

## Appetizers

### Roastbeef bio

Organic roastbeef with mustard, mixed salad, marinated apple, green parsley sauce  
- 1 - 3 - 10

Df	Gf
Rw	Vgt
Vgn	

€ 14

### Hummus di ceci bio e patanegra

Organic chickpea hummus , patanegra crumble, crunchy bread, smoked paprika  
- 1 - 11

Df	Gf
Rw	Vgt
Vgn	

€ 12

### Ceviche di ombrina

Raw meagre, sweet and sour onion, avocado, sweet potato, cherry tomatoes, plantain, coriander - 4 - 6

Df	Gf
Rw	Vgt
Vgn	

€ 14

### Uovo pochè bio e tartufo

Organic eggs, purple potato cream, truffle, crunchy parmesan, tomato powder - 3 - 7

Df	Gf
Rw	Vgt
Vgn	

€ 14

### Melanzane alla parmigiana

Organic fried eggplant, tomato and basil sauce, buffalo mozzarella, Parmigiano Reggiano cheese - 1 - 7 - 9

Df	Gf
Rw	Vgt
Vgn	

€ 13

## First Courses

### Rigatoni alla carbonara e tartufo

Artisanal rigatoni fresh pasta with jowl bacon, organic egg, black truffle, pecorino romano cheese - 1 - 3 - 7

Df	Gf
Rw	Vgt
Vgn	

€ 15

### Linguine di kamut al pomodoro bio

Organic linguine pasta kamut from "Pastificio Felicetti" with organic cherry tomato sauce and basil - 1 - 9

Df	Gf
Rw	Vgt
Vgn	

€ 11

### Ravioli alla crema di anacardi bio e rucola

Fresh ravioli pasta filled with ricotta cheese, cream with organic cashews, rocket and mint, stracciatella cheese - 1 - 3 - 7 - 8

Df	Gf
Rw	Vgt
Vgn	

€ 13

### Spaghettoni alle vongole

Organic Spaghettoni pasta from "Pastificio Felicetti" with clams, parsley and garlic - 1 - 14

Df	Gf
Rw	Vgt
Vgn	

€ 14

### Fettuccine scampi e melanzane

Fettuccine fresh pasta with shrimps and smoked eggplants - 1 - 2 - 3 - 9 - b

Df	Gf
Rw	Vgt
Vgn	

€ 15

### Fusilloni al ragù di manzo bio e cinta senese

Organic fusilloni pasta from "Pastificio Sorrentino a Gragnano" with organic beef ragout and "cinta senese" pork - 1 - 7 - 9

Df	Gf
Rw	Vgt
Vgn	

€ 15

### Vellutata di zucca

Pumpkin cream, crunchy bread with thyme and turmeric, organic toasted pumpkin seeds - 1

Df	Gf
Rw	Vgt
Vgn	

€ 12

**Df** Dairy free

**Rw** Raw

**Vgn** Vegan

**Gf** Gluten free

**Vgt** Vegetarian

G

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.

## Main Courses

### Petto di pollo bio alla brace

Grilled organic chicken breast with organic basmati rice, coconut sauce, rosewater, paprika

Df	Gf
Rw	Vgl
Vgn	

 € 18

### Caprino alla griglia e guacamole

Grilled goat cheese and pears, guacamole, organic hazelnuts cream and organic berries  
- 7 - 8

Df	Gf
Rw	Vgl
Vgn	

 € 16

### Ombrina alla brace

Sliced meagre on the grill, tomato cream, chili peppers, eggplants, smoked provola cheese  
- 4 - 7 - b

Df	Gf
Rw	Vgl
Vgn	

 € 22

### Veg Burger

Vegan burger with cauliflower and organic chickpeas with tandoori masala, organic home-made cocoa bread, pakchoi, organic dried tomatoes, organic chickpea mayonnaise, sage flavoured roasted potatoes - 1 - 11

Df	Gf
Rw	Vgl
Vgn	

 € 16

### Cheeseburger di manzo bio

Organic beef burger (200 gr), organic homemade cocoa bread, baby spinach, cheddar, jowl bacon, pumpkin cream, sage-flavoured roasted potatoes - 1 - 7 - 11

Df	Gf
Rw	Vgl
Vgn	

 € 18

### Salmone al forno

Baked salmon fillet with smoked paprika, organic basmati rice, mayonnaise with mint - 3 - 4

Df	Gf
Rw	Vgl
Vgn	

 € 18

### Tagliata di manzo bio

Sliced organic sirloin (250 g) on the grill, sautéed turnip greens, sage flavoured roasted potatoes, chimichurri

Df	Gf
Rw	Vgl
Vgn	

 € 24

### Poke di salmone

Raw salmon bowl, organic black rice, fish eggs, papaya, edamame, cabbage, wakame seaweed, daikon, organic black sesame seeds, mayonnaise with mint - 1 - 3 - 4 - 6 - 11

Df	Gf
Rw	Vgl
Vgn	

 € 18

### Pluma di Iberico

Grilled Iberian pork pluma, mango chutney, chard with soy - 1 - 6

Df	Gf
Rw	Vgl
Vgn	

 € 22

## Side Dishes

### Cime di rapa ripassate

Sautéed turnip greens, garlic and chili pepper

Df	Gf	Vgn
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 € 7

### Verdure di stagione alla griglia

Seasonal vegetables on the grill

Df	Gf	Vgn
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 € 8

### Patate al forno alla salvia

Sage-flavoured roasted potatoes

Df	Gf	Vgn
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 € 7

## Steam Baskets

100 degrees of high-pressure steam without added fats during the cooking process

TO BETTER PRESERVE THE NUTRITIONAL QUALITIES AND THE NATURAL TASTE OF THE MAIN INGREDIENTS, OUR STEAM BASKETS ARE NOT SEASONED. WE ADVISE TO ADD OLIVE OIL AND SALT DRESSING TO THE BASKETS

### Cestino di polpo

Octopus, fregola with cuttlefish ink, cauliflower, potatoes, carrots, taggiasche olives, mustard with dill - 1 - 3 - 10 - 14 - b

Df	Gf
Rw	Vgl
Vgn	

 € 15

### Cestino di pollo bio

Organic chicken kebab marinated in soy, ginger and lime, organic basmati rice, purple potatoes, broccoli, pumpkin, mayonnaise with mint - 1 - 3 - 6

Df	Gf
Rw	Vgl
Vgn	

 € 14

### Cestino Vegano

Organic burger with black lentils and mile, organic black rice, carrots, white turnips, pak choi, pepper cream

Df	Gf
Rw	Vgl
Vgn	

 € 13