

History and Origins

La Taverna del Sole originally started as a wine cellar and warehouse for Palazzo Costantini. In 1994, the building was transformed into the restaurant "Il Pugnalone," quickly becoming a landmark for local cuisine and pizza. In 2025, the project evolved with the launch of Taverna del Sole, a charming pizzeria that seamlessly blends tradition and innovation, offering a curated selection of high-quality Italian food and wine.

Culinary Offerings

Taverna del Sole features a menu centered around seasonality and premium ingredient quality.

Cooked in a traditional wood-fired oven, our pizzas and panpizzas are made from high-hydration, long-leavened dough. By using carefully selected flours alongside certified PDO (DOP) and PGI (IGP) ingredients, we ensure a light, flavorful, and highly digestible experience.

Our Appetizers

Mixed Bruschette (Bruschette Miste)

A journey into authentic flavors through our perfectly toasted bread, accompanied by arugula and our artisanal sauces.

(* 1, 5, 9, 11, 13, 14) €8.00

House Mixed Fried Food (Fritto Misto della Casa) ❄

Selected vegetables (cauliflower, zucchini, and artichokes) in batter, accompanied by golden french fries. (* 3, 5, 9, 11, 14) €8.00

Revisited Caprese with DOP Buffalo Mozzarella (Caprese Rivisitata con Bufala)

A modern interpretation of a timeless classic: a base of arugula welcomes the creaminess of DOP buffalo mozzarella, enhanced by the sweetness of cherry tomatoes. (*7) €9.50

Prosciutto and Melon (Prosciutto e Melone) (available from May to September)

The juicy sweetness of fresh melon pairs magnificently with the savoriness of quality prosciutto crudo. (Allergen-free) €8.50

Our Boards

Mixed Board (Tagliere Misto)

A rich assortment of excellences: selected cured meats, cheeses, arugula, and bruschette accompanied by our artisanal sauces.

(*1, 3, 5, 7, 8, 9, 11, 13, 14) €14.50

Gran Sole

A feast for the senses: a triumph of flavors with cured meats, signature cheeses, bruschette with artisanal sauces, arugula, grilled vegetables, battered vegetables❄, and french fries❄. (* 1, 3, 5, 7, 8, 9, 11, 13, 14)

€20.00

❄ Product frozen at origin

Side Dishes

Baked Potatoes (Patate al forno)
(*2,3,9) €4.50

Tricolor Salad (Insalata Tricolore)
(*8*)

Arugula - radicchio - parmesan
flakes – seasoned -cherry tomatoes
extra virgin olive oil €7.00

**Grilled Vegetables (Verdure
grigliate)**

Zucchini - Eggplants - Radicchio
€6.00

❄ **Product frozen at origin**

Fried Foods ❄ (*5,7,9,11,12,13,14)

**Classic Suppli (Suppli
classico) €2.50 each ❄**

Potato Croquette
€2.50each❄

Zucchini Flower
€2.50each❄

Salt Cod €4.00 each❄

Arancino €3.00 each❄

**French Fries €4.50 per
portion❄**

**Battered Vegetables (Verdure
pastellate) €5.00 per
portion❄**

**Ascolana Olives €5.00 for 6
pieces❄**

Special | €24.00❄

(The special includes all the
fried foods listed in the fried
foods section)

White Pizzas / Calzones

Bianca della cava (4 cheeses) (*5,8,9,14*)

Cow's milk mozzarella - Gorgonzola
Emmental - Smoked scamorza
€9.50

Profumo di pietra (*1,8,9*)

Cow's milk mozzarella - Spicy
gorgonzola - Walnuts €9.50

Pistacchiona (*1,5,8,9*)

Cow's milk mozzarella - Buffalo
mozzarella - Mortadella - Pistachio
grain €11.00

Carbonara del forno

(Carbonara) (*5,8,9,11*)

Cow's milk mozzarella - Guanciale -
Eggs - Pecorino - Black pepper
€9.50

Regina cruda (*5,8,9*)

Cow's milk mozzarella - Prosciutto
crudo - Arugula - Parmesan flakes
€9.50

Delizia di grotta (*5,8,9*)

Cow's milk mozzarella - Porcini
mushrooms - Brie €10.00

Gocce di brie (*5,8,9*)

Cow's milk mozzarella - Speck - Brie
cheese €9.50

Griciotto (Gricia) (*5,8,9*)

Cow's milk mozzarella - Guanciale -
Pecorino - Black pepper €9

Patatona della Grotta (*5,8,9*)

Cow's milk mozzarella - Baked
potatoes - Fried prosciutto -
Rosemary €9

La Perla Bianca (*1,5,8,9*)

Cow's milk mozzarella - Brie –
Prosciutto crudo – Walnuts €11

Caprese (*8,9*)

Cow's milk mozzarella - Cherry
tomatoes - Buffalo mozzarella - Basil
Extra virgin olive oil €10

Sentiero Antico (*5,8,9*)

Scamorza - Sausage - Baked
potatoes - Champignon mushrooms
€10

Rosa nel tufo (*5,8,9,12*)

Cow's milk mozzarella - Smoked
salmon - Lime - Pink pepper €11

Segreto nel Tufo (*1,5,8,9,14*)

Cow's milk mozzarella - Truffle
cream - Porcini mushrooms -
Parmesan flakes €12.50

Vegetariana (*5,8,9*)

Cow's milk mozzarella - Grilled
vegetables - Radicchio - Peppers
€10

Rosmarina (*8,9*)

Extra virgin olive oil - Salt and
Rosemary
€5.00

Addition of an ingredient €1.50

Red Pizzas / Calzones

Bosco antico (*5,8,9*)

Tomato - Cow's milk mozzarella -
Sausage - Champignon mushrooms
€10.50

Cuore d'Italia (*8,9*) (Margherita)

Tomato - Cow's milk mozzarella -
Basil €8.00

Cipolla Sfumata (*5,8,9,12*)

Tomato - Cow's milk mozzarella -
Tuna - Red onion €10.00

Fumera (*5,8,9*)

Tomato - Cow's milk mozzarella -
Smoked scamorza - Speck €9.50

Guancialina (Amatriciana) (*5,8,9*)

Tomato - Cow's milk mozzarella -
Guanciale - Pecorino - Black pepper
€10.50

Inferno del tufo (*5,8,9*)

Tomato - Cow's milk mozzarella -
Spicy salami - 'Nduja - Spicy oil
€11.00

Napoli antica (*5,8,9,12*)

Tomato - Cow's milk mozzarella -
Anchovies €9.00

La Selvatica (*1,5,8,9*)

Tomato - Scamorza - Sausage -
Walnuts - Spicy gorgonzola €11.60

Romana (*5,8,9,12*)

tomato - Anchovies - Capers -
Oregano €9.50

Brezza Marina (*5,9,12*)

Tomato - Tuna - Baked potatoes -
Red onion - Black olives - Capers
€11.50

Nà Bufalata (*5,8,9*)

Tomato - Cow's milk mozzarella -
Buffalo mozzarella - Basil - Extra
virgin olive oil €11.00

Pietra rossa (*5,8,9*)

Tomato - Cow's milk mozzarella -
Sausage - Baked potatoes €11

Piccante in pietra (*5,8,9*) (Diavola)

Tomato - Cow's milk mozzarella -
Spicy salami €9.50

Scoppiettante (*5,8,9*)

Tomato - Cow's milk mozzarella -
'Nduja - Guanciale - Porcini
mushrooms €11.50

Tufarella (Capricciosa) (*5,8,9,11*)

Tomato - Cow's milk mozzarella -
Prosciutto crudo - Champignon
mushrooms - Artichokes - Olives -
Egg €12.00

La Rustica (*5,8,9*)

Tomato - Scamorza - Sausage -
Baked potatoes - Porcini
mushrooms €12.00

**Extra ingredient €1.50. Tomato
sauce on all pizzas is seasoned
with oregan**

Special Pizzas at Taverna Del Sole

La Caramellata (*5, 8, 9)

Cow's milk Mozzarella, caramelized onions, speck (smoked prosciutto) and fresh Buffalo Mozzarella DOP
€12.50

La Patanegra (*8, 9)

Cow's milk Mozzarella, wild arugula, Pata Negra lardo, Pachino tomatoes and fresh Buffalo Mozzarella DOP
€14

La Porchettona (*2,3,5,8, 9)

Pizza topped with cow's milk mozzarella, Ariccia Cioli IGP porchetta, roast potatoes, and fresh Buffalo Mozzarella DOP
€14

Off-Menu Specials

(*Temporarily not available on Saturday evenings*)

First Courses (Primi)

Amatriciana (* 5,8,9,14)

Spaghetti – Cured pork cheek (Guanciale) – Tomato – Pecorino cheese – Black pepper – Extra virgin olive oil €12

Carbonara (* 8,9,11)

Rigatoni – Cured pork cheek (Guanciale) – Roman Pecorino cheese – Eggs – Black pepper €12

Rigatoni with mixed meat ragù (* 4,5,8,9,14)

Rigatoni pasta with a traditional three-meat ragù (beef, pork, and sausage) slow-cooked with red wine and Italian tomato sauce €11

Main Courses (Secondi)

Sliced Beef (Tagliata - 300g)*

Choice of dressing:

1) Extra virgin olive oil – Pink salt – Rocket (Arugula) - Rosemary (*5) €16

2) Seasoned cherry tomatoes – Rocket (Arugula) – Grana cheese shavings – Balsamic vinegar reduction (*5,8) €18

Sliced Chicken (200g)*

Choice of dressing:

1) Extra virgin olive oil – Pink salt – Rocket (Arugula) - Rosemary (*5) €11

2) Rocket (Arugula) – Seasoned Pachino tomatoes – Smoked Scamorza cheese – Balsamic vinegar reduction (*5,8) €13

Tuscan Meatballs (* 2,5,8,9,11)*

Mixed meat (beef, pork, sausage) – Parmigiano – Pecorino – Tomato – Parsley – Bread – Extra virgin olive oil €12

Mixed Grilled Meat (5)*

Sliced beef and sliced chicken (150g), sausage, bacon, and wild arugula €17

* To ensure quality and reduce food waste, fresh meat may undergo blast chilling and, where necessary, be stored in a frozen state in accordance with company procedures stipulated by the HACCP plan and current regulations

Artisanal Desserts

Focaccia with Nutella
(*1,5,8,9,14*) €6.00

Nà botta de vita (*1, 8, 9, 11, 13, 14*) (Chocolate salami with zabaione) €6.50

Panna cotta (*1,8,9,11,14*) €6.00

Lemon sorbet (Sorbetto al limone) (*11*) €4.00*

Cheesecake (*8,9,11*) €5.00

Choice of semifreddoes

White truffle (Tartufo bianco) (*1, 8, 11, 14*) €5.00*

Black truffle (Tartufo nero) (*1, 8, 11, 14*) €5.00*

Our truffles can be served drowned (with coffee or liqueur) with a supplement of € 1.00

Custard ice cream (Gelato alla crema) (*8, 11*) €4.50*

* Product frozen at origin

Beer

Draft Beer

Ichnusa (*9*)

**330 ml €4.50 | 550 ml €6.50 |
1 lt €11.00**

Moretti Baffo D'oro (*9*)

**330 ml €5 | 550 ml €7.50 |
1 lt €12.50**

Bottled Beer

Moretti (*9*) 66 cl €4.50

Heineken (*9*) 66 cl €4.50

House Wine

House Wine White/Red (*5*)

Glass 150ml €3.00

Quarter (1/4 liter) €4.00

Half liter (1/2 liter) €6.00

One liter €10.00

Sparkling Wines

**Arione Contessa Moscato
Spumante (*5*):**

Lively, aromatic, with aromas of white peach and orange blossom. Sweet and light, perfect at the end of a meal or for a toast. €14.00

**Doglia Moscato d'Asti DOCG
(*5*):**

Sweet, aromatic, with aromas of peach and sage. Perfect with dessert or alone at the end of a meal. €18.00

**Follador Valdobbiadene
Prosecco Superiore DOCG
(*5*):**

Fruity and fresh, with notes of green apple, pear, and white flowers. Elegant and refined, ideal for an aperitif. €20.00

White Wines

Roeno Müller Thurgau - Trentino DOC 'Le Giare' (*5*):

Fresh and aromatic, with notes of white flowers and green apple. A versatile white, perfect as an aperitif or with light appetizers. €18.00

Moretti Omero Montefalco DOC bianco bio (*5*):

Fresh and savory organic wine, from Grechetto and local grape varieties. Elegant, with floral notes and yellow fruit. Ideal with appetizers, light first courses, and cheeses. €20.00

Terenzi Balbino Vermentino Maremma DOC (*5*):

Fresh, savory, and floral. With notes of green apple and citrus. Excellent with appetizers and pizzas. €19.00

Red Wines

Terenzi Morellino di Scansano DOCG (*5)

A pure Sangiovese from the Maremma region. Ripe red fruits, spices, round tannins, and a savory finish. Perfect with meat dishes, pasta, and aged cheeses. €18

Montauto Silio Ciliegiole Toscano IGT (*5)

Sourced from vineyards at an altitude of 300 meters, this is an elegant and authentic pure Ciliegiole. Featuring red fruit, fine spices, great drinkability, and distinct character. A rare wine produced in limited quantities. €25

Moretti Omero Montefalco DOC (*5)

A perfect balance of Sangiovese and Sagrantino. Certified organic. Structured and elegant, with notes of red fruits and spices. Perfect with red meats and hearty pasta dishes. €20

Rose Wines

Sabine Toscana Rosato IGT Pianirossi (Maremma) (*5*):

Fresh and elegant rosé from Tuscan grapes with notes of wild strawberries and pomegranate, making it perfect for aperitifs, pizzas, or summer dishes. €20.00

Drinks & Spirits

Non-Alcoholic Drinks

Nepi naturally effervescent water

75cl €2.00 each

San Benedetto Still water

75cl €2.00 each

Normal/Zero Coca cola

33 cl €3.00 each

1 lt €5.00 each

Fanta 33 cl €3.00 each

Heineken (*9*) non-alcoholic

33 cl €3.00 each

Spirits

Grappa

Whisky

Amaro del capo

Jagermeister

Fernet Branca

Montenegro

Averna

Limoncello

€4.00 each

No declared allergens

Coffee & Others:

Coffee - Barley (*9*) - Ginseng (*8*) - Decaffeinated

€1.50 each

Service: €2.00 per person

Sostanze o prodotti che potrebbero provocare allergie o intolleranze

Substances or products that may cause allergies or intolerances

Les substances ou produits qui peuvent provoquer des allergies ou des intolérances

- 1  **Frutta a guscio / Nuts / Noix**
Mandorle, nocciole, noci, noci di acagiù, noci di pecan, noci del Brasile, pistacchi, noci macadamia, noci del Queensland e i loro prodotti. Tranne per la frutta a guscio utilizzata per la fabbricazione di distillati alcolici, incluso l'alcol etilico di origine agricola.
- 2  **Sedano / Celery / Celerie**
e prodotti a base di **Sedano**.
- 3  **Senape / Mustard / Moutarde**
e prodotti a base di **Senape**.
- 4  **Semi di Sesamo / Sesame**
e prodotti a base di **Sesamo**.
- 5  **Anidride Solforosa
Sulphur Dioxide / Sulphites**
e solfiti in concentrazioni superiori a 10 mg/kg o 10 mg/l espressi in termini di SO₂ totale da calcolarsi per i prodotti così come proposti pronti al consumo e ricostituiti conformemente alle istruzioni dei fabbricanti.
- 6  **Lupini / Lupin**
e prodotto a base di **Lupini**.
- 7  **Molluschi / Molluscs / Mollusques**
e prodotti a base di **Molluschi**.
- 8  **Latte / Milk / Lait**
e prodotti a base di **Latte** (incluso lattosio) tranne: siero di latte utilizzato per la fabbricazione di distillati alcolici, incluso l'alcol etilico di origine agricola: lattio. (sono compresi latte bovino, caprino, ovino e ogni tipo di prodotto da essi derivato).
- 9  **Glutine / Cereals containing Weat / Gluten**
Cereali contenenti glutine (Grano, segale, orzo, avena, farro, Kamut o i loro ceppi ibridati) e prodotti derivati; tranne: sciroppi di glucosio a base di grano, incluso destrosio; malto destrine a base di grano; sciroppi di glucosio a base di orzo; cereali utilizzati per la fabbricazione di distillati alcolici, incluso l'alcol etilico di origine agricola.
- 10  **Crostacei / Crustaceans / Crustacés**
e prodotti a base di crostacei.
- 11  **Uova / Eggs / Oeufs**
e prodotti a base di **Uova**.
(sono comprese le uova di tutte le specie di animali ovipari)
- 12  **Pesci / Fish / Poisson**
e prodotti a base di **Pesce**.
- 13  **Arachidi / Peanuts / Arachides**
e prodotti a base di **Arachidi**.
- 14  **Soia / Soya / Soja**
e prodotti a base di **Soia**.
e prodotti a base di latte (incluso lattosio) tranne: olio e grasso di soia raffinato, oli vegetali derivati da fitostenoli e fitosteroli esteri a base di soia; estere di stanolo vegetale prodotto da steroli di olio vegetale a base di soia).

Avvertenza sugli alimenti: invitiamo chi soffre di intolleranze alimentari o allergie a contattare il personale per avere informazioni più dettagliate sul nostro menù. *Warning on food: We invite those who suffer from food intolerances or allergies to contact the staff in order to get more information about our menu.*

Attenzione: Le portate servite in questo locale possono contenere sostanze o prodotti che provocano allergie o intolleranze e la Direzione declina ogni responsabilità per i danni derivanti da episodi allergici o d'intolleranze alimentari. **Si invita, pertanto, la gentile clientela a valutare se procedere con le ordinazioni che saranno effettuate sotto la propria ed esclusiva responsabilità.**