

Cold Cuts and Cheese

Selezioni biologiche di salumi e formaggi Organic "Pedrazzoli" and "Galloni" hams and salami and organic seasonal cheeses – 1 - 7	Df Rw Vgn	Gf Vgl	€ 22
Selezioni di salumi iberici Selection of hand-cut cured Iberian hams , Cecina de Leòn (salted & dried beef), chorizo, lomo and salchichon – 1	Df Rw Vgn	Gf Vgl	€ 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 Rw Vgn	Gf Vgl	€ 16
Selezioni patanegra Selection of cured hand-cut Iberian hams – 1	Df Rw Vgn	Gf Vgl	€ 24
Involtini di patanegra e mango Iberian ham rolls filled with fresh sliced mango – 1	Df Rw Vgn	Gf Vgl	€ 18
Selezioni formaggi Ginger Selection of Italian cheeses – 1 - 7	Df Rw Vgn	Gf Vgl	€ 16
Selezioni salumi e formaggi Selection of Italian hams, salami and cheeses depending on seasonal availability – 1 - 7	Df Rw Vgn	Gf Vgl	€ 20
Bresaola artigianale Artisanal "bresaola" cured and salted dried beef – 1	Df Rw Vgn	Gf Vgl	€ 16
Selezioni prosciutti e salumi Ginger Selection of hams and salami – 1	Df Rw Vgn	Gf Vgl	€ 16
Culatta di crudo 12 months cured "Culatello" ham – 1	Df Rw Vgn	Gf Vgl	€ 16
Prosciutto di parma e mozzarella di bufala d.o.p 24 months cured Parma D.O.P. ham with buffalo mozzarella – 1	Df Rw Vgn	Gf Vgl	€ 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 24 months cured Parma D.O.P. ham, mozzarella, fresh tomatoes, Organic Extra Virgin Olive Oil "Le Masciare" – 1 - 7	Df Gf Rw Vgl Vgn	€ 7,5
Patanegra Baguette with cured Iberian ham, tomato sauce, Organic Extra Virgin Olive Oil "Le Masciare" – 1	Df Gf Rw Vgl Vgn	€ 10
Gianicolo Baguette with 24 months aged Parma D.O.P. cured ham, radish salad and homemade mayonnaise – 1 - 3	Df Gf Rw Vgl Vgn	€ 8
Garibaldi Baguette with 24 months aged Parma D.O.P. cured ham, mozzarella, rocket, artichokes, Organic Extra Virgin Olive Oil – 1 - 7	Df Gf Rw Vgl Vgn	€ 8

COOKED HAM

Farnese Baguette with Prague cooked ham, grilled courgettes, cream cheese, basil, Organic Extra Virgin Olive Oil "Le Masciare" – 1 - 7	Df Gf Rw Vgl Vgn	€ 7,5
Consolato Baguette with Prague cooked ham, avocado and lime sauce, fresh tomato, Organic Extra Virgin Olive Oil "Le Masciare", salt – 1	Df Gf Rw Vgl Vgn	€ 8,5
Giulio cesare Baguette with Prague cooked ham, zucchini, smoked cheese, rocket salad, Organic Extra Virgin Olive Oil "Le Masciare" – 1 - 7	Df Gf Rw Vgl Vgn	€ 7,5
Corso Baguette with Prague cooked ham, mozzarella, fresh tomatoes, rocket salad, Organic Extra Virgin Olive Oil "Le Masciare" – 1 - 7	Df Gf Rw Vgl Vgn	€ 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 Gf Rw Vgl Vgn	€ 8
Veneto Baguette with turkey ham, Brie de Meaux A.O.C. cheese, grilled zucchini, rocket salad, Organic Extra Virgin Olive Oil – 1 - 7	Df Gf Rw Vgl Vgn	€ 7,5
Prati Baguette with Pedrazzoli "lardo" ham, honey, mozzarella di bufala DOP – 1 - 7	Df Gf Rw Vgl Vgn	€ 8
Esquilino Baguette with homemade roast pork, iceberg salad and remoulade sauce – 1 - 3 - 10	Df Gf Rw Vgl Vgn	€ 8,5
Felice Baguette with organic salami, certosa cheese, sauteed turnip greens – 1 - 7	Df Gf Rw Vgl Vgn	€ 8
Dandolo Baguette with mortadella salami, pistachionuts, Parmesan and Crescenza cheese, Organic Extra Virgin Olive Oil "Le Masciare" – 1 - 7	Df Gf Rw Vgl Vgn	€ 7,5

VEGETARIAN

Vittorio

Baguette with sauteed turnip greens, certosa cheese – 1 - 7

Df	Gf	€ 7,5
Rw	Vgl	
Vgn		

Tiziano

Baguette with porcini mushrooms, D.O.P. parmigiano cheese, rocket, Organic Extra Virgin Olive Oil "Le Masciare" – 1 - 7

Df	Gf	€ 8
Rw	Vgl	
Vgn		

Urbano

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

Df	Gf	€ 7
Rw	Vgl	
Vgn		

FISH

Oratorio

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

Df	Gf	€ 10
Rw	Vgl	
Vgn		

Bramante

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

Df	Gf	€ 10
Rw	Vgl	
Vgn		

WITH MEAT

Biscione

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

Df	Gf	€ 10
Rw	Vgl	
Vgn		

Roastbeef

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

Df	Gf	€ 10
Rw	Vgl	
Vgn		

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, fennel, carrots, celery, almonds, raisins, avocado, mixed organic seeds – 8 - 9

Df	Gf
Rw	Vgl
Vgn	

€ 10

Vignola

Mixed salad leaves (yellow and red lettuce, rocket, spinach), fennel, avocado, walnuts, orange, organic sprouts – 8

Df	Gf
Rw	Vgl
Vgn	

€ 12

VEGETARIAN

Palomba

Mixed salad, pears, goat cheese, organic walnuts, fresh mint – 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

Cernaia

Mixed salad leaves (yellow and red lettuce, rocket, spinach), mushrooms, tomatoes, D.O.P. "Pecorino romano" cheese, carrots, organic sprouts – 7

Df	Gf
Rw	Vgl
Vgn	

€ 12

WITH MEAT AND FISH

Mazzini

Mixed salad leaves (yellow and red lettuce, rocket, spinach), homemade organic roastbeef, cherry tomatoes, D.O.P. parmesan cheese, organic sprouts – 7 - 10

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, mustard and yogurt sauce – 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, salmon, mango, pistachio nuts, mixed organic seeds – 4 - 8

Df	Gf
Rw	Vgl
Vgn	

€ 13

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

Pera alla crema di liquirizia e cioccolato

Red wine pear with liquorice cream and chocolate ganache – 7 - 8

Df Gf
Rw Vgl
Vgn € 8

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

Tortino al cioccolato

Hot chocolate cake and vanilla english cream – 3 - 7

Df Gf
Rw Vgl
Vgn € 7

Mousse di cacao bio e avocado

Organic cocoa mousse, avocado, coconut milk, organic agave syrup and pod of mixed organic seeds – 11

Df Gf
Rw Vgl
Vgn € 8

ORGANIC DESSERT

Torta Sacher

Chocolate cake and apricot jam – 1 - 3 - 7

Df Gf
Rw Vgl
Vgn € 7

Torta cioccolato e arancia

Cake with orange cream, dark chocolate and orange zest – 1 - 3 - 7

Df Gf
Rw Vgl
Vgn € 7

Strudel di mele

Apple strudel with pine nuts, raisins, cinnamon, butter, lemon zest and pink Himalayan salt – 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, guaranà, granola – 1 - 8
Rich in antioxidants, omega 3 and low in calories, for a full of energy

Df Gf
Rw Vgt
Vgn € 8

Maracuja na tigela

Maracujà and cajù, banana, strawberry, guaranà, granola – 1 - 8
A natural relaxing, with lots of vitamins and antioxidants

Df Gf
Rw Vgt
Vgn € 8

Papaya na tigela

Papaya, guava, banana, strawberries, guaranà, 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

Nina

Celeriac, pineapple, tangerine, turmeric
(anti-inflammatory)

€ 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

Shirley

Pumpkin, pear, tangerine, vanilla

€ 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 chocolate from € 1 each)

€ 5

Solo Yogurt

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

€ 5

Cold Pressed Juices

Kavala

Squash, radish, apple, cinnamon
Against high cholesterol and rich in antioxidants and potassium

€ 7

Wally

Kiwi, pear, yellow melon, licorice
Boost of vitamin C

€ 7

Granada

100% pomegranate extract
Helps the immune system, rich in flavonoids, minerals and antioxidants

€ 7

Healthy Smoothies - with Proteins

Smoothies that improve your well-being with honey and other bee products,
Aloe Vera and pomegranate

	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, guava, 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
Acapulco Pomegranate, apple, graviola, ginger Rich in potassium, draining, anti-aging	€ 7	€ 8
Lima Royal jelly, bee pollen, berries, Caja, apple, honey Anti-fatigue, anti-aging, improves mood	€ 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
Loto Persimmon, tangerine, propolis Rich in vitamin C, an aid against fever	€ 7	€ 8
Nicoya Organic Goji berries , graviola, apple Antioxidant and anti-inflammatory	€ 7	€ 8
Aloe vera shot (PEACH, BERRIES, PLAIN) Detoxification, immune system stimulant, anti-inflammatory		€ 3
Bomba Shot LEMON, ORANGE, GINGER, HONEY, PROPOLIS Strong taste, good for sore throats and colds		€ 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 Bananas, toasted cocoa beans from Ecuador, ice cream – 3 - 7 - 8	€ 6,5	€ 7,5
Creamy Coffee, banana, caramel cream, soy milk – 6 - 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 Goiaba, banana, apple, guaranà – energy and natural guaranà 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 Açai, 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

Ice Cream

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

Ginger tropicale Ice cream with mango & passion fruit served with fresh fruits	€ 8
Ginger classic Ice cream with pistachio, 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

Hot Chocolate € 5
Homemade chocolate from monorigin cocoa beans

ORGANIC TEA

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

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, orange peel, liquorice root, roasted chicory 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