

GRAZE

AT THE TABLE WITH ITALIAN CUISINE WELL-BEING WITH TASTE

14th to 19th November 2023

RM 218 NETT PER PERSON

ANTIPASTI **STARTERS**

CAPRESE

Buffalo Mozzarella • Heirloom Tomato • Basil

PRIMI **PASTA**

CAVATELLI FRUTTI DI MARE

Handmade Cavatelli • Prawn Bisque • Shellfish

SECONDI **MAINS**

POLPO GRIGLIATO

Grilled Sicilian Octopus • Cannellini Salad

DOLCI **DESSERTS**

SPORCAMUSS

Puff Pastry • Custard



HEALTHY LIFESTYLE

Caprese:

Buffalo mozzarella offers several health benefits:

It boasts higher levels of vitamins A, E, and C compared to regular cow's milk, and these vitamins function as antioxidants.

Lower lactose content makes it more digestible for some individuals.

Contains probiotics, such as *Lactobacillus casei* and *Lactobacillus fermentum*.

Relatively low in fat and calories when compared to other cheeses.

A valuable source of protein.

Contains lower sodium and saturated fat than many other cheeses.

Provides nutrients essential for healthy bones and teeth.

Promotes gut health, boosts immunity, and reduces inflammation.

Basil:

Reducing oxidative stress in the body.

Supporting liver health.

Protecting against premature skin aging.

Regulating high blood sugar levels.

Supporting cardiovascular health.

Enhancing mental well-being.

Reducing inflammation and swelling.

Combating infections.

Olive Oil:

Abundant in heart-healthy monounsaturated fats known to reduce inflammation.

Rich in antioxidants that lower the risk of disease.

Decreasing the likelihood of stroke and heart disease.

Seafood:

Seafood is packed with nutrition, offering healthy fats, protein, vitamins, and minerals. Reduced risk of various health conditions, such as coronary heart disease, depression, and liver cancer.

A primary source of beneficial long-chain omega-3 fats, along with vitamin D and selenium, high protein content, and minimal saturated fat.

Regular seafood consumption can cut the risk of heart attacks by up to 40%.

Other seafood benefits encompass increased longevity, a decreased risk of depression, and improved brain function.

Octopus:

As a lean protein, it is low in calories, fat, and cholesterol.

Rich in omega-3 fatty acids, which may help prevent heart disease and offer potential antidepressant properties.

A good source of iron that may aid in preventing anemia and enhancing endurance.

Contains vitamins, minerals, and antioxidants that support cognitive function, metabolism, and immunity.

May assist in flu prevention and contribute to a wholesome diet.