cheese

„My grandmother knew how much I loved this cake, and despite the tradition only wants it on the table during the Easter period, she prepared it for me every time I visited her. I still remember the smell as I approached her front door.“

G.L.