

Cold Cuts and Cheese

Selezioni biologiche di salumi e formaggi Organic "Pedrazzoli" and "Galloni" hams and salami and organic seasonal cheeses – 1 - 7	Df Gf Rw Vgl Vgn	€ 22
Selezioni di salumi iberici Selection of hand-cut cured Iberian hams , Cecina de Leòn (salted & dried beef), chorizo, lomo and salchichon – 1	Df Gf Rw Vgl Vgn	€ 24
Cecina di Leon olio e pepe Selection of Cecina de Leòn (salted & dried beef), Organic Extra-Virgin Olive Oil "Le Masciare" and pepper – 1	Df Gf Rw Vgl Vgn	€ 16
Selezioni patanegra Selection of cured hand-cut Iberian hams – 1	Df Gf Rw Vgl Vgn	€ 24
Involtini di patanegra e mango Iberian ham rolls filled with fresh sliced mango – 1	Df Gf Rw Vgl Vgn	€ 18
Selezioni formaggi Ginger Selection of Italian cheeses – 1 - 7	Df Gf Rw Vgl Vgn	€ 16
Selezioni salumi e formaggi Selection of Italian hams, salami and cheeses depending on seasonal availability – 1 - 7	Df Gf Rw Vgl Vgn	€ 20
Bresaola artigianale Artisanal "bresaola" cured and salted dried beef – 1	Df Gf Rw Vgl Vgn	€ 16
Selezioni prosciutti e salumi Ginger Selection of hams and salami – 1	Df Gf Rw Vgl Vgn	€ 16
Culatta di crudo 12 months cured "Culatello" ham – 1	Df Gf Rw Vgl Vgn	€ 16
Prosciutto di Parma e mozzarella di bufala d.o.p 24 months cured Parma D.O.P. ham with buffalo mozzarella – 1	Df Gf Rw Vgl Vgn	€ 16
Caprese di Bufala Fresh tomatoes with buffalo mozzarella D.O.P. – 1 - 7	Df Gf Rw Vgl Vgn	€ 16
Prosciutto e Melone 24 months cured Parma D.O.P. ham and fresh melon	Df Gf Rw Vgl Vgn	€ 16
Prosciutto e fichi 24 months aged "Pedrazzoli" cured ham and fresh figs	Df Gf Rw Vgl Vgn	€ 16

Df Dairy free

Rw Raw

Vgn Vegan

Gf Gluten free

Vgl Vegetarian



The customer is asked to inform our staff of the need to consume foods without certain allergenic substances before ordering. During cooking, cross-contamination can not be fully ruled out. At the bottom of the menu a legend of allergens and any frozen products used can be found.

Gourmet Sandwiches

Italian tradition mixed with the specialty of the French boulangerie. Each of our creations is a small masterpiece of tastes, to make every bit of your day more enjoyable. Our baguette is organic 100% and home-made.

CURED HAM

Borgognona

Baguette with cured Parma D.O.P. ham, mozzarella, fresh tomatoes, Organic Extra Virgin Olive Oil "Le Masciare" – 1 - 7

Df	Gf	€ 7,5
Rw	Vgl	
Vgn		

Patanegra

Baguette with cured Iberian ham, tomato sauce, Organic Extra Virgin Olive Oil "Le Masciare" – 1

Df	Gf	€ 10
Rw	Vgl	
Vgn		

Garibaldi

Baguette with aged Parma D.O.P. cured ham, mozzarella, rocket, artichokes, Organic Extra Virgin Olive Oil – 1 - 7

Df	Gf	€ 8
Rw	Vgl	
Vgn		

COOKED HAM

Farnese

Baguette with Prague cooked ham, grilled zucchini, "Crescenza" fresh cheese, basil, Organic Extra Virgin Olive Oil "Le Masciare" – 1 - 7

Df	Gf	€ 7,5
Rw	Vgl	
Vgn		

Consolato

Baguette with Prague cooked ham, avocado, lime, fresh tomato, Organic Extra Virgin Olive Oil "Le Masciare", salt – 1

Df	Gf	€ 8,5
Rw	Vgl	
Vgn		

Corso

Baguette with Prague cooked ham, mozzarella, fresh tomatoes, rocket, Organic Extra Virgin Olive Oil "Le Masciare" – 1 - 7

Df	Gf	€ 7,5
Rw	Vgl	
Vgn		

OTHER COLD CUTS

Belli

Baguette with "Bresaola" cured and salted dried beef from Valtellina, parmesan cheese, rocket, Organic Extra Virgin Olive Oil "Le Masciare" – 1 - 7

Df	Gf	€ 8
Rw	Vgl	
Vgn		

Veneto

Baguette with turkey ham, Brie de Meaux A.O.C. cheese, grilled zucchini, rocket, Organic Extra Virgin Olive Oil – 1 - 7

Df	Gf	€ 7,5
Rw	Vgl	
Vgn		

Mattei

Baguette with cured pork neck, tomatoes, iceberg salad, insalata iceberg, Italian scamorza cheese, roasted peppers – 1

Df	Gf	€ 8
Rw	Vgl	
Vgn		

Esquilino

Baguette with homemade roast pork, iceberg salad and homemade mustard – 1 - 3 - 10

Df	Gf	€ 8,5
Rw	Vgl	
Vgn		

Aurelio

Baguette with "Bresaola" dried beef from Valtellina, "Crescenza" fresh cheese, rocket, tomatoes – 1 - 7

Df	Gf	€ 9
Rw	Vgl	
Vgn		

Dandolo

Baguette with mortadella salami, pistachios, parmesan and "Crescenza" fresh cheese, Organic Extra Virgin Olive Oil "Le Masciare" – 1 - 7

Df	Gf	€ 7,5
Rw	Vgl	
Vgn		

VEGETARIAN

Belisario

Baguette with homemade rocket pesto, buffalo mozzarella D.O.P., dried tomatoes – 1 - 8 - 7

Df	Gf
Rw	Vgl
Vgn	

€ 7,5

Grillo

Baguette with fontina cheese, tomatoes, baby spinach, rocket – 1 - 7

Df	Gf
Rw	Vgl
Vgn	

€ 7,5

Urbana

Baguette with fresh tomatoes, buffalo mozzarella D.O.P., basil and homemade organic pine nuts pesto sauce – 1 - 7 - 8

Df	Gf
Rw	Vgl
Vgn	

€ 7

FISH

Oratorio

Baguette with tuna fillets in oil, homemade mayonnaise, rocket, tomato – 1 - 3 - 4

Df	Gf
Rw	Vgl
Vgn	

€ 10

Bramante

Baguette with smoked carpaccio salmon, homemade mayonnaise, iceberg salad – 1 - 3 - 4

Df	Gf
Rw	Vgl
Vgn	

€ 10

WITH MEAT

Biscione

Baguette with organic steamed chicken breast, homemade caesar dressing, iceberg salad, grilled organic bacon – 1 - 3 - 7

Df	Gf
Rw	Vgl
Vgn	

€ 10

Roastbeef

Baguette with homemade organic roast beef, homemade Dijon mustard, rocket – 1 - 3 - 10

Df	Gf
Rw	Vgl
Vgn	

€ 10

You can add an extra ingredient from 1 euro each

Ginger carefully selects the best products and producers, relying on small companies which are dedicated to promote a more sustainable way of consumption

Df Dairy free

Rw Raw

Vgn Vegan

Gf Gluten free

Vgl Vegetarian



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15% OFF TAKE AWAY

Fresh Garden Salads

VEGAN - RAW

Seggiola

Mixed salad, fennels, carrots, celery, almonds, raisins, avocado, mixed organic seeds – 8 - 9 - 11

Df Gf
Rw Vgl
Vgn € 10

Torretta

Mixed salad leaves (yellow and red lettuce, rocket, spinach), raw zucchini, champignon mushrooms, celery, organic pine nuts, organic sprouts – 9

Df Gf
Rw Vgl
Vgn € 12

Tinta

Mixed salad, rocket, fennels, melon, radish, "taggiasche" olives, capers

Df Gf
Rw Vgl
Vgn € 12

VEGETARIAN

Aurora

Mixed salad leaves (yellow and red lettuce, rocket, spinach), fresh goat cheese, watermelon, mint, organic walnuts, lime – 7 - 8

Df Gf
Rw Vgl
Vgn € 13

Trafofo

Mixed salad, rocket, cherry tomatoes, buffalo mozzarella DOP, black olives, corn – 7

Df Gf
Rw Vgl
Vgn € 12

San Saba

Mixed salad leaves (yellow and red lettuce, rocket, spinach), feta cheese, cherry tomatoes, cucumbers, black olives, tzatziki sauce (without garlic) – 7

Df Gf
Rw Vgl
Vgn € 13

WITH MEAT AND FISH

Emilia

Mixed salad (blond and red lettuce, rocket, baby spinach), organic roast beef, zucchini, organic walnuts, pecorino romano cheese D.O.P. – 7 - 8

Df Gf
Rw Vgl
Vgn € 14

Santa Sabina

Mixed salad leaves (yellow and red lettuce, rocket, spinach), organic steamed chicken breast, organic sprouts, green apple, homemade mustard – 3 - 9 - 10

Df Gf
Rw Vgl
Vgn € 14

Fossa

Mixed salad leaves (yellow and red lettuce, rocket, spinach), dried tomatoes, turkey ham, goat cheese, organic walnuts, green apple – 7 - 8

Df Gf
Rw Vgl
Vgn € 13

Paolina

Mixed salad, rocket, cherry tomatoes, buffalo mozzarella DOP, black olives, tuna, eggs, corn – 3 - 4 - 7

Df Gf
Rw Vgl
Vgn € 13

Botticella

Mixed salad, rocket, smoked salmon, mango, pistachios, mixed organic seeds – 4 - 8

Df Gf
Rw Vgl
Vgn € 14

Panetteria

Mixed salad, avocado, mushrooms, bresaola della Valtellina salami, goat cheese, organic walnuts, mixed organic seeds – 7 - 8

Df Gf
Rw Vgl
Vgn € 14

Impresa

Mixed salad leaves (yellow and red lettuce, rocket, spinach), smoked salmon, avocado, black olives, fennels – 4

Df Gf
Rw Vgl
Vgn € 14

You can add an extra ingredient from 1 euro - Doggy bag: we will pack everything you will not be able to finish.

Df Dairy free

Rw Raw

Vgn Vegan

Gf Gluten free

Vgl Vegetarian



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Desserts and Delicious

DESSERT

Panna cotta e dulce de leche Panna cotta with "dulce de leche", caramel and vanilla – 7	Df Gf Rw Vgl Vgn	€ 8
Tiramisù al caffè Homemade Tiramisù – 1 - 3 - 7	Df Gf Rw Vgl Vgn	€ 7
Lingotto al maracuja Maracuja mousse with a thin layer of ruby chocolate – 7	Df Gf Rw Vgl Vgn	€ 8
Cheesecake tropicale Goiaba cheesecake with cocoa nuts and pears – 1 - 7	Df Gf Rw Vgl Vgn	€ 8
Baklava al cocco e fiori d'arancio Vegan Baklava dessert with organic almonds, nuts, walnuts, coconut and orange flowers – 1 - 8	Df Gf Rw Vgl Vgn	€ 8

ORGANIC DESSERT

Torta triplice passione Cake with dark chocolate, white chocolate, dried coconut, raspberry, vanilla, pink Himalayan salt – 1 - 3 - 7	Df Gf Rw Vgl Vgn	€ 7
Torta amalfitana Cake with organic lemons cream from Amalfi, limoncello liqueur, white chocolate and pink Himalayan salt – 1 - 3 - 7	Df Gf Rw Vgl Vgn	€ 7
Streusel di frutta di stagione Cake with walnuts, pastry cream and seasonal fruits – 1 - 3 - 7 - 8	Df Gf Rw Vgl Vgn	€ 7

Fruit Platters

Small fruit platter Selection of tropical and seasonal fresh fruits	Df Gf Rw Vgl Vgn	€ 11
Medium fruit platter (2 PERSONS) Selection of tropical and seasonal fresh fruits	Df Gf Rw Vgl Vgn	€ 18
Large fruit platter (4 PERSONS) Selection of tropical and seasonal fresh fruits	Df Gf Rw Vgl Vgn	€ 28
Tropical fruit platter Selection of tropical fruits (depending on availability season) with mango, papaya, pineapple, kiwi, passion fruit	Df Gf Rw Vgl Vgn	€ 14
Fresh mango Two half mangoes - depending on seasonal availability	Df Gf Rw Vgl Vgn	€ 11
Avocado al piatto Avocado slices depending on seasonal availability	Df Gf Rw Vgl Vgn	€ 9

GRANITE DI FRUTTA

We prepare everyday our fruit granitè only with 100% fresh pulp without food additives or fruit syrups

Mango e maracuja An excellent aroma, with the antioxidants of passion fruit and the sweetness of mango	€ 7
Limone menta e zenzero Classic lemon with mint and ginger	€ 7
Mandorle e caffè' 100% organic Arabica coffee and organic toasted almonds – 8	€ 7

Energy Bowls - Tigela

The açai, originally from Brazil, contains a mixture of antioxidants for a feeling of well-being and vitality. Try it the classic "Tigela" way.

Açai na tigela Açai, banana, strawberry, guaranà, granola – 1 - 8 Rich in antioxidants, omega 3 and low in calories, for a full of energy	<table><tr><td>Df</td><td>Gf</td></tr><tr><td>Rw</td><td>Vgt</td></tr><tr><td>Vgn</td><td></td></tr></table>	Df	Gf	Rw	Vgt	Vgn		€ 8
Df	Gf							
Rw	Vgt							
Vgn								
Maracuja na tigela Maracujà and cajù, banana, strawberry, guaranà, granola – 1 - 8 A natural relaxing, with lots of vitamins and antioxidants	<table><tr><td>Df</td><td>Gf</td></tr><tr><td>Rw</td><td>Vgt</td></tr><tr><td>Vgn</td><td></td></tr></table>	Df	Gf	Rw	Vgt	Vgn		€ 8
Df	Gf							
Rw	Vgt							
Vgn								
Papaya na tigela Papaya, guayaba, banana, strawberries, guaranà, muesli granola – 1 - 8 Help the weight loss, rich in minerals	<table><tr><td>Df</td><td>Gf</td></tr><tr><td>Rw</td><td>Vgt</td></tr><tr><td>Vgn</td><td></td></tr></table>	Df	Gf	Rw	Vgt	Vgn		€ 8
Df	Gf							
Rw	Vgt							
Vgn								

Shakes and Fruits

Refreshing, healthy, contributing to the daily requirement of vitamins and minerals

Arancia Orange	€ 5	Citrus Orange, lemon, grapefruit	€ 5,5
Nicole Orange, carrot, apple, mint	€ 5,5	Ginger Pineapple, fennel, ginger, apple	€ 5,5
Annette Orange, pineapple, apple, lemon	€ 5,5	Alicia Celery, cucumber, pineapple, ginger	€ 6
Sucoverde White cabbage, spinach, pineapple, spirulina seaweed (Antioxidant, slimming, rich in protein and iron)	€ 6	Ornella Celery, fennel, carrots, ginger (Burns fat and improves your metabolism)	€ 5,5
Aggiunta di una frutta o un ingrediente a partire da € 1		Morgan Watermelon, pear, pineapple, yerba mate, moringa (an aid to weight loss, energy, stimulate)	€ 6

Macedonia and Yogurt

TuttiFrutti Mix of a range of seasonal fresh fruits (add yogurt, cereals or ice cream from €1 each)	€ 5
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Solo Yogurt Low-fat yogurt with cereals (add almonds, honey, chocolate chips or fruit from €1 each) – 1 - 7 - 8	€ 5
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Cold Pressed Juices

Cherry Cherry tomatoes, apple, cucumber, lemon With lycopene and vitamin C, skin care	€ 7
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Tango Mango, pineapple, peach, melon May stimulate digestion, fatigue recovery	€ 7
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Reset Kiwi, apple, pineapple, orange Anti-oxidant effects, may stimulate digestion	€ 7
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Healthy Smoothies - with Proteins

Smoothies that improve your well-being with super fruits and Aloe

	Medium	Large
Caracas Organic aloe, avocado, mango Rich in omega 3, anti-inflammatory, with vitamin A and E	€ 7	€ 8
Caienna Avocado, dates, banana, almond milk – 8 Rich in antioxidants and anti-inflammatory, prevents high cholesterol	€ 7	€ 8
Veracruz Organic chia seeds, mango, papaya, pineapple Helps to weight loss, rich in Omega 3 and calcium	€ 7	€ 8
Madagascar Baobab fruit, passion fruit, guayaba, banana, pineapple Fosters a sense of satiety, Vitamins A, C, calcium and iron	€ 7	€ 8
Martinique Maca powder, Açai, mango, pineapple, orange Natural aphrodisiac, against stress	€ 7	€ 8
Santiago Peach Aloe Vera, papaya, banana, apple Anti-inflammatory, digestive, diuretic	€ 7	€ 8
Sansone Soft fruits, pineapple, orange, protein Supports muscle development, with proteins and amino acids	€ 7	€ 8
Nicoya Organic Goji berries, graviola, apple Antioxidant and anti-inflammatory	€ 7	€ 8
Aloe vera shot (PEACH or PLAIN) Detoxification, immune system stimulant, anti-inflammatory		€ 3

Milkshakes and Dairy Smoothies

	Medium	Large
Red Love Strawberry, banana, low-fat milk or soy milk – 6 - 7 - 8	€ 7	€ 8
Willy Wonka Banana, toasted cocoa beans from Ecuador, ice cream – 3 - 7 - 8	€ 7	€ 8
Il Cairo Organic dates, raisins, coconut, almond milk, organic soy milk – 6 - 8	€ 7	€ 8

100% Fruit Smoothies

	Medio	Grande
Vitamina C Kiwi, acerola, orange – with a boost of Vitamin C!	€ 7	€ 8
Strong John Guayaba, banana, apple, guaraná – energy and natural guaraná caffeine	€ 7	€ 8
Formosa Papaya, strawberry, orange – burns fat and helps digestion	€ 7	€ 8
San Jose' Passion fruit, banana, mint, apple – minerals from banana and a lot of taste!	€ 7	€ 8
Copacabana Coconut, kiwi, banana – vitamin C and potassium	€ 7	€ 8
Alessio Maracuja, strawberries, apple – anti-stress and relaxing	€ 7	€ 8
Floripa Açaí, banana, apple – full of antioxidants and omega 3	€ 7	€ 8
San Diego Pineapple, papaya, mint – burns fat and improves your metabolism	€ 7	€ 8
Buzz Mango, graviola, ginger, apple – vitamins and minerals	€ 7	€ 8
Macao Peach, mango, apple – against water retention, diuretic, rich in polyphenols	€ 7	€ 8
Fiji Melon, apricot, honey, apple – few calories and so much sweetness!	€ 7	€ 8
Jimmy Joe Watermelon, lime, mint – natural thirst quenching	€ 7	€ 8

Ice Cream

A small selection of cup ice creams, served with fresh fruits or with chocolate flakes

Ginger tropicale Ice cream with mango & maracuja served with fresh fruits	€ 8
Ginger classic Ice cream with pistachio, spicy chocolate, ginger and lemon cream, served with chocolate flakes and fresh pistachio nuts – 1 - 3 - 7 - 8	€ 8

Tea, Herbal Infusions, Herbal Teas & Coffee

All of our tea selections come from organic or biodynamic farming

Organic coffee, Organic American Coffee € 2

Cappuccino, Organic Soy Cappuccino, Ice Coffee € 3

ORGANIC TEA

Ginseng beauty € 6
Organic green tea with liquorice root, lemongrass, ginseng root and ginger

Duke's blues € 6
Organic Black tea with bergamot flavoring and corn flower petals

Tiffany's breakfast € 6
Like Holly, sweet, balanced and elegantly balanced organic black tea

The Secret Life of Chai € 6
This Chai is a unique blend of black tea, Ginger, Star anise, Orange peel, Cardamom seed

Mount Feather € 6
Organic green tea. Sweet, refreshing with a smart finish

Dragon Pearl Jasmine € 6
Organic green tea with a jasmine flower parts

Lychee White Peony € 6
Organic white tea and rose petals with lychee flavoring

Long life brows € 6
Organic white tea

Tropicoco € 6
Mango, apple, coconut pieces, hibiscus white, liquorice root and flavoring

Natural tea blossoms € 6
Green tea with marigold flower

Queen berry - te alla frutta € 6
Hibiscus, elderberry, currant, rosehip, blackcurrant, blueberries, strawberry pieces and natural flavoring

HERBAL INFUSIONS

Beeeee Calm € 6
Organic camomile with honey and vanilla flavoring

Ener Ginger € 6
Lemongrass, ginger, rosemary and lemon verbena

Merry Peppermint € 6
Liquorice root, peppermint, fennel, basil

15% OFF TAKE AWAY

Soft Drinks, Wine By The Glass, Liqueurs and Cocktails

WATER

Water Carafe Filtered natural or sparkling water, 1 liter	€ 2
Water Bottle Natural or sparkling water 0,75cl	€ 3

DRAFT BEER

Nastro Azzurro - Pilsner Urquell - Gran Riserva Small	€ 5
Nastro Azzurro - Pilsner Urquell - Gran Riserva Medium	€ 7

BEER IN BOTTLE

Birra Menabrea 33 cl	€ 5
Birra Theresianer Artigianale Lager 33 cl	€ 6
Birra Franziskaner Weiss 50 cl	€ 8
Non-Alcoholic Beer 33 cl	€ 6
Various artisan beers in bottle (please ask for our wine and beer list)	from € 7

SOFT DRINKS

Coca Cola / Sprite / Fanta / Chinotto / Redbull / Cedrata / Schweppes	€ 4
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WINE BY THE GLASS

House wine white or red by the glass

€ 5

Selection of wines and prosecco by the glass

from
€ 5

WINE - PROSECCO - CHAMPAGNE
SPUMANTE PER BOTTLE

PLEASE ASK FOR OUR WINE LIST

AMARI, PORTO, VERMUTH,
LIQUEURS, WHISKEY, RHUM, GRAPPA

Ginger selection by the glass

from
€ 4

COCKTAILS

Ginger selection of cocktails

from
€ 10