

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

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 - 7

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	

 € 16

Df Dairy free

Rw Raw

Vgn Vegan

Gf Gluten free

Vgl Vegetarian



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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	€ 8
Patanegra Baguette with cured Iberian ham, tomato sauce, Organic Extra Virgin Olive Oil "Le Masciare" – 1	Df Gf Rw Vgl Vgn	€ 11
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	€ 8
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	€ 9
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	€ 8
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	€ 8

OTHER COLD CUTS

Belli Baguette with Bresaola cured and salted dried beef, Parmigiano Reggiano 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	€ 8
Esquilino Baguette with homemade roast pork, iceberg salad and dijon mustard – 1 - 3 - 10	Df Gf Rw Vgl Vgn	€ 9
Dandolo Baguette with mortadella salami, pistachionuts, Parmigiano Reggiano and crescenza cheese, Organic Extra Virgin Olive Oil "Le Masciare" – 1 - 7 - 8	Df Gf Rw Vgl Vgn	€ 7,5

VEGETARIAN

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		

Urbana

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	€ 11
Rw	Vgl	
Vgn		

Bramante

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

Df	Gf	€ 11
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	€ 11
Rw	Vgl	
Vgn		

Roastbeef

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

Df	Gf	€ 11
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 € 13

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. Parmigiano Reggiano 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 € 14

Botticella

Mixed salad, rocket, salmon, mango, pistachio nuts, 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

Pera al vino e cioccolato Pears cooked in red wine with whipped cream, dark chocolate and cinnamon – 7 - 8	Df Gf Rw Vgl Vgn	€ 7
Tiramisù al caffè Homemade tiramisù – 1 - 3 - 7	Df Gf Rw Vgl Vgn	€ 7
Zuccotto alle castagne e cioccolato Dark chocolate chestnut zuccotto with hot cream and raspberry sauce – 1 - 3 - 7 - 8	Df Gf Rw Vgl Vgn	€ 7
Semifreddo al torrone Walnuts parfait semifreddo with "amaretto di Saronno" sauce – 3 - 7 - 8	Df Gf Rw Vgl Vgn	€ 8

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

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 € 8,5

Maracujá na tigela

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

Df Gf
Rw Vgt
Vgn € 8,5

Papaya na tigela

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

Df Gf
Rw Vgt
Vgn € 8,5

Shakes and Fruits

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

Arancia

Orange

€ 5

Citrus

Orange, lemon, grapefruit

€ 6

Nicole

Orange, carrot, apple, mint

€ 6

Ginger

Pineapple, fennel, ginger, apple

€ 6

Annette

Orange, pineapple, apple, lemon

€ 6

Shirley

Pumpkin, pear, tangerine, vanilla

€ 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)

€ 6

Nina

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

€ 6

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)

€ 6

Solo Yogurt

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

€ 6

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

€ 8

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	€ 7	€ 8
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 - Organic 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	€ 7	€ 8
Willy Wonka Bananas, organic toasted cocoa beans from Ecuador, ice cream – 3 - 7 - 8	€ 7	€ 8
Creamy Coffee, banana, caramel cream, soy milk – 6 - 8	€ 7	€ 8
Il Cairo Organic dates, raisins, coconut, organic almond milk, organic soy milk – 6 - 8	€ 7	€ 8

15% OFF TAKE AWAY

100% Fruit Smoothies

	Medio	Grande
Vitamina C Kiwi, acerola, orange – with a boost of Vitamin C!	€ 7	€ 8
Strong John Goiaba, banana, apple, guaranà – energy and natural guaranà 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 Açai, 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

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 Bio with organic milk and coffee	€ 3
Vegan Cappuccino with organic soy or almond milk	€ 3,5
Organic Hot Chocolate With organic milk and cocoa	€ 6

ORGANIC TEA served with biscuits

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

HERBAL INFUSIONS

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

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 - Small	€ 5
Nastro Azzurro - Medium	€ 7

BEER IN BOTTLE

Birra Menabrea 33 cl	€ 5
Birra Franziskaner Weiss 50 cl	€ 8
Non-Alcoholic Beer 33 cl	€ 6

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