

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 – 1	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 Rw Vgn	Gf Vgl	€ 7,5
Patanegra Baguette with cured Iberian ham, tomato sauce, Organic Extra Virgin Olive Oil "Le Masciare" – 1	Df Rw Vgn	Gf Vgl	€ 10
Ponte Baguette with cured Parma D.O.P. ham, baby spinach, brie cheese – 1 - 7	Df Rw Vgn	Gf Vgl	€ 8,5
Garibaldi Baguette with aged Parma D.O.P. cured ham, mozzarella, rocket, artichokes, Organic Extra Virgin Olive Oil – 1 - 7	Df Rw Vgn	Gf Vgl	€ 8

COOKED HAM

Farnese Baguette with Prague cooked ham, grilled zucchini, cream cheese, basil, Organic Extra Virgin Olive Oil "Le Masciare" – 1 - 7	Df Rw Vgn	Gf Vgl	€ 7,5
Consolato Baguette with Prague cooked ham, avocado, lime, fresh tomato, Organic Extra Virgin Olive Oil "Le Masciare", salt – 1	Df Rw Vgn	Gf Vgl	€ 8,5
Giulio Cesare Baguette with Prague cooked ham, zucchini, smoked cheese, rocket, Organic Extra Virgin Olive Oil "Le Masciare" – 1 - 7	Df Rw Vgn	Gf Vgl	€ 7,5
Corso Baguette with Prague cooked ham, mozzarella, fresh tomatoes, rocket, Organic Extra Virgin Olive Oil "Le Masciare" – 1 - 7	Df Rw Vgn	Gf Vgl	€ 7,5

OTHER COLD CUTS

Belli Baguette with Bresaola cured and salted dried beef, parmesan cheese, rocket, Organic Extra Virgin Olive Oil "Le Masciare" – 1 - 7	Df Rw Vgn	Gf	€ 8
Veneto Baguette with turkey ham, Brie de Meaux A.O.C. cheese, grilled zucchini, rocket, Organic Extra Virgin Olive Oil – 1 - 7	Df Rw Vgn	Gf Vgl	€ 7,5
Prati Baguette with Pedrazzoli "lardo" ham, honey, mozzarella di bufala DOP – 1 - 7	Df Rw Vgn	Gf	€ 8
Esquilino Baguette with homemade roast pork, iceberg salad and homemade mustard – 1 - 3 - 10	Df Rw Vgn	Gf Vgl	€ 8,5
Celio Baguette with smoked ham speck, brie cheese, radicchio, peas cream – 1 - 7	Df Rw Vgn	Gf Vgl	€ 8,5
Dandolo Baguette with mortadella salami, pistachios, parmesan and crescenza cheese, Organic Extra Virgin Olive Oil "Le Masciare" – 1 - 7	Df Rw Vgn	Gf Vgl	€ 7,5

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 lettuce – 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, 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

Df	Gf
Rw	Vgl
Vgn	

€ 10

Maddalena

Mixed salad, rocket, celery, beetroot, lentils, organic sprouts, organic mixed seeds – 9

Df	Gf
Rw	Vgl
Vgn	

€ 11

Rovere

Mixed salad leaves (yellow and red lettuce, rocket, spinach), organic dates, cashews, organic mixed seeds, celeriac, lime zests – 8

Df	Gf
Rw	Vgl
Vgn	

€ 12

VEGETARIAN

Navona

Mixed salad, avocado, black olives, cherry tomatoes, goat cheese – 7

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

Pola

Mixed salad leaves (yellow and red lettuce, rocket, spinach), strawberries, black olives, brie cheese, mixed organic seeds – 7

Df	Gf
Rw	Vgl
Vgn	

€ 13

Morgana

Mixed salad, carrots, radishes, Greek feta cheese, black olives, pistachios – 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

Creme brulèe al pistacchio Pistachio creme brulèe with brown sugar – 3 - 7 - 8	Df Gf Rw Vgl Vgn	€ 7
Tiramisù al caffè Homemade Tiramisù – 1 - 3 - 7	Df Gf Rw Vgl Vgn	€ 7
Lingotto al maracuja Maracuja mousse with a thin layer of dark chocolate – 7	Df Gf Rw Vgl Vgn	€ 8
Brownie alle noci bio Chocolate brownie with organic walnuts and raspberry ice cream – 1 - 3 - 7 - 8	Df Gf Rw Vgl Vgn	€ 8
Crema alle nocciole e fragole Hazelnut cream with strawberries, chocolate sponge cake and organic almond crumble – 1 - 3 - 7 - 8	Df Gf Rw Vgl Vgn	€ 7

ORGANIC DESSERT

Torta del buongiorno Coffee cake with dark chocolate and hazelnuts – 1 - 7 - 8	Df Gf Rw Vgl Vgn	€ 7
Torta ai Frutti Rossi Cake with red fruit and white chocolate frosting – 1 - 7 - 8	Df Gf Rw Vgl Vgn	€ 7
Strudel di mele Apple strudel with pine nuts, raisins, cinnamon – 1 - 3 - 7	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

15% OFF TAKE AWAY

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, guaraná, granola – 1 - 8
Rich in antioxidants, omega 3 and low in calories, for a full of energy

Df Gf
Rw Vgt
Vgn € 8

Maracujá na tigela

Maracujá and cajú, banana, strawberry, guaraná, granola – 1 - 8
A natural relaxing, with lots of vitamins and antioxidants

Df Gf
Rw Vgt
Vgn € 8

Papaya na tigela

Papaya, guayaba, banana, strawberries, guaraná, muesli granola – 1 - 8
Help the weight loss, rich in minerals

Df Gf
Rw Vgt
Vgn € 8

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

Jamie

Red cabbage, apple, cinnamon

€ 5,5

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

You can add an extra ingredient from 1 euro

Macedonia and Yogurt

Tuttifrutti

Mix of a range of seasonal fresh fruits (add yogurt, cereals or ice cream from € 1 each)

€ 5

Solo Yogurt

Low-fat yogurt with cereals (add almonds, honey, chocolate chips or fruit from € 1 each) – 1 - 7 - 8

€ 5

Cold Pressed Juices

Moorea

Strawberries, basil, grapefruit and vanilla
Beta carotene and Vitamin

€ 7

Detox

beetroot, cucumbers, lemon and ginger
Detox, boost of vitamin

€ 7

Tonga

Kiwi, orange, spinach and radish
Detox with folic acid and iron

€ 7

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	€ 6,5	€ 7,5
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	€ 6,5	€ 7,5
Willy Wonka Banana, toasted cocoa beans from Ecuador, ice cream – 3 - 7 - 8	€ 6,5	€ 7,5
Il Cairo Organic dates, raisins, coconut, almond milk, organic soy milk – 6 - 8	€ 6,5	€ 7,5

100% Fruit Smoothies

	Medio	Grande
Vitamina C Kiwi, acerola, orange – with a boost of Vitamin C!	€ 6,5	€ 7,5
Strong John Guayaba, banana, apple, guaraná – energy and natural guaraná caffeine	€ 6,5	€ 7,5
Formosa Papaya, strawberry, orange – burns fat and helps digestion	€ 6,5	€ 7,5
San Jose' Passion fruit, banana, mint, apple – minerals from banana and a lot of taste!	€ 6,5	€ 7,5
Copacabana Coconut, kiwi, banana – vitamin C and potassium	€ 6,5	€ 7,5
Alessio Maracuja, strawberries, apple – anti-stress and relaxing	€ 6,5	€ 7,5
Floripa Açaí, banana, apple – full of antioxidants and omega 3	€ 6,5	€ 7,5
San Diego Pineapple, papaya, mint – burns fat and improves your metabolism	€ 6,5	€ 7,5
Buzz Mango, graviola, ginger, apple – vitamins and minerals	€ 6,5	€ 7,5
Bolivar Mango, banana, cinnamon, orange – antioxidant	€ 6,5	€ 7,5

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
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Cappuccino, Organic Soy Cappuccino, Ice Coffee	€ 3
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ORGANIC TEA

Ginseng beauty Organic green tea with liquorice root, lemongrass, ginseng root and ginger	€ 6
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Duke's blues Organic Black tea with bergamot flavoring and corn flower petals	€ 6
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Tiffany's breakfast Like Holly, sweet, balanced and elegantly balanced organic black tea	€ 6
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The Secret Life of Chai This Chai is a unique blend of black tea, Ginger, Star anise, Orange peel, Cardamom seed	€ 6
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Mount Feather Organic green tea. Sweet, refreshing with a smart finish	€ 6
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Dragon Pearl Jasmine Organic green tea with a jasmine flower parts	€ 6
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Lychee White Peony Organic white tea and rose petals with lychee flavoring	€ 6
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Long life brows Organic white tea	€ 6
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Tropicoco Mango, apple, coconut pieces, hibiscus white, liquorice root and flavoring	€ 6
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Natural tea blossoms Green tea with marigold flower	€ 6
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Queen berry - te alla frutta Hibiscus, elderberry, currant, rosehip, blackcurrant, blueberries, strawberry pieces and natural flavoring	€ 6
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HERBAL INFUSIONS

Beeeee Calm Organic camomile with honey and vanilla flavoring	€ 6
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Ener Ginger Lemongrass, ginger, rosemary and lemon verbena	€ 6
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Merry Peppermint Liquorice root, peppermint, fennel, basil	€ 6
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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