

ANTIPASTI

A Selection of Starter Dishes that are Traditional Street Food From Chef Alessio's Hometown of Palermo.
We use Fresh Locally Sourced Seasonal Ingredients

MARE - FISH

All our Fish Arrives Fresh Daily, or is Frozen Fresh on Board and is Sustainably Sourced.

SFINCIUNE £9.50

(Contains Gluten & Dairy)

Traditional Sicilian Street Food from from the Ancient Markets of Palermo

Focaccia Bread Baked with an Anchovy, Tomato & Onion Sauce,
Topped with Sicilian Ragusano DOP Cheese & Sicilian Dried Oregano, Breadcrumbs & EVOO

BACCALA IN PASTEDDA £10.50

(Contains Gluten & Dairy)

Beer Battered Cod Cheeks. Served with a Fresh Tomato & Dill Dip & Wedge of Lemon

FRITTO MISTO £19.50

(Contains Gluten & Dairy)

Deep-Fried Fish Feast of Whitebait, Calamari, Sardine Fillet, Baccala & Argentinian King Prawns
Served with House Mayo, Tomato & Dill Dip & Fresh Lemon

SARDE BECCAFICU £11.50

(Contains NUTS & Gluten)

Butterflied Sardine Rolls Filled with Breadcrumbs, Saffron, Lemon Juice, Pine Kernels & Raisins
Skewered with Orange & Bayleaf. Baked in the Oven & Dressed in Salmoriglio

4 GAMBERONI ROSSI £13.50 (GF/DF)

4x Large Argentinian Red King Prawns. Cooked with Heads on for Maximum Flavour
Dressed in Fresh Seasonal Orange, Garlic & Ginger

TERRA - MEAT

All our Meat is Either Sourced Locally or Imported from Sicily

TAGLIERE

To Share For 2 £24 or For 4 £40

(Contains NUTS)

A Selection of Top-Quality Sicilian Cured Meats & Cheese, Sicilian Olives, Homemade Caponata
& Sicilian Pickled Vegetables. Served with Fresh Sliced Bread

ARANCINA

(Contains Gluten & Dairy)

Traditional Sicilian Street Food from from the Ancient Markets of Palermo

Large, Deep Fried, Breaded Rice Ball. Handmade in House to an Authentic & Traditional Recipe.

Please See Special Menu Page

MANGIA E BEVI £9.50 (GF/DF)

Traditional Sicilian Street Food from from the Ancient Markets of Palermo

Chargrilled Spring Onions Wrapped in Guanciale (Sliced, Cured Pork Cheek)
Dressed in Salmoriglio Served with a Wedge of Fresh Lemon

GUANCIOTTI DI MAIALE £11.50 (DF)

(Can be Served without Bread for GF)

Marinated Pork Cheeks, Slow Cooked in Marsala Wine, Tomato & Sicilian Spices.
Served on Toasted Bread

BURRATA E COPPA SICILIANA £12.50

(Can be Served without Bread for GF)

Fresh Cow's Milk Creamy Mozzarella Ball & Sicilian Cured Meat Similar to Parma Ham.
Served with Freshly Baked Bread

ANTIPASTI

A Selection of Starter Dishes that are Traditional Street Food From Palermo Keeping to the Honoured Traditions
Whilst use Fresh Locally Sourced Seasonal Ingredients

“Every Dish they serve you in Sicily is never simply food. It is also, above all, a library of history, culture & mythology”

CAMPAGNIA - VEG

From the Fields of the High Peak & When Available, Sicily

ARANCINA

(Contains Gluten & Dairy)

Traditional Large, Deep Fried Breaded Rice Ball.
Handmade in House to an Authentic & Traditional Recipe
Please See Special Menu Page

FOCACCIA CU L'AGGHIA £7.50 (VG)

Focaccia Bread Baked with Fresh Garlic, Rosemary, Sicilian Sea Salt & EVOO

PANIELLI SICILIANI £7 (VG/GF)

Traditional Street Food from Palermo.
Deep Fried Chickpea Fritters, Sicilian Sea Salt & Fresh Lemon
Typically Eaten in a Sandwich Called 'Pane Pannelle'

PURPETTE CHI MILINCIANE £9.50 (V)

(Contains Gluten & Dairy)

Breaded Aubergine & Mozzarella Balls Served with Fresh Tomato Sauce,
Topped with Grated Sicilian Salted Ricotta & Fresh Basil

BRUSCHETTA CA CAPUNATA £10.50 (VG)

(Can be Served without the Bread for GF)

Toasted Bread Topped with a Traditional Sicilian Cold Dish of
Sweet & Sour Aubergines, Celery, Onions, Olives, Capers & Fresh Basil

BURRATA CA CAPUNATA £12.50 (V)

(Contains Dairy) (Can be Served without the Bread for GF)

Fresh Cow's Milk Creamy Mozzarella Ball Served with our Homemade Caponata

ZUPPE

Slow Cooked Soup Using Sicilian Dried Pulses & Beans.

See Also Primi Menu for Pasta Dishes with our Slow Cooked Beans & Pulses

ZUPPA DI FASUOLA £9.50 (VG)

(Can be Served without the Bread for GF)

Slow Cooked Sicilian Lentil, Chick Pea & Wild Fennel Stew
Served with Crostini

EVOO - Extra Virgin Olive Oil (Sicilian Of Course)

SALMORIGLIO - EVOO, Lemon Juice, Garlic, Sicilian Dried Oregano, Sea Salt & Pepper
A Simple but Important Sicilian Dressing for Meat, Fish & Vegetables. Passed Down Through Generations

PRIMI DI PASTA

Authentic Sicilian Pasta Dishes Honouring the Traditions of Sicilian Food Culture & History
Our Pasta is Made in House Using a Slow Grown, Low Gluten Flour

PETRA FLOUR 'EVOLUTIVA' A SYMBOL OF DIVERSITY

Born from the meeting between the farmers of the Simenza - Campagna Siciliana Sementi Contadine Association (Sicilian Company of Farming Seeds) and the Qualia's, a Family of Millers. Having Established an Alliance with the Climate of their Land to Bring Back Wheat Landraces & Ancient Grains to Contemporary Cuisine. Using the best Technology for Clean Wheat Selection & Flour Calibration. Petra Flour is Traced from Seed to Bag, and it Contains Taste & Nutrients of Extraordinary Variety. It's a Flour that Makes us think of the Land & those who Cultivate it as the most Important Stage of the Connection between our Wellbeing & What We Eat. The Thread Linking the Wheat Seed to our Tables runs along a Shared way of Thinking. Reconnecting Local Farming Culture, Respect for the Environment & the Search for Healthy Nutrition in the Traditional Dishes of Sicilian Cuisine. Hope you Enjoy &

PASTA DI CAMPAGNIA - VEG

OUR HOMEMADE VEGETARIAN & VEGAN PASTA DISHES
PLEASE SEE SPECIALS PAGE FOR RAVIOLI OF THE DAY

DITALINI E FASUOLA £19.50 (VG)

A Traditional Sicilian Slow Cooked Lentil, Chick Pea & Wild Fennel Stew
Served with Homemade Short Thick Pasta Hoops

CASARECCE ALLA NORMA £21.50

(V) (Can Be Made Vegan/GF)

Classic Sicilian Dish of Short Homemade Pasta Twists in a Rich Tomato Sauce & Fried Aubergines. Topped with Fresh Mint & Salted Ricotta

BUSIATE A TRAPANISI £21.50

(VG) (Contains NUTS) (Can Be Made GF)

Homemade Traditional Sicilian Long Spiral Pasta in a Sicilian Pesto Originating from Trapani
Made from Fresh Local Cherry Tomatoes, Almonds, Garlic, Chilli & Fresh Mint

TORTELLI CHI MILINCIAANE £23.50

(V/Vegan) (Contains Gluten)

Homemade Fresh Pasta Parcels Filled with Aubergine & Vegan Cheese
Served in a Tomato & Basil Sauce. Topped with or without Salted Ricotta

BUCCATINI AL PISTU £19.50

(V) (Can Be Made Vegan/GF)

Homemade Long Thick Pasta Straws & Shredded Courgettes Cooked in a Fresh Garlic & Basil Pesto. Topped with Fresh Rocket Leaves & Sicilian Pecorino Cheese Shavings

PRIMI- PASTA

Authentic Sicilian Pasta Dishes Honouring the Traditions of Sicilian Food Culture & History
Please see Specials Page for some Seasonal Pasta Dishes & Ravioli of the Day

"Sicily is one of those regions where harvest begins during the summer, when people are still Swimming at the Beach, and ends in October, when Mount Etna is covered in Snow"

MARE - FISH

OUR HOMEMADE FRESH FISH PASTA DISHES

BUCCATINI CON LE SARDE £23.50

(Contains Dairy, Gluten & Shellfish & NUTS)

A Very Ancient & Traditional Dish from Palermo, Influenced by the Arabic Rule of Sicily. Handmade Long Thick Pasta Straws Cooked in a Very Fragrant Sauce of Fresh Sardines, Onions, Sicilian Wild Fennel, Saffron, Raisins & Pine Nuts. Topped with Toasted Breadcrumbs & Fresh Dill

SPAGHETTI CU TONNU £24.50

(DF) (Contains Shellfish)

Homemade Long Thin Pasta, Fresh Sashimi Grade Tuna, Cherry Tomatoes, Chilli, Sicilian Black Olives & Capers. Topped with Grated Tuna Bottarga from Campisi Tonnaro, Marzamemi

CASARECCE SPADA £24.50

(DF) (Contains NUTS & Shellfish)

Homemade Pasta Twists in a Fresh Tomato Sauce with Pieces of Fresh Swordfish, Aubergine, Spring Onions, Flaked Almonds, Fresh Mint with a Little Fresh Chilli

BUSIATE GAMBERI A TRAPANISI £23.50

(DF) (Contains NUTS) (Can Be Made Vegan)

Homemade Long Pasta Spirals with Shell Off King Prawns Cooked in Trapanisi Pesto A Pesto From Trapani made with Cherry Tomatoes, Almonds, Garlic, Chilli & Fresh Mint

SPAGHETTI GAMBERI E ZUCCHINE £24.50

(Contains Dairy & Gluten)

Homemade Long Thin Pasta with Shell Off King Prawns & Courgettes Ribbons Cooked in a Creamy Saffron Sauce Topped with Fresh Dill

TERRA - MEAT

OUR HOMEMADE MEATY PASTA DISHES

CASARECCE PISTACHIOSA £23.50

(Contains NUTS Dairy & Gluten)

Homemade Short Pasta Twists with Sauteed Guanciale (Cured & Diced Pork Cheek) Cooked in a Creamy, Salted Sicilian Pistachio Sauce with Saffron & Bechamel

MARGHERITE CA SASIZZA £23.50 (DF)

Homemade Long, Flat, Frilly Pasta with Sautéed Sicilian Pork & Fennel Sausage. Cooked in a Fresh Tomato Sauce with Sicilian Sweet Marsala Wine, Onions, Chilli & Peas Topped with Fresh Dill

MARGHERITE AL RAGU DI CARNE £23.50 (DF)

Homemade Long, Flat, Frilly Pasta Served with a Slow Cooked Rich & Meaty Ox Cheek & Beef Mince Ragù.

PIZZA AL TAGLIO

A14"x7" Hand Stretched Pizza Slab made with Italian Biological Flour, Water, Salt & EVOO
Sorry No Chicken or Pineapple Allowed on our Pizza as per Strong Italian Tradition
Gluten Free Pizza Bases Available. Vegan Mozzarella Available

"Every Dish they serve you in Sicily is never Simply food. It is also, above all, a library of History, Culture & Mythology"

MARGARITA £13.50 (V)

Rich Tomato Sauce, Sicilian Oregano, Fior Di Latte & Homemade Basil Oil

TUMMAZZU £16.50 (V)

Rich Tomato Sauce, Sicilian Oregano, Fior Di Latte, Selection of Sicilian Cheese from the Deli & Sautéed White Onions

TRINACRIA £17.50 (V)

Rich Tomato Sauce, Sicilian Oregano, Fior Di Latte, Fried Aubergines & Cherry Tomatoes
Topped with Sicilian Salted Ricotta & Fresh Basil

RIGANATA £16.50

Rich Tomato Sauce, Sicilian Oregano, Fior Di Latte, Anchovies, Capers, Olives & Sicilian DOP Ragusano Cacio Cavallo Cheese

AFFUNCIATA £18.50

Rich Tomato Sauce, Sicilian Oregano, Fior Di Latte & Garlic Mushrooms.
Topped with Freshly Sliced Sicilian Parma Ham & Fresh Rocket Leaves

MANCIUNE £18.50

Rich Tomato Sauce, Sicilian Oregano, Fior Di Latte, Topped with a Selection of Sicilian Cured Meats & Salame from the Deli & Fresh Rocket Leaves

PORCHETTA £18.50

Rich Tomato Sauce, Sicilian Oregano, Fior Di Latte, Topped with Roast Pork Belly, Sautéed White Onions & Fresh Rocket Leaves (Subject to Availability)

LARIA £18.50

Rich Tomato Sauce, Sicilian Oregano, Fior Di Latte, Sicilian Pork & Fennel Sausage, Spinach, Roast Potatoes, Sautéed White Onions & Fresh Chilli

ETNA £18.50

Rich Tomato Sauce, Sicilian Oregano, Fior Di Latte, Nduja, Roast Peppers & Fresh Chilli.
Topped with Fresh Rocket Leaves

IN PIU

Some Extra Toppings to Add to Your Pizza

BURRATA £5 (V)

Fresh Creamy Cow's Milk Mozzarella Ball

NDUJA £3

Rich Spicy Calabrian Chilli & Salame Paste

PROSCIUTTO CRUDO £3

Freshly Sliced Sicilian Parma Ham

VERDURA MISTA £3

Chargrilled Peppers, Courgettes & Aubergines

FUNCI TRIFOLATI £3

Garlic Mushrooms

SPINACI £3

Sautéed Italian Spinach

SECONDI - MAINS

A Selection of Traditional Sicilian Main Course Dishes

All Secondi Dishes Include a Side of Choice

*"It is by Strolling Through Smaller Towns, Going to Markets, Talking to People
& Eating the Food that you Find the Real Sicily"*

TERRA - MEAT

All our Meat is Either Sourced Locally or Imported from Sicily. All Dishes Include a Side of Your Choice

Our Sicilian Pork & Fennel Sausage is Made From 97% Italian Pork and is GF

SASIZZA ALLA BRACE £23.50 (GF/DF)

A Sicilian Speciality Sausage Sicilian made with 97% Sicilian Pork Infused with Fennel Seeds Cooked on our Chargrill. Dressed in Salmoriglio. A Simple Sicilian Dressing of EVOO, Garlic, Lemon Juice, Sea Salt, Pepper & Fresh Herbs

SASIZZA CU PUMARORU £24.50 (GF/DF)

Traditional Dish of Sicilian Pork & Fennel Sausage Cooked in a Rich Tomato Sauce with Sweet Sicilian Marsala Wine, Sautéed White Onions & Peas

VITEDDU SALTIMBOCCA £26.50

(Contains Gluten & Dairy)

A Traditional Muccio Family Dish Cooked by Nonna Adriana, Honouring her Roman Roots Parcels of Thin British Veal Escalope's Filled with Parma Ham & Fresh Sage Cooked in a Sweet Sicilian Marsala Wine Sauce.

AGNETTU A TRAPANISI £26.50 (GF/DF)

(Contains NUTS)

Chargrilled Local Lamb Chops. Marinated in Sicilian Spices. Served with a Traditional Pesto From Trapani made from Fresh Tomato, Garlic, Almond & Mint

GRIGLIATA DI CARNI £29.50 (GF/DF)

A Chargrilled Meat Feast of Lamb Chops, Chicken Breast Fillet, British Rose Veal Escalope & Sicilian Pork Sausage

VITEDDU IMPANATO £24.50

(Can be Made GF)

Chargrilled British Veal Escalopes Lightly Coated in Breadcrumbs. Served with Fresh Lemon & Herbs

POLLO IMPANATO £22.50

(Can be Made without Breadcrumbs for GF)

Chargrilled Butterflied Free Range Chicken Breast Lightly Coated in Breadcrumbs Served with Fresh Lemon & Herbs

THANK YOU TO OUR FANTASTIC LOCAL SUPPLIERS

DARREN'S FRUIT & VEG, New Mills Market

JOE KEMP, Hayfield

REDFERNS, Buxton

SAILBRAND, Huddersfield

SECONDI - MAINS

Traditional Sicilian Main Course Fish Dishes

Sicily is Famous for its Swordfish & Tuna & Invented the Tin Canned Tuna that we Use Worldwide Today

All Secondi Dishes Include a Side of Choice

*"Sicily is an Island that has Been Conquered & Inhabited by so Many People.
Different in Ethnicity, Religion & Food Cultures...
Differences Can Only Bring Good"*

MARE - FISH

All our Fish Arrives Fresh Daily Sourced from the British Isles or the Mediterranean Sea
And from Sustainable Sources. Our Argentinian King Prawns are Frozen Fresh on Board.

GRIGLIATA DI PISCI £29.50

(Contains NUTS & Gluten)

A Mixed Grill of Fresh Mediterranean Swordfish, Sashimi Grade Tuna, Sea Bream Fillet & King Prawns (Shell On). Dressed in Salmoriglio. Served with A Trapanisi Pesto Dip (Fresh Tomato, Almonds, Garlic & Chilli)

SPADA ALLO SFINCIONELLO £26.50

(Contains Gluten & Dairy) (Can be Made GF)

Fresh Swordfish Steak. A Popular Sicilian Fish Cooked on our Chargrill Topped with our Sficiune Sauce made from Fresh Tomatoes, Anchovies, Onions, Sicilian Ragusano DOP Cheese, Sicilian Dried Oregano & Breadcrumbs

TONNU ALLA GRIGLIA £26.50

(DF) (Contains NUTS & Gluten) (Can be Made GF)

Fresh Sashimi Grade Tuna Steak. Cooked Pink on our Chargrill. Dressed in Salmoriglio. Served on a Bed of Sweet & Sour White Onions. Topped with a Pistachio Bread Crumb.

9 GAMBERONI ROSSI £28.50 (GF/DF)

9x Large Argentinian Red King Prawns. Cooked with Heads on for Maximum Flavour Dressed in Fresh Seasonal Orange, Garlic & Ginger

CONTORNI

Side Dishes to Complement your Meal (GF/DF)

FUNCI TRIFOLATI £6.50

Mixed Wild Mushrooms Cooked in Garlic & Sicilian EVOO

PATATI U FURNU £4.50

Sicilian Style Roast Potatoes Baked with White Wine, Onions, Rosemary & Sicilian EVOO

SPINACI ALL'AGGHIA £4.50

Italian Spinach Leaves Cooked in Garlic, Chilli & Sicilian EVOO

CAPUNATA £6.50

Aubergines in a Sweet & Sour Tomato Sauce with Onions, Olives, Capers & Fresh Basil Served Cold

INSALATA DI RUCOLA £4.50

Fresh Rocket Salad Leaves, Cherry Tomatoes & Sauteed Sweet Onions Dressed in Salmoriglio

VERDURA MISTA £6.50

Chargrilled & Oven Roasted Peppers, Courgettes & Aubergines Dressed in Salmoriglio

EVOO - Extra Virgin Olive Oil (Sicilian Of Course)

SALMORIGLIO - EVOO, Lemon Juice, Garlic, Sicilian Dried Oregano, Sea Salt & Pepper

A Simple but Important Sicilian Dressing for Meat, Fish & Vegetables. Passed Down Through Generations

DOLCI

PLEASE BE AWARE WE ARE VERY NUTTY HERE AND SO WE CANNOT GUARANTEE 100% NUT FREE
IF YOUR TOO FULL NOW TAKE A DESSERT HOME AT 20% DISCOUNT

CANNOLO SICILIANO

1x MINI For £2.50 2X For £4.50 4x For £9
OR 1x LARGE For £6.50

The Famous Sicilian Deep Fried Dark Bitter Biscuit Shell Made with Sicilian Marsala Wine & Cocoa. Filled with Fresh, Sweet Sicilian Sheep's Ricotta. Please Choose from the Following:

* **Classic Sweet Sicilian Sheep's Ricotta.**

Topped with Chocolate Chip & Candied Orange Peel

* **Pistachio Flavoured Topped with Pistachios**

* **Dark Chocolate Flavoured Topped with Hazelnuts**

* **Lemon Flavoured Topped with Orange Peel**

TARTINE (N)

£2.50 Each OR 4 For £9

Small Sweet Pastry Tarts Choose from the Following Flavours:

Patisserie Cream / Lemon Cream / Dark Chocolate & Hazelnut (N) / Pistachio Cream (N)

BIGNÉ (N)

£2.50 Each OR 4 For £9

Homemade Choux Buns Choose from the Following Flavours:

Patisserie Cream / Pistachio Cream (N) / White Choc & Ricotta / Dark Chocolate & Hazelnut (N)

PASTA DI MANDORLE (N) £3.50

(GF) (VEGAN Available) (Contains NUTS & Egg Whites)

Handmade Soft Sicilian Almond Biscuits.

Perfect with a Coffee, Liquor or Dessert Wine

A' GUANTIERA (N)

£14 for 2 People OR £24 for 4 People

A Selection of 7 or 14 Homemade Miniature Cakes to Share
Includes Cannoli, Tartine & Bigne

AFFOGATO £8.50

(VG/GF & DECAF Available)

Homemade Gelato, Hot Italian Espresso Coffee.
Served with Savoiardi Biscuit for Dipping

AFFOGATO CON LIQUORE £12.50

(VG/ & DECAF Available) (Can be made Gluten Free

Homemade Gelato, Hot Italian Espresso Coffee & Liquor
Choose from the following Options

Pistachio / Chocolate / Amaretto & Cherry / Hazelnut

All Served with Savoiardi Biscuits for Dipping

FORMAGGI (N)

£12 for 1 Person OR £20 for 2 People

A Selection of Sicilian Cheese Including Pecorino Stagionato,
Cacio al Pepe, Cacio al Pistachio & Dolcelatte.
Served with Crackers, Fruit Chutney & Grapes

PANETTONE PUDDING £10.50

(Contains Gluten, Egg & Dairy)

Homemade Chocolate & Rum Bread & Butter Pudding
Served Warm with Homemade Gelato

PANNA COTTA AL PISTACCHIO £9.50

(GF) (Contains NUTS & Dairy)

Homemade Baked Cream Dessert Flavoured with Sicilian
Pistachio. Topped with Fresh Cream & Candied Pistachio

TIRAMISÙ £8.50

(GF & DECAF Available)

Homemade Traditional Italian Layer Cake Made with Savoiardi
Biscuits Soaked in Italian Espresso & Sicilian Sweet Marsala
Wine. Topped with Sweetened Sicilian Sheep's Ricotta &
Mascarpone Cream

TIRAMISÙ CU PISTACCHIO (N) £9.50

(GF & DECAF Available)

Homemade Traditional Italian Layer Cake Made with Savoiardi
Biscuits Soaked in Italian Espresso & Sicilian Sweet Marsala
Wine. Topped with Sweetened Sicilian Sheep's Ricotta &
Mascarpone Cream Flavoured with Sicilian Pistachio Paste

TIRAMISÙ AL LIMONE £8.50

(GF Available)

Homemade Traditional Italian Layer Cake Made with Savoiardi
Biscuits Soaked in Limoncello Liquor.
Topped with Sweetened Sicilian Sheep's Ricotta & Mascarpone
Cream Flavoured with Sicilian Lemon Curd

TIRAMISÙ A' LA MANDORLA £9.50

(GF Available)

Homemade Traditional Italian Layer Cake Made with Savoiardi
Biscuits Soaked in Italian Espresso Coffee & Amaretto Liquor.
Topped with Sweetened Sicilian Sheep's Ricotta & Mascarpone
Cream Flavoured with Sicilian Almond

GELATO SICILIANO

VG/DF Options Available

Homemade Sicilian Style Gelato. Made with Local Milk &
Sicilian Ingredient. Served with Chocolate Wafer

1 SCOOP £3.50 2 SCOOP £6 3 SCOOP £9

BRIOSCIA CON GELATO £9.50

To make a Traditional Sicilian Ice Cream Sandwich
Add 2 Scoops of Gelato of Choice

ZABAGLIONE £9.50

(Contains Egg Yolk & Dairy) Can be Made GF

Homemade Hot Boozy Custard Made with Local Free Range
Egg Yolks & Sicilian Sweet Marsala Wine.
Served with Dipping Biscuit

GRANITA £3.50

TRADITIONAL SICILIAN FRESH CITRUS SLUSH

The History of Granita can be Traced Back 4,000 years. It is Said that the Sicilians Began to use the Snow & Ice from Mount Etna, Storing it in Ice Caves Carved into the Mountain, Using Salt to Keep it Frozen. It was then Brought Down to the Coasts where it was Flavoured with Fruit Syrups, Honey, Flowers, Aromatic Herbs & Spices. The Arab Conquest of Sicily in the 9th Century Introduced