

NARDÒ



A Little Guide

curated for you, crafted by Plinius

A little bit about Nardo

Nardò is one of those towns that quietly steals your heart. A Baroque beauty in the heart of Puglia, filled with honey-colored palazzi, hidden courtyards, and sunlit piazzas where time seems to slow down.

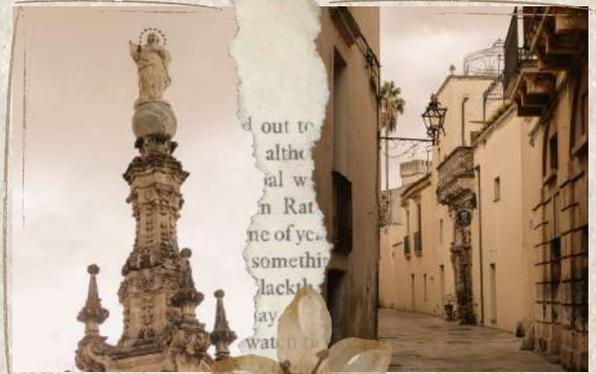
Long before electricity, Nardò flourished thanks to olive oil – not just for cooking, but as lamp oil that lit cities across Europe. This “liquid gold” brought wealth, culture, and craftsmanship, shaping the elegant architecture you still see today.

Walk its streets and you feel it: a town built on light, trade, and a deep connection to the land. Less polished than Lecce, more intimate, wonderfully lived-in. The kinine of place where you sit down for a coffee... and somehow stay all afternoon.

Come for the Baroque.
Stay for the rhythm of daily life.

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where to have...

COFFEE & APERITIVIO



Caffè Parisi

Opened in 1920, Caffè Parisi still carries that classic, refined atmosphere. Start your day with a caffè leccese and a warm pasticciotto, or return at sunset for an aperitivo.



📍 | Pizza Antonia Salandra, 38 |

Coffee & Aperitivo



Il Gabbiano

A simple bar with an impressive pastry counter — including vegan croissants.

📍 | Piazza Giuseppe Mazzini, 18 |

Coffee & Aperitivo

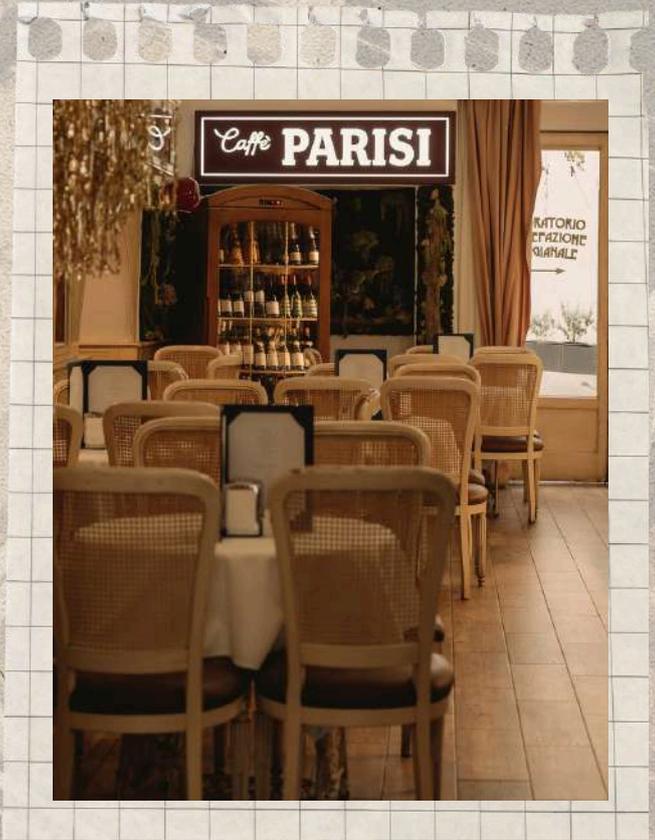
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Caffè Parisi

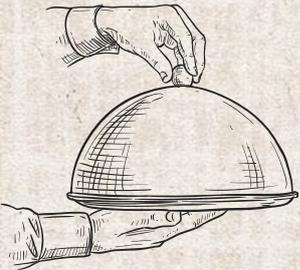


Caffè Parisi



where to have...

LUNCH & DINNER



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Osteria da Roberto – Slow Food *

One of the last “cantine” in Salento, this osteria is simple, authentic, and deeply tied to local culinary tradition. Try the ciceri e tria (fried pasta with chickpeas) with a house wine straight from the tap — it’s rustic charm at its best.

📍 | Via Rosario, 7 |

Trattoria San Giuseppe Cenobio – Slow Food *

A courtyard with small tables makes the outdoor seating charming and intimate, while inside, two rooms boast star-vaulted ceilings once used by the Jesuits. There is terracotta wood-fired oven to prepare slow-cooked dishes, try the potato croquettes, tumminia wheat laiana with smoked tomato sauces, and roasted octopus.

📍 | Piazza San Giuseppe, 3 |

Antica Trattoria Salandra

A family-run trattoria with a relaxed vibe, serving regional dishes made with care — simple, authentic, and delicious.

📍 | Via G. B. de Michele, 4 |

Al Quartino – Ristorante Osteria Vineria

A restaurant full of heart. The owners Gianmarco, Giorgio, and Gaia focus on local, zero-kilometre ingredients, highlighting the flavours of Salento. Seasonal dishes shine — try the fried fish, changing daily according to the catch.

📍 | Via A. Moro, 78 |

Il Mignano

A dinner here feels like stepping into a postcard. The rooftop terrace catches the softest evening light, and the sunset alone is worth the reservation.

📍 | Via Lata 9 |

Le Rintocco

A perfect little spot right on the main square. The menu plays gently with tradition—familiar flavours, refreshed with a modern touch.

📍 | Piazza Antonio Salandra |

La Cattedrale

Part wine bar, part eatery. Come for a glass of excellent local wine and stay for a simple, sincere lunch or dinner in one of Nardò's prettiest streets.

📍 | Via Duomo 5 |

La Dispensa dei Raccomandati

A tiny, unpretentious place where the sea takes center stage. Expect fresh, honest dishes that let Salento's coastal flavors speak for themselves.

📍 | Via Rosario 14 |

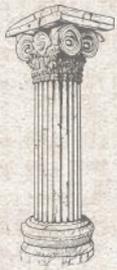
Il Cortile

A thoughtful blend of Italy and France: the chef's French experience meets Salento's best produce, resulting in creative, beautifully balanced plates.

📍 | Vicolo San Felice |

*Slow Food restaurant celebrates local ingredients, traditional recipes, and thoughtful preparation, often sourcing from nearby farms and producers. Every dish tells a story of the region, its flavors, and its heritage.





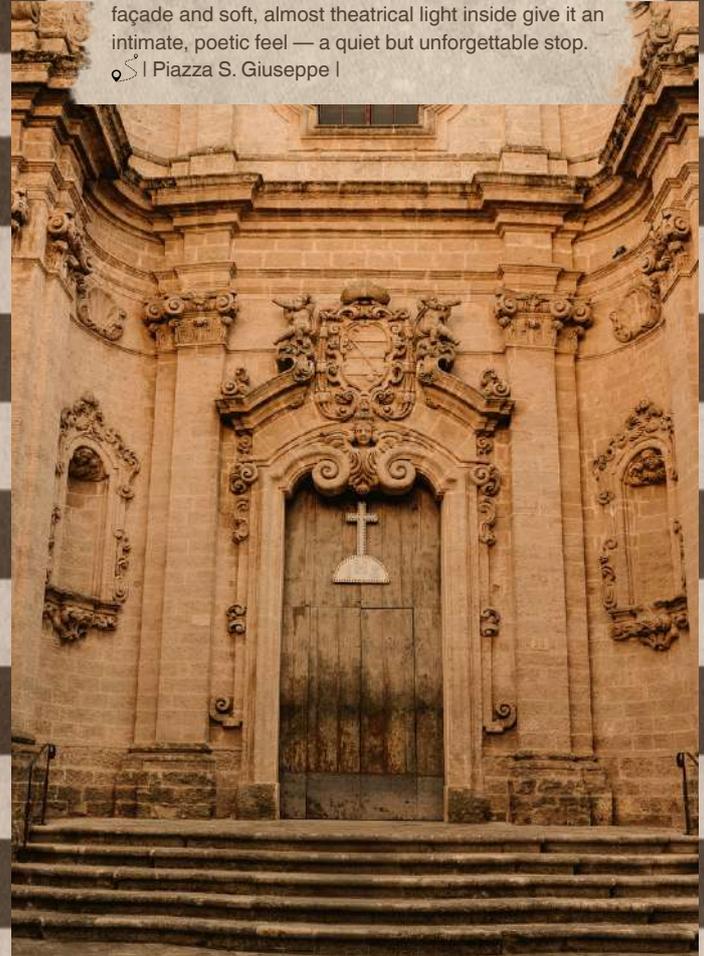
where to go for a.....

CULTURAL VISIT

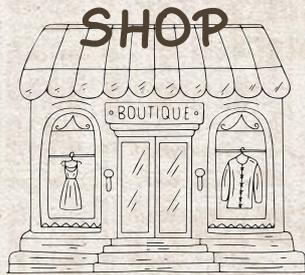
Chiesa di San Giuseppe - church

A delicate Baroque gem. Its lace-like Lecce-stone façade and soft, almost theatrical light inside give it an intimate, poetic feel — a quiet but unforgettable stop.

📍 | Piazza S. Giuseppe |



where to...



SUD Spazioespanso

Not your typical city boutique — a haven for slow fashion, art, and design. Each piece is carefully chosen, reflecting the owners' tastes and passions. The shop feels personal and eclectic, with finds you won't see in standard stores. A sister shop is located in Rome.

📍 | Via Lata, 4 |

Boutique Monastero Santa Teresa

A little treasure for lovers of beautiful, locally crafted lifestyle products. The boutique carries a curated selection of homewares, artisanal objects, and thoughtful gifts — pieces that feel personal, timeless, and deeply rooted in the region's traditions. One of the highlights is the iconic soap from Marlo, a fragrant and luxurious touch of local craftsmanship that has become a beloved classic.

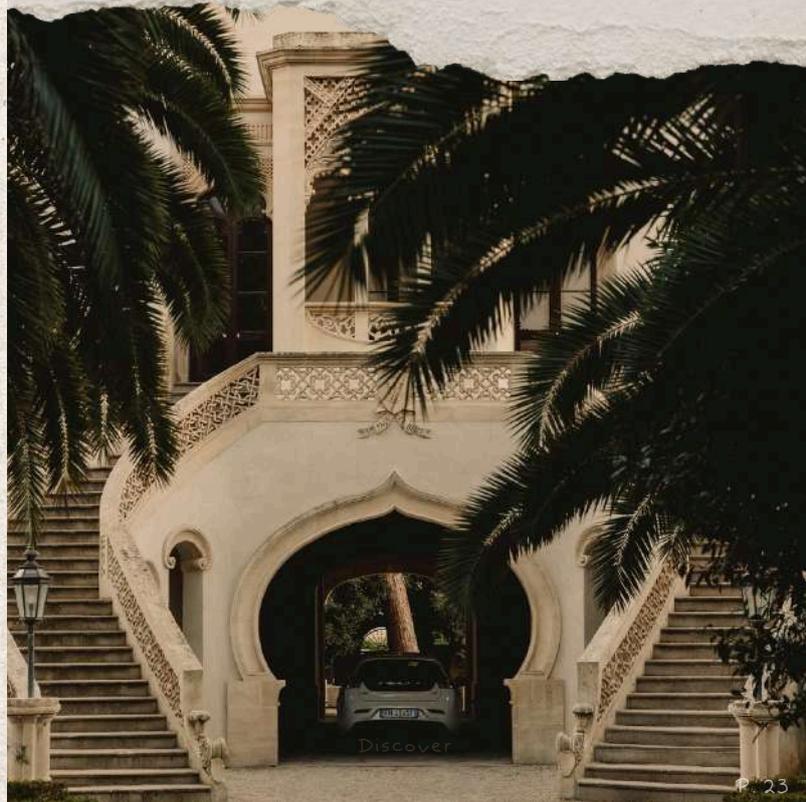
📍 | Corso Garibaldi, 31 |

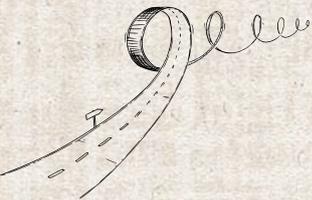
Shop

what to...

DISCOVER

Just outside Nardò, the Strada delle Ville offers a scenic drive past the former summer villas of Lecce's noble families. Elegant palazzi, grand facades, lush gardens, and intricate architectural details tell the story of a more opulent past. This was where affluent families escaped the heat of the city, retreating to their lavish countryside estates. A peaceful, atmospheric journey into Salento's aristocratic history.





where to go for a...

CITY ESCAPE



Galatina

A charming town nearby, full of history and artisanal flair.

Anima e Cuore

Lovely for a relaxed meal with Salento classic in a historic building from the 1700s with beautiful mosaic floors

Pasticceria

Andrea Ascalone

The birthplace of the famous pasticciotto.

Corte del Fuoco

A hidden gem for dinner in a beautiful courtyard.





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where to spend your weekend visiting.....

ANTIQUE MARKETS



Nardò



First Sunday of the
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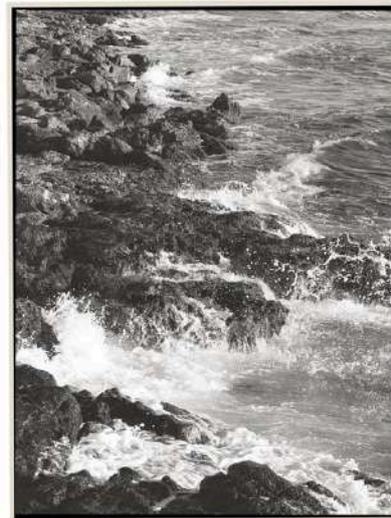
Lecce



Last Sunday of the
month

where to go for...

BEACH ESCAPES



Head to the Porto Selvaggio Natural Reserve for swimming in crystal-clear water surrounded by pine forests, or to the laid - back coastal villages of Santa Caterina and Santa Maria al Bagno, both perfect for long seaside lunches.

Santa Maria Al Bagno

La Pergola

A timeless seaside restaurant known for its fresh fish, sea views and effortless Southern charm.

Santa Caterina

A small, vibrant seaside village popular with locals.

A sandy beach, a tiny harbour, and excellent restaurants and bars make it perfect for a day by the sea.

Eats in Santa Caterina

La Santa

Charming seafront café-restaurant. Enjoy a cappuccino and croissant in the morning, or fresh seafood for lunch. Try the pink oyster "The pearl of Salento" Sit for hours with a chilled bottle of white wine, a light sea breeze, and endless views.

📍 | Piazza Santa Caterina |

Larilo

A tiny harbour-side spot with just a few tables and fresh, simple seafood. Perfect for an intimate, local experience.

📍 | Via delle Nereidi |

Bengio Bar Gelateria

For artisan gelato on a sunny beach day — because no beach day is complete without it.

📍 | Via Giovanni Verga |

Barrueco

A low-key pizzeria by the beach with simple dishes and a lovely view. End your meal with a Nutella pizza for dessert.

📍 | Via Cantù, 46 |

Habibi Beach Club

A beach club perfect for a full day of sun, sea, and relaxation. Rent a sunbed, enjoy fresh local seafood (crudo di mare), and finish with a signature spritz while the DJ plays as the sun sets.

📍 | Via Emanuele Filiberto, 122 |

Other beaches

Spiaggia di Sant'Isidoro

Crystal clear water, white sandy beach and a few beach restaurants and lido's.

Punta della Suina

Beautiful beach with that Caribbean-blue water, Shallow water and soft sand and a few beach clubs. Famous for sunsets — the whole bay turns gold and pink

Lido Pizzo

A long stretch of turquoise shallows, soft sand, and quiet Mediterranean pine forest. There are lido's with sunbeds, umbrellas, and a simpler restaurant. If you prefer the wild side, just walk a few minutes further and you reach stretches of free beach tucked between dunes and pines.

Litos Porto Selvaggio

Here you can rent sunbeds, sip a cold drink under an umbrella, or enjoy simple but delicious fresh seafood and light lunches.

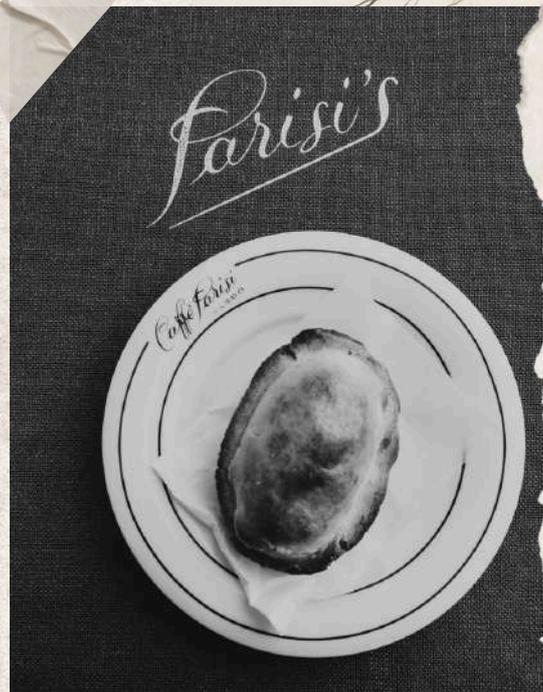
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RECIPE:
pasticciotto



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Ingredients

Quantities for approximately 10 pieces

Ingredients for the shortcrust pastry shell:

500 g of all-purpose flour

250 g of lard or butter

250 g of granulated sugar

2 medium whole eggs

A pinch of baking ammonia

Vanilla or lemon to taste

Ingredients for the custard cream:

100 g of whole eggs (egg yolks)

100 g of granulated sugar

32 g of rice starch

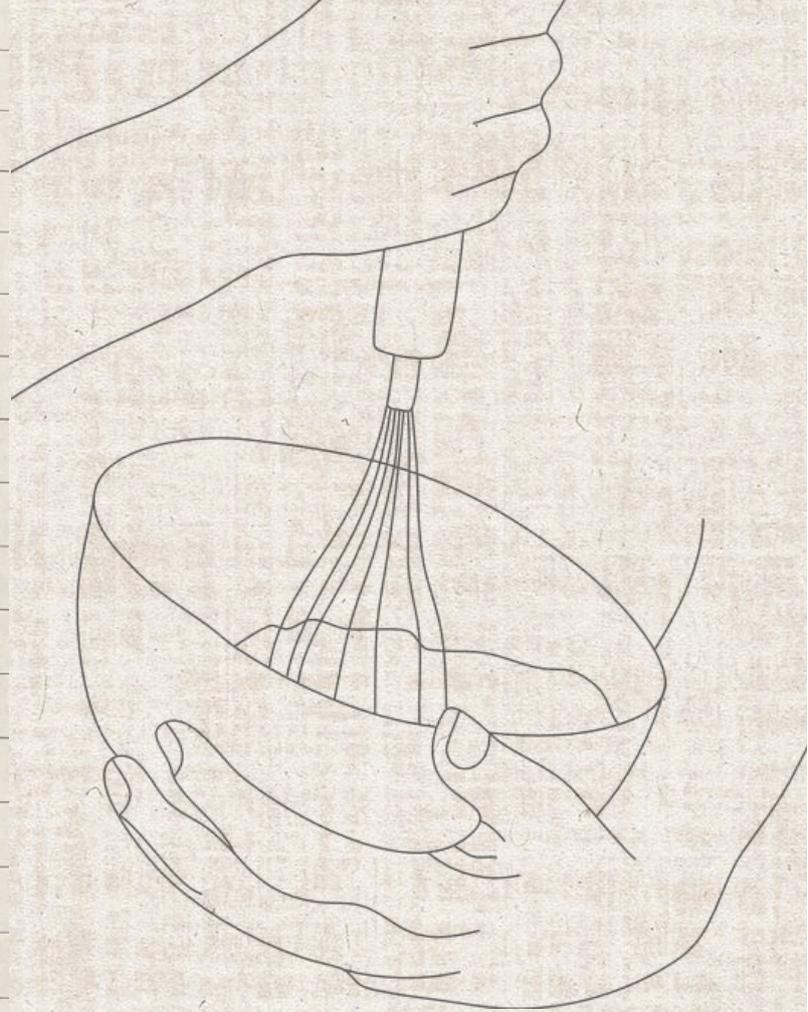
32 g of cornstarch

500 ml of whole fresh milk

Vanilla or lemon to taste

For brushing:

A little lightly beaten egg white.



Method

Method for the shortcrust pastry:

- Combine flour, baking powder, sugar, and salt in a bowl and mix.
- Add softened butter in small pieces and work everything quickly with your fingertips. Once the mixture is sandy, create a well in the centre and add egg yolks
- Knead until pastry dough is soft and not sticky. Wrap in cling film and put in the refrigerator for at least one hour..

Method for the custard cream:

- Prepare the custard: boil milk with the whole vanilla bean pod and leave to infuse for a few minutes.
- In a bowl, combine sugar and cornflour, adding beaten egg yolks and then, little by little, the hot milk, stirring constantly.
- Pour mixture into a saucepan and put on low heat.
- Bring to a boil while continuing to stir, allowing it to thicken without sticking to the bottom of the saucepan.

Method for making the "pasticciotto" (pastry):

- Remove shortcrust pastry from refrigerator and roll out to a maximum thickness of 4 mm.
- Cut discs from pastry, line moulds with them, and fill with custard.
- Cut smaller pastry discs to cover custard-filled moulds. Brush surface of pasticciotti with beaten egg yolk and bake in the oven at 200 °C for 25 minutes. Enjoy while warm!

Recipe source: Cuciniamo



where to stay
Salentum Heritage Colleciton

@salentumheritage
@pliniushomes



Salentum Heritage Collection

Rooted in the historic heart of Salento, the Salentum Heritage Collection is a family-led hospitality project devoted to preserving the region's architectural and cultural legacy.

Owned and operated by the Rizzello family, the collection breathes new life into centuries-old palaces and villas, transforming them into intimate stays shaped by history, nature, and human connection. With a hands-on approach and deep respect for place, each property invites guests to slow down and experience Salento in an authentic, meaningful way.

1. Villa Tafuri
2. Villa Casabella
3. Villa Prete
4. Monastero Santa Teresa
5. Palazzo il Mignano
6. Palazzo Saetta
7. Palazzo il Manieri



pages for your own...

Notes

