

“A new Conception of cuisine in constant evolution—rooted in Sicily, yet ever-changing in form and meaning, with no boundaries”.

Manuel Toppa



CONCEZIONE

MANUEL TROPEA • RESTAURANT

The menu changes weekly based on the ingredients provided by small local farmers and breeders, in full respect of nature's rhythms and the principles of a short supply chain.

The fish used are mostly underappreciated species, sourced through sustainable line fishing. The meat comes from extensive farming, the vegetables are organically grown, and the herbs are foraged from the wild. Our bread is made using ancient Sicilian grains. Our aim is to bring out the very best of what our land has to offer.

Food scraps are repurposed through fermentation, preservation, and dehydration techniques, embracing a zero-waste philosophy.

At Concezione, we strive to elevate the products and flavors of our homeland through forward-thinking ideas—while always staying grounded.



Tasting menu

La Concezione dello Chef

A ten-course tasting journey featuring our most iconic dishes.

10 courses 130 euro | Wine pairing 6 glasses 70 euro

Welcome aperitif

Amuse bouche

Selection of butter and leavened bakery made with ancient Sicilian grains

Concezione da Tiffany

Smoked potato cream, prawn, aged pumpkin and seawater.

Mangiasti a nonna?

Donkey meat and its connective tissue macerated with lettuce, salted hazelnut soil, and fermented baby lettuce extract.

Good morning in Catania

A tourist's vision of Catania, as imagined by the chef.

Risotto al nero di...

Passeggiata in via Plebiscito

Fresh pasta raviolo with wild oregano, horse meat and salmoriglio (a tangy Sicilian herb sauce).

Sognava di essere una cipollina

Button-shaped pasta filled with ash-baked long onion, onion blossom extract, and fermented tomato.

Quaglia, aglio e scalogno nero

Stuffed quail with cuttlefish, sweet garlic and black shallot ice cream.

Sauri all'agliata

Horse mackerel with black garlic mousse, mint and sweet-and-sour raspberry vinegar sauce.

Pre-dessert

Charcoal-grilled cucumber and white chocolate

Pane e minnulata

Pizzuta d'Avola almond soup, toasted sesame gelato on a cocoa tartlet, and almond sauce.



Tasting menu

Menù sartoriale

A tailor-made tasting menu created by the chef based on seasonal market produce and your personal preferences.

7 courses 110 euro

Wine pairing 4 glasses 55 euro

Concezione vegetale

A menu exploring the many expressions of vegetables, offered in 5, 7 or 10 courses.

5 courses 90 euro | 7 courses 110 euro | 10 courses 130 euro

Wine pairing | 3 glasses 45 euro | 4 glasses 55 euro | 6 glasses 70 euro

Trunza-mente

Fermented *trunzo* cabbage with beetroot, its own mayonnaise, marinated and roasted *trunzo* leaves, yogurt and leaf extract.

C'edro una volta...

Salt-preserved citron noodles, fava bean miso, oxidized citron pulp, and local yuzu broth.

Fiorellini per aria

Fresh pasta filled with *Tuma Persa* cheese, lacto-fermented strawberries, mint, mustard, blueberry reduction and vegetable air.

La verdura in salamoia

Sourdough sauce, spicy pecorino fondue and *panelle* crumble.

Dessert

Charcoal-grilled cucumber and white chocolate.



À la *carte*

Appetizers

Concezione da Tiffany

Creamy smoked potato, prawn, aged pumpkin,
and seawater.

25 euro

Good morning in Catania

The vision of a tourist in Catania,
according to the chef.

25 euro

Mangiasti a nonna?

Donkey and its rib macerated with lettuce, salted
hazelnut soil, and fermented baby lettuce extract.

35 euro

Dentice abbronzato

Burnt dentex tartare, black mulberries, dentex
reduction, and sweet-and-sour baby carrots.

30 euro

U frati rò pisci r'ovu

Bluefin tuna milt, its own cured roe,
tomato-seasoned *pane cunzato* foam with
sun-dried tomatoes and confit cherries.

25 euro

Pecora di scogliera

Sheep tataki, parsley and Chardonnay
pinzimonio, and sea urchin sauce.

35 euro



À la *carte*

First Courses

Sognava di essere una cipollina

Button-shaped pasta filled with ash-baked long onion, onion blossom extract, and fermented tomato.

25 euro

Passeggiata in via Plebiscito

Fresh pasta raviolo with wild oregano, horse meat and salmoriglio (a tangy Sicilian herb sauce).

30 euro

Risotto al nero di...

40 euro

Risotto al cavolo viola e cefalo

Fermented purple cabbage extract, green cabbage salad sauce, raw mullet, and mullet bottarga.

30 euro

Fiorellini per aria

Fresh pasta filled with *Tuma Persa* cheese, lacto-fermented strawberries, mint, mustard, blueberry reduction, and vegetable air.

25 euro

Rigatoni al ristretto di triglia e sabbia di melanzana

Red mullet reduction, almond goat cheese, torch-seared mullet, sweet-and-sour onion, and eggplant sand.

30 euro



À la *carte*

Main Courses

Sauri all'agliata

Horse mackerel with black garlic mousse, mint, and raspberry vinegar sweet-and-sour sauce.

30 euro

Quaglia, aglio e scalogno nero

Stuffed quail with cuttlefish, sweet garlic, and black shallot gelato.

40 euro

Vacca e caponatina

Cinisara heifer, caponata foam, Sicilian tenerumi greens, and Marsala wine reduction.

30 euro

Pesce al sale nero

Catch of the day baked in black salt, served with black potato salad, saffron, mint gel, and citronette.

30 euro

Merluzzo e peperonata

Cod roll with summer zucchini and sweet peppers, peperonata glaze, zucchini flowers, and cod bubbles.

30 euro



À la *carte*

Dessert

Banana senza lampada

Roasted banana mousse, black banana insert, brandy glaze, and Muscovado crumble.

18 euro.

Non una semplice insalata...

Orange *frangipane*, fermented garlic mousse, basil, and white chocolate.

18 euro

Pane e minnulata

Pizzuta d'Avola almond soup, toasted sesame gelato on a cocoa tartlet, and almond sauce.

20 euro

Omaggio a Muntagna

Etna hazelnut soufflé and home-made gelato.

20 euro



Mineral Waters and Soft Drinks

Acqua Panna (still water)

5 euro

Acqua San Pellegrino (sparkling water)

5 euro

Tonic water

3,5 euro

Coca-Cola

3,5 euro

Coca-Cola Zero

3,5 euro

Fanta

3,5 euro

Sprite

3,5 euro

Cover charge

7 euro



Dear Guests,

Our dining room staff is at your disposal to provide information regarding the origin and nature of the ingredients used, as well as the preparation methods of the dishes on our menu.

We kindly ask that you promptly inform us of any need to avoid certain allergenic substances.

Please note that, despite our best efforts, cross-contamination may occur during food preparation. Therefore, our dishes may contain the following allergens, in accordance with EU Regulation 1169/11 Annex II: Cereals containing gluten, Crustaceans, Eggs, Fish, Peanuts, Soybeans, Milk, Lactose, Nuts, Celery, Mustard, Sesame seeds, Sulphur dioxide and sulphites, Lupin, Molluscs.

All raw or nearly raw fish products are blast chilled to ensure safety, as required by EC Regulation 853/2004.

