

# 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 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

## 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. and basil – 1 - 7

Df | Gf  
Rw | Vgl  
Vgn

€ 15

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	€ 7,5
Rw	Vgl	
Vgn		

### Pataneira

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

Df	Gf	€ 10
Rw	Vgl	
Vgn		

### Garibaldi

Baguette with 24 months 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 courgettes, cream 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 and lime sauce, fresh tomato, Organic Extra Virgin Olive Oil "Le Masciare", salt – 1

Df	Gf	€ 8,5
Rw	Vgl	
Vgn		

### Giulio cesare

Baguette with Prague cooked ham, zucchini, smoked cheese, rocket salad, Organic Extra Virgin Olive Oil "Le Masciare" – 1 - 7

Df	Gf	€ 7,5
Rw	Vgl	
Vgn		

### Corso

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

Df	Gf	€ 7,5
Rw	Vgl	
Vgn		

### Esquilino

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

Df	Gf	€ 8,5
Rw	Vgl	
Vgn		

### Dandolo

Baguette with mortadella salami, pistachio nuts, Parmesan and Crescenza cheese, Organic Extra Virgin Olive Oil "Le Masciare" – 1 - 7

Df	Gf	€ 7,5
Rw	Vgl	
Vgn		

## VEGETARIAN

### Vittorio

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

Df	Gf
Rw	Vgl
Vgn	

 € 7,5

### Urbana

Baguette with fresh tomatoes, buffalo mozzarella D.O.P, basil and organic pinenuts 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, orange 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 - 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, 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

### Trafo

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 – 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

<b>Creme brulee e lamponi</b> Creme brulé with warm raspberry cream – 1 - 3-7	Df   Gf Rw   Vgt Vgn	€ 7
<b>Brownies al cioccolato</b> Chocolate brownies with vanilla and mint custard, hot strawberry sauce and organic hazelnuts – 1 - 3-7-8	Df   Gf Rw   Vgt Vgn	€ 7
<b>Panna cotta alla papaya</b> Papaya panna cotta with dark chocolate wafer, papaya cream and toasted cocoa beans – 7	Df   Gf Rw   Vgt Vgn	€ 8
<b>Tiramisù al caffè</b> Homemade tiramisù – 1 - 3-7	Df   Gf Rw   Vgt Vgn	€ 7

## Fruit Platters

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

# 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 Vgl  
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 Vgl  
Vgn € 8

## Papaya na tigela

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

Df Gf  
Rw Vgl  
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

### Brooke

Grape, pear, orange, ginger

€ 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

### Rachel

Grapes, grapefruit, pineapple, cinnamon

€ 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

### Grapenergy

Grapefruit, pineapple, pear, banana  
Against high cholesterol and rich in antioxidants and potassium

€ 7

### Wanaka

Orange, grape, kiwi, strawberry  
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
<b>Caracas</b> Organic aloe, avocado, mango Rich in omega 3, anti-inflammatory, with vitamin A and E	€ 7	€ 8
<b>Caienna</b> Avocado, dates, banana, almond milk – 8 Rich in antioxidants and anti-inflammatory, prevents high cholesterol	€ 7	€ 8
<b>Veracruz</b> Organic chia seeds, mango, papaya, pineapple Helps to weight loss, rich in Omega 3 and calcium	€ 7	€ 8
<b>Madagascar</b> Baobab fruit, passion fruit, guava, banana, pineapple Fosters a sense of satiety, Vitamins A, C, calcium and iron	€ 7	€ 8
<b>Martinique</b> Maca powder, Açai, mango, pineapple, orange Natural aphrodisiac, against stress	€ 7	€ 8
<b>Acapulco</b> Pomegranate, apple, graviola, ginger Rich in potassium, draining, anti-aging	€ 7	€ 8
<b>Flores</b> Caja, prickly pears, honey Strengthens the immune system	€ 7	€ 8
<b>Santiago</b> Peach Aloe Vera , papaya, banana, apple Anti-inflammatory, digestive, diuretic	€ 7	€ 8
<b>Sansone</b> Soft fruits, pineapple, orange, protein Supports muscle development, with proteins and amino acids	€ 6,5	€ 7,5
<b>Aloe vera shot</b> (PEACH, BERRIES, PLAIN) Detoxification, immune system stimulant, anti-inflammatory		€ 3

## Milkshakes and Dairy Smoothies

	Medium	Large
<b>Red Love</b> Strawberry, banana, low-fat milk or soy milk – 6 - 7	€ 6,5	€ 7,5
<b>Willy Wonka</b> Bananas, toasted cocoa beans from Ecuador, ice cream – 3 - 7	€ 6,5	€ 7,5
<b>Creamy</b> Coffee, banana, caramel cream, soy milk – 6	€ 6,5	€ 7,5

# 100% Fruit Smoothies

	Medium	Large
<b>Vitamina C</b> Kiwi, acerola, orange – with a boost of Vitamin C!	€ 6,5	€ 7,5
<b>Strong John</b> Goiaba, banana, apple, guaranà – energy and natural guaranà caffeine	€ 6,5	€ 7,5
<b>Papeete</b> Goiaba, grapes, honey, mint – detoxifying and draining	€ 6,5	€ 7,5
<b>Formosa</b> Papaya, strawberry, orange – burns fat and helps digestion	€ 6,5	€ 7,5
<b>San Jose'</b> Passion fruit, banana, mint, apple – minerals from banana and a lot of taste!	€ 6,5	€ 7,5
<b>Copacabana</b> Coconut, kiwi, banana – vitamin C and potassium	€ 6,5	€ 7,5
<b>Alessio</b> Maracuja, strawberries, apple – anti-stress and relaxing	€ 6,5	€ 7,5
<b>Floripa</b> Açai, banana, apple – full of antioxidants and omega 3	€ 6,5	€ 7,5
<b>San Diego</b> Pineapple, papaya, mint – burns fat and improves your metabolism	€ 6,5	€ 7,5
<b>Buzz</b> 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

<b>Ginger tropicale</b> Ice cream with mango & passion fruit served with fresh fruits	€ 8
<b>Ginger classic</b> Ice cream with pistachio, chocolate, ginger and lemon cream, served with chocolate flakes and fresh pistachio nuts – 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

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

<b>Beeeee Calm</b> Organic camomile with honey and vanilla flavoring	€ 6
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<b>Ener Ginger</b> Lemongrass, ginger, rosemary and lemon verbena	€ 6
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<b>Merry Peppermint</b> Liquorice root, peppermint, fennel, basil	€ 6
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15% OFF TAKE AWAY

# Soft Drinks, Wine By The Glass, Liqueurs and Cocktails

## WATER

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

## DRAFT BEER

<b>Small</b>	€ 5
<b>Medium</b>	€ 7

## BEER IN BOTTLE

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

## SOFT DRINKS

<b>Coca Cola / Sprite / Fanta / Chinotto / Redbull / Cedrata / Schweppes</b>	€ 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

