

Main Courses

Milanese di tonno

Red or white tuna (depends on availability) fried tataki, seasonal vegetables, mayonnaise with basil – 1 - 3 - 4 - a - b

Df	Gf
Rw	Vgl
Vgn	

 € 22

Veg Burger

Organic vegan red beans burger, organic homemade pumpkin bread, green salad, tomatoes, cucumbers, vegan mayonnaise with basil, curcuma-flavoured roasted potatoes – 1 - 11

Df	Gf
Rw	Vgl
Vgn	

 € 16

Cheeseburger di manzo bio

Organic beef burger (200 gr), organic homemade pumpkin bread, green salad, tomato, crispy bacon, cheddar, mayonnaise with basil, curcuma-flavoured roasted potatoes – 1 - 3 - 11

Df	Gf
Rw	Vgl
Vgn	

 € 18

Petto di pollo bio alla brace

Grilled organic chicken breast with masala sauce and coconut milk, organic wholegrain black rice, organic almonds – 8

Df	Gf
Rw	Vgl
Vgn	

 € 17

Salmone al forno

Baked salmon fillet, crunchy bread with aromatic herbs, organic black rice, mayonnaise with honey and rosemary – 3 - 4

Df	Gf
Rw	Vgl
Vgn	

 € 17

Poke di tonno

Raw tuna bowl with organic basmati rice, fish eggs, papaya, edamame, kale, tomatoes, zucchini, mayonnaise with wasabi – 1 - 3 - 4 - 6 - 11 - a - b

Df	Gf
Rw	Vgl
Vgn	

 € 18

Tagliata di manzo bio

Sliced organic beef sirloin on the grill (250 gr), "caponata" mixed vegetables, curcuma-flavoured roasted potatoes

Df	Gf
Rw	Vgl
Vgn	

 € 24

Caprino alla griglia e avocado

Grilled goat cheese and pears, avocado, organic hazelnuts and organic blueberry marmalade – 7 - 8

Df	Gf
Rw	Vgl
Vgn	

 € 15

Side Dishes

Cicoria ripassata

Sautéed chicory with garlic, chili pepper and organic olive oil

Df	Gf	Vgn
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 € 7

Verdure di stagione alla griglia

Seasonal grilled vegetables

Df	Gf	Vgn
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 € 8

Patate al forno alla curcuma

Curcuma-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 tonno

Steamed tuna fish, fregola pasta with cuttlefish ink, sweet potato, fennels, carrots, olives, organic hummus – 1 - 4 - 11 - 14 - a - b

Df	Gf
Rw	Vgl
Vgn	

 € 15

Cestino di pollo bio

Organic chicken breast meatballs with black sesame seeds, organic almonds, red organic rice, purple potatoes, parsnips, scorzonera, mayonnaise with honey and rosemary – 3 - 7 - 8 - 11

Df	Gf
Rw	Vgl
Vgn	

 € 14

Cestino vegetariano

Organic quinoa burger with endive and mixed organic seeds, organic basmati rice, carrots, green beans, crunchy celery, peas cream – 3 - 7 - 9 - 11

Df	Gf
Rw	Vgl
Vgn	

 € 12