

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	€ 25
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	€ 17
Selezioni patanegra Selection of cured hand-cut Iberian hams – 1	Df Rw Vgn	Gf Vgl	€ 25
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	€ 17
Selezioni salumi e formaggi Selection of Italian hams, salami and cheeses depending on seasonal availability – 1 - 7	Df Rw Vgn	Gf Vgl	€ 20
Selezioni prosciutti e salumi Ginger Selection of hams and salami – 1	Df Rw Vgn	Gf Vgl	€ 18
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 - 7	Df Rw Vgn	Gf Vgl	€ 17
Caprese di Bufala Fresh tomatoes with buffalo mozzarella D.O.P. – 1 - 7	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 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	€ 12
Garibaldi Baguette with aged Parma D.O.P. cured ham, mozzarella, rocket, artichokes, Organic Extra Virgin Olive Oil – 1 - 7	Df Gf Rw Vgl Vgn	€ 8
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

COOKED HAM

Farnese Baguette with Prague cooked ham, grilled zucchini, 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, lime, fresh tomato, Organic Extra Virgin Olive Oil "Le Masciare", salt – 1	Df Gf Rw Vgl Vgn	€ 9
Corso Baguette with Prague cooked ham, mozzarella, fresh tomatoes, rocket, Organic Extra Virgin Olive Oil "Le Masciare" – 1 - 7	Df Gf Rw Vgl Vgn	€ 8
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

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, Organic Extra Virgin Olive Oil – 1 - 7	Df Gf Rw Vgl Vgn	€ 8
Prati Baguette with Pedrazzoli "lardo" ham, honey, mozzarella di bufala DOP – 1 - 7	Df Gf Rw Vgl Vgn	€ 8
Esquilino Baguette with homemade organic roast pork, iceberg salad and homemade mustard – 1 - 3 - 10	Df Gf Rw Vgl Vgn	€ 9
Felice Baguette with organic salami, certosa cheese, sauteed turnip greens – 1 - 7	Df Gf Rw Vgl Vgn	€ 8
Dandolo Baguette with mortadella salami, pistachios, parmesan and crescenza cheese, Organic Extra Virgin Olive Oil "Le Masciare" – 1 - 7 - 8	Df Gf Rw Vgl Vgn	€ 8

VEGETARIAN

Vittorio

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

Df	Gf	€ 8
Rw	Vgl	
Vgn		

Urbana

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

Df	Gf	€ 7,5
Rw	Vgl	
Vgn		

FISH

Oratorio

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

Df	Gf	€ 12
Rw	Vgl	
Vgn		

Bramante

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

Df	Gf	€ 12
Rw	Vgl	
Vgn		

Lipari

Baguette with octopus, basil and organic pine nuts pesto, mozzarella, rocket – 1 - 7 - 14

Df	Gf	€ 12
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	€ 12
Rw	Vgl	
Vgn		

Roastbeef

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

Df	Gf	€ 12
Rw	Vgl	
Vgn		

Bread basket € 2,50

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

Lettuce, spinach, chard, endive, pak choi, fennels, carrots, celery, almonds, raisins, avocado, mixed organic seeds, aromatic herbs – 8 - 9

Df Gf
Rw Vgl
Vgn € 10

Vignola

Lettuce, spinach, chard, endive, pak choi, fennel, avocado, organic walnuts, orange, organic sprouts, aromatic herbs – 8

Df Gf
Rw Vgl
Vgn € 12

VEGETARIAN

Palomba

Lettuce, spinach, chard, endive, pak choi, pears, goat cheese, organic walnuts, fresh mint, aromatic herbs – 7 - 8

Df Gf
Rw Vgl
Vgn € 13

Trafo

Lettuce, spinach, chard, endive, pak choi, cherry tomatoes, buffalo mozzarella DOP, black olives, corn, aromatic herbs – 7

Df Gf
Rw Vgl
Vgn € 13

San Saba

Lettuce, spinach, chard, endive, pak choi, feta cheese, cherry tomatoes, cucumbers, black olives, tzatziki sauce (without garlic), aromatic herbs – 7

Df Gf
Rw Vgl
Vgn € 13

WITH MEAT AND FISH

Mazzini

Lettuce, spinach, chard, endive, pak choi, homemade organic roastbeef, cherry tomatoes, D.O.P. parmesan cheese, organic sprouts, aromatic herbs – 7 - 10

Df Gf
Rw Vgl
Vgn € 14

Santa Sabina

Lettuce, spinach, chard, endive, pak choi, organic steamed chicken breast, organic sprouts, green apple, homemade mustard, aromatic herbs – 3 - 9 - 10

Df Gf
Rw Vgl
Vgn € 14

Fossa

Lettuce, spinach, chard, endive, pak choi, dried tomatoes, turkey ham, goat cheese, organic walnuts, green apple, aromatic herbs – 7 - 8

Df Gf
Rw Vgl
Vgn € 13

Paolina

Lettuce, spinach, chard, endive, pak choi, cherry tomatoes, buffalo mozzarella DOP, black olives, tuna, eggs, corn, aromatic herbs – 3 - 4 - 7

Df Gf
Rw Vgl
Vgn € 14

Botticella

Lettuce, spinach, chard, endive, pak choi, smoked salmon, mango, pistachios, mixed organic seeds, aromatic herbs – 4 - 8

Df Gf
Rw Vgl
Vgn € 14

Panetteria

Lettuce, spinach, chard, endive, pak choi, avocado, mushrooms, bresaola della Valtellina salami, goat cheese, organic walnuts, mixed organic seeds, aromatic herbs – 7 - 8

Df Gf
Rw Vgl
Vgn € 14

Impresa

Lettuce, spinach, chard, endive, pak choi, smoked salmon, avocado, black olives, fennels, aromatic herbs – 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

Tiramisù al caffè Homemade tiramisu – 1 - 3 - 7	<input type="checkbox"/> Df <input type="checkbox"/> Gf <input type="checkbox"/> Rw <input type="checkbox"/> Vgl <input type="checkbox"/> Vgn	€ 7
Tortino al cioccolato Chocolate mini cake, white chocolate and hot pepper ice cream – 3 - 7	<input type="checkbox"/> SL <input type="checkbox"/> Gf <input type="checkbox"/> Rw <input type="checkbox"/> Vgl <input type="checkbox"/> Vgn	€ 8
Semifreddo al torroncino e cioccolato rosa Nougat semifreddo, pink chocolate and raspberries sauce – 3 - 7 - 8	<input type="checkbox"/> SL <input type="checkbox"/> Gf <input type="checkbox"/> Rw <input type="checkbox"/> Vgl <input type="checkbox"/> Vgn	€ 8
Tortino vegano alle mele e cannella Apple and cinnamon pie with coconut milk and goiaba sauce	<input type="checkbox"/> SL <input type="checkbox"/> Gf <input type="checkbox"/> Rw <input type="checkbox"/> Vgl <input type="checkbox"/> Vgn	€ 8
Soffice alle nocciole bio e caramello Soft cake with organic hazelnuts and salted caramel – 1 - 3 - 7 - 8	<input type="checkbox"/> SL <input type="checkbox"/> Gf <input type="checkbox"/> Rw <input type="checkbox"/> Vgl <input type="checkbox"/> Vgn	€ 8

Fruit Platters

Small fruit platter Selection of tropical and seasonal fresh fruits	<input type="checkbox"/> Df <input type="checkbox"/> Gf <input type="checkbox"/> Rw <input type="checkbox"/> Vgl <input type="checkbox"/> Vgn	€ 12
Medium fruit platter Selection of tropical and seasonal fresh fruits	<input type="checkbox"/> Df <input type="checkbox"/> Gf <input type="checkbox"/> Rw <input type="checkbox"/> Vgl <input type="checkbox"/> Vgn	€ 18
Large fruit platter Selection of tropical and seasonal fresh fruits	<input type="checkbox"/> Df <input type="checkbox"/> Gf <input type="checkbox"/> Rw <input type="checkbox"/> Vgl <input type="checkbox"/> Vgn	€ 28
Tropical fruit platter Selection of tropical fruits (depending on availability season) with mango, papaya, pineapple, kiwi, passion fruit	<input type="checkbox"/> Df <input type="checkbox"/> Gf <input type="checkbox"/> Rw <input type="checkbox"/> Vgl <input type="checkbox"/> Vgn	€ 14
Fresh mango Two half mangoes - depending on seasonal availability	<input type="checkbox"/> Df <input type="checkbox"/> Gf <input type="checkbox"/> Rw <input type="checkbox"/> Vgl <input type="checkbox"/> Vgn	€ 12
Avocado al piatto Avocado slices depending on seasonal availability	<input type="checkbox"/> Df <input type="checkbox"/> Gf <input type="checkbox"/> Rw <input type="checkbox"/> Vgl <input type="checkbox"/> Vgn	€ 9,5

Energy Bowls - Tigela

A mixture of antioxidants for a feeling of well-being and vitality.
Try it the classic "Tigela" way.

Açaí Organic açai, banana, strawberry, guaranà, homemade organic granola – 1 - 8 Rich in antioxidants, omega 3 and low in calories, for a full of energy	Df Rw Vgn	Gf Vgt	€ 9
Maracuja Maracujà and cajù, banana, strawberry, guaranà, homemade organic granola – 1 - 8 A natural relaxing, with lots of vitamins and antioxidants	Df Rw Vgn	Gf Vgt	€ 9
Papaya Papaya, guayaba, banana, strawberries, guaranà, homemade organic granola – 1 - 8 Help the weight loss, rich in minerals	Df Rw Vgn	Gf Vgt	€ 9
Mango Mango, strawberry and banana, guarana, homemade organic granola, blueberries – 1 - 8 A and C vitamins	Df Rw Vgn	Gf Vgt	€ 9,5
Pitaya Pitaya and banana, guarana, homemade organic granola, coconut , kiwi and blueberries – 1 - 8 Energetic and antioxidant	Df Rw Vgn	Gf Vgt	€ 9,5

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	Rachel Grapes, grapefruit, pineapple, cinnamon	€ 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

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 ice cream from € 1 each)	€ 6
Solo Yogurt Low-fat yogurt with cereals (add almonds, honey, chocolate chips or fruit from € 1 each) – 1 - 7 - 8	€ 6

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 Helps the immune system, rich in flavonoids, minerals and antioxidants	€ 8

15% OFF TAKE AWAY

Healthy Smoothies - with Proteins

Smoothies that improve your well-being with super fruits and Aloe

	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, guayaba, 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
Santiago Organic 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
Acapulco Pomegranate, apple, graviola, ginger Rich in potassium, draining, anti-aging	€ 7	€ 8
Flores Caja, prickly pears, honey Strengthens the immune system	€ 7	€ 8
Yucatan Pitaya, Strawberry, apple Antioxidant, rich in Vitamin C and phosphorus	€ 7	€ 8
Aloe shot - Organic Detoxification, immune system stimulant, anti-inflammatory		€ 3

Milkshakes and Dairy Smoothies

	Medium	Large
Red Love Strawberry, banana, low-fat milk or soy milk – 6 - 7 - 8	€ 7	€ 8
Willy Wonka Banana, toasted cocoa beans from Ecuador, ice cream – 3 - 7 - 8	€ 7	€ 8
Il Cairo Organic dates, raisin, coconut, almond milk, organic soy milk – 6 - 8	€ 7	€ 8

100% Fruit Smoothies

	Medio	Grande
Vitamina C Kiwi, acerola, orange – with a boost of Vitamin C!	€ 7	€ 8
Strong John Guayaba, banana, apple, guaraná – energy and natural guaraná 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
Papeete Goiaba, grapes, honey, mint – detoxifying and draining	€ 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 & maracuja served with fresh fruits	€ 8
Ginger classic Ice cream with pistachio, spicy 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 € 2,5

Organic cappuccino € 3,5
with organic milk and coffee

Vegan Cappuccino € 3,5
with organic soy or almond milk

ORGANIC TEA

served with biscuits

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

Detoxania € 6
Green tea with dehydrated fruit, herbs and spices

The playful pear € 6
Sencha green tea with pear and marigold

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

Small	€ 5
Medium	€ 7

BEER IN BOTTLE

Birra Menabrea 33 cl	€ 5
Birra Franziskaner Weiss 50 cl	€ 8
Non-Alcoholic Beer 33 cl	€ 6
Various artisanal beers in bottle (please ask for our wine and beer list)	from € 7

SOFT DRINKS

Coca Cola / Sprite / Fanta / Chinotto / 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
€ 12