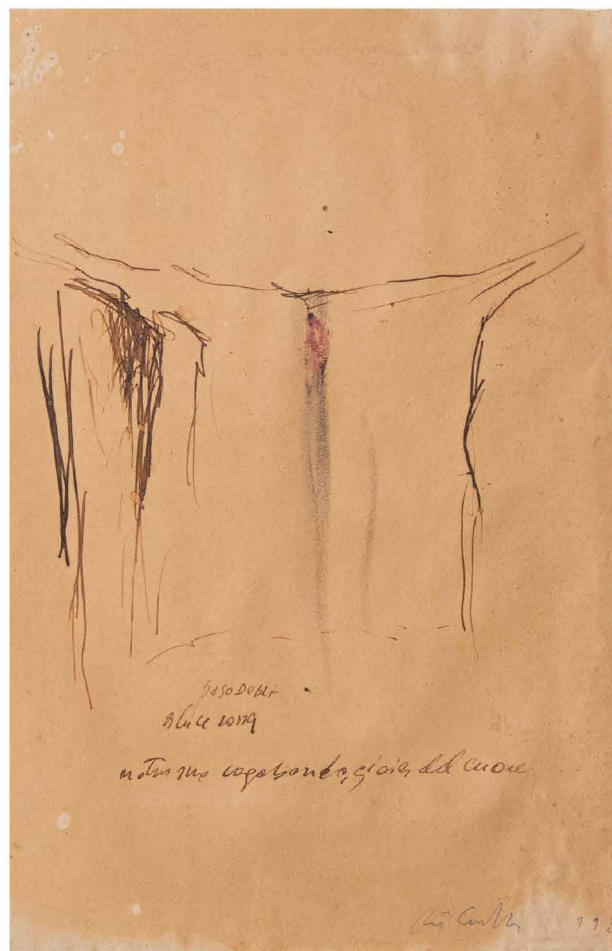




We believe that every great dish begins not with the ingredient itself, but with the people behind it.

For this reason, behind every product we bring to the table, there is always a story to tell and a person to meet.

Along our journey, we have encountered extraordinary producers — guardians of territories, traditions, and authentic craftsmanship:

Michele Ferrante with his Controne beans,
Concetta and her Campagnano beans,
Antonino Mennella with his EVO olive oil,
Giovanni Assante and his artisanal dry pasta,
Carlo Hauner with his capers,
Salvatore De Gennaro and his cheeses,
Alessandro Costanzo with his dairy products,
Monica Bovio and her rice mill,
Mario Laurino with his Laticauda lamb,
Alessandro from Distillerie Aragonesi,
Angelo Ricci with his honeys.

Quiet yet essential presences, whose work you will find in every dish through flavor, aroma, and the memory of the land.

Ours is a simple, instinctive, emotional cuisine, made of memories and passions.

“Eat as you speak” has been a concept that has guided us from the beginning, becoming the guiding thread of our professional journey.

In these three simple words is concentrated the very essence of our cuisine.

The cuisine of our places, what is now often identified as ‘local cuisine’, but which in reality is nothing more than a condensation of memories and experiences lived in the company of mothers, grandmothers and aunts, where, especially in an area like ours, the hearth became the place around which all family activities took place.

The natural consequence of these experiences materialises today in the extreme respect for raw materials and the seasonality of the products, cardinal concepts of every good cuisine.

Umberto a mare 1936

For any intolerances and allergies, contact the staff

MICHELIN 2026



ALLERGENI:
1 - Cereals containing
gluten
2 - Crustaceans

3 - Eggs
4 - Fish
5 - Peanuts
6 - Soybeans



Tasting menus are prepared for the entire table. You can dine à la carte by choosing from the following menus:

1 or 2 savory dishes per person € 80,00

3 savory dishes per person € 120,00

4 savory dishes per person € 160,00

Products marked with an asterisk undergo a chilling process in compliance with the requirements of EC Regulation 853/2004, Annex III, Section VII, Chapter III, Letter D, Point 3.

The cover charge is € 7,00.

Please remember to set your phone to silent and do not use the flash for photos.

WiFi password: umbertoamare2026

Umberto a mare

Via Soccorso, 8 - forio
umbertoamare@gmail.com

7 - Milk
8 - Nuts
9 - Celery
10 - Mustard

11 - Sesame seeds
12 - Sulphites
13 - Lupines
14 - Mollusks





A Midsummer Night's Dream

Cuttlefish like
a Stuffed Squid (1,3,4,6,12 *)

Shrimp, Bacon Fat, Buffalo
Stracciata and Toasted Almonds (2,7,8*)

Pasta Pine nuts, Raisins, Raw Prawns
and Crispy Spring Onion (1,2,4,8*)

Wild Caught Fish Pasta
with Puttanesca Sauce (1,3,4,9,12)

Fish in Oil Cooking, Lemon Balm Sauce
and Onion Chutney (3,4,7,12)

Dessert

€ 170,00



Umberto is land

Eggplant Parmigiana (3,7)

Spaghetтино, Normandy Butter,
Burnt Lemon
and Puffed Capers
(1,7,9,12,13)

Crusted Egg,
Aromatic Salad
and Sweet and Sour Onion
(1,3,12)

Dessert

€ 120,00

Atelier of the Seas and the Winds

Sea Game (1,2,3,4,12*)

Marinara-style Risotto (4,7*)

Pasta and Potatoes,
Mussels and Caviar (1,4,7,12)

Sea Bass,
Fruits and Vegetables (1,3,4,12)

Dessert

€ 150,00



*Partenope,
Island and Sannio*

Eggplant Parmigiana (3,7)

Cannelloni Pasta with Rabbit Ragu'
(1,3,7,12)

Laticauda Lamb, Yoghurt,
Endive and Beetroot (7,10,12)

Dessert

€ 120,00

