

# Cold Cuts and Cheese

<b>Selezioni biologiche di salumi e formaggi</b> Organic "Pedrazzoli" and "Galloni" hams and salami and organic seasonal cheeses – 1 - 7	Df Rw Vgn	Gf Vgl	€ 22
<b>Selezioni di salumi iberici</b> Selection of hand-cut cured Iberian hams , Cecina de Leòn (salted & dried beef), chorizo, lomo and salchichon – 1	Df Rw Vgn	Gf Vgl	€ 24
<b>Cecina di Leon olio e pepe</b> Selection of Cecina de Leòn (salted & dried beef), Organic Extra-Virgin Olive Oil "Le Masciare" and pepper – 1	Df Rw Vgn	Gf Vgl	€ 16
<b>Selezioni patanegra</b> Selection of cured hand-cut Iberian hams – 1	Df Rw Vgn	Gf Vgl	€ 24
<b>Involtini di patanegra e mango</b> Iberian ham rolls filled with fresh sliced mango – 1	Df Rw Vgn	Gf Vgl	€ 18
<b>Selezioni formaggi Ginger</b> Selection of Italian cheeses – 1 - 7	Df Rw Vgn	Gf Vgl	€ 16
<b>Selezioni salumi e formaggi</b> Selection of Italian hams, salami and cheeses depending on seasonal availability – 1 - 7	Df Rw Vgn	Gf Vgl	€ 20
<b>Selezioni prosciutti e salumi Ginger</b> Selection of hams and salami – 1	Df Rw Vgn	Gf Vgl	€ 16
<b>Culatta di crudo</b> 12 months cured "Culatello" ham – 1	Df Rw Vgn	Gf Vgl	€ 16
<b>Prosciutto di Parma e mozzarella di bufala d.o.p</b> 24 months cured Parma D.O.P. ham with buffalo mozzarella – 1 - 7	Df Rw Vgn	Gf Vgl	€ 16
<b>Caprese di Bufala</b> 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

<b>Borgognona</b> 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
<b>Patanegra</b> Baguette with cured Iberian ham, tomato sauce, Organic Extra Virgin Olive Oil "Le Masciare" – 1	Df   Gf Rw   Vgl Vgn	€ 11
<b>Gianicolo</b> Baguette with 24 months aged Parma D.O.P. cured ham, radish salad and homemade mayonnaise – 1 - 3	Df   Gf Rw   Vgl Vgn	€ 8
<b>Garibaldi</b> 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

## COOKED HAM

<b>Farnese</b> 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
<b>Consolato</b> Baguette with Prague cooked ham, avocado, lime, fresh tomato, Organic Extra Virgin Olive Oil "Le Masciare", salt – 1	Df   Gf Rw   Vgl Vgn	€ 9
<b>Giulio Cesare</b> 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
<b>Corso</b> Baguette with Prague cooked ham, mozzarella, fresh tomatoes, rocket, Organic Extra Virgin Olive Oil "Le Masciare" – 1 - 7	Df   Gf Rw   Vgl Vgn	€ 8

## OTHER COLD CUTS

<b>Belli</b> 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
<b>Veneto</b> 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
<b>Prati</b> Baguette with Pedrazzoli "lardo" ham, honey, mozzarella di bufala DOP – 1 - 7	Df   Gf Rw   Vgl Vgn	€ 8
<b>Esquilino</b> Baguette with homemade roast pork, iceberg salad and homemade mustard – 1 - 3 - 10	Df   Gf Rw   Vgl Vgn	€ 9
<b>Felice</b> Baguette with organic salami, certosa cheese, sauteed turnip greens – 1 - 7	Df   Gf Rw   Vgl Vgn	€ 8
<b>Dandolo</b> 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

Df	Gf	€ 7
Rw	Vgl	
Vgn		

### Tiziano

Baguette with porcini mushrooms, D.O.P. parmigiano cheese, rocket, Organic Extra Virgin Olive Oil "Le Masciare" – 1 - 7

Df	Gf	€ 9
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, homemade mayonnaise, iceberg lettuce – 1 - 3 - 4

Df	Gf	€ 11
Rw	Vgl	
Vgn		

### Lipari

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

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 - 3 - 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

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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, 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

### Trafofo

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

Df Gf  
Rw Vgl  
Vgn € 13

### Cernaia

Lettuce, spinach, chard, endive, pak choi, mushrooms, tomatoes, D.O.P. "Pecorino romano" cheese, carrots, organic sprouts, aromatic herbs – 7

Df Gf  
Rw Vgl  
Vgn € 12

## 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 € 13

### 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

<b>Tiramisù al caffè</b> Homemade Tiramisù – 1 - 3 - 7	Df   Gf Rw   Vgl Vgn	€ 7
<b>Tortino di carote e gianduia</b> Carrot pie with organic hazelnuts and gianduia cream – 1 - 3 - 7 - 8	Df   Gf Rw   Vgl Vgn	€ 8
<b>Tortino al cioccolato</b> Chocolate mini cake with custard – 3 - 7	Df   Gf Rw   Vgl Vgn	€ 8
<b>Panna cotta alla fava tonka</b> Panna cotta with tonka bean, coffee foam, organic Goji berries – 7	Df   Gf Rw   Vgl Vgn	€ 7
<b>Lingotto al mango</b> Mango mousse with a thin layer of dark chocolate – 7	Df   Gf Rw   Vgl Vgn	€ 8

## Fruit Platters

<b>Small fruit platter</b> Selection of tropical and seasonal fresh fruits	Df   Gf Rw   Vgl Vgn	€ 12
<b>Medium fruit platter</b> Selection of tropical and seasonal fresh fruits	Df   Gf Rw   Vgl Vgn	€ 18
<b>Large fruit platter</b> Selection of tropical and seasonal fresh fruits	Df   Gf Rw   Vgl 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   Vgl Vgn	€ 14
<b>Fresh mango</b> Two half mangoes - depending on seasonal availability	Df   Gf Rw   Vgl Vgn	€ 12
<b>Avocado al piatto</b> 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

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 Gf  
Rw Vgt  
Vgn € 8,5

## Maracujà na tigela

Maracujà and cajù, banana, strawberry, guaranà, homemade organic granola – 1 - 8  
A natural relaxing, with lots of vitamins and antioxidants

Df Gf  
Rw Vgt  
Vgn € 8,5

## Papaya na tigela

Papaya, guayaba, banana, strawberries, guaranà, homemade organic 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

### Nina

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

€ 6

### Ornella

Celery, fennel, carrots, ginger  
(Burns fat and improves your metabolism)

€ 6

### Sucoverde

White cabbage, spinach, pineapple, spirulina seaweed (Antioxidant, slimming, rich in protein and iron)

€ 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

### 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 super fruits and Aloe

	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, guayaba, 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>Lima</b> Royal jelly, bee pollen, berries, Caja, apple, honey Anti-fatigue, anti-aging, improves mood	€ 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	€ 7	€ 8
<b>Loto</b> Persimmon, tangerine, propolis Rich in vitamin C, an aid against fever	€ 7	€ 8
<b>Nicoya</b> Organic Goji berries , graviola, apple Antioxidant and anti-inflammatory	€ 7	€ 8
<b>Aloe vera shot</b> - Organic Detoxification, immune system stimulant, anti-inflammatory		€ 3

15% OFF TAKE AWAY

# Milkshakes and Dairy Smoothies

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

## 100% Fruit Smoothies

	Medio	Grande
<b>Vitamina C</b> Kiwi, acerola, orange – with a boost of Vitamin C!	€ 7	€ 8
<b>Strong John</b> Guayaba, banana, apple, guaranà – energy and natural guaranà caffeine	€ 7	€ 8
<b>Formosa</b> Papaya, strawberry, orange – burns fat and helps digestion	€ 7	€ 8
<b>San Jose'</b> Passion fruit, banana, mint, apple – minerals from banana and a lot of taste!	€ 7	€ 8
<b>Copacabana</b> Coconut, kiwi, banana – vitamin C and potassium	€ 7	€ 8
<b>Alessio</b> Maracuja, strawberries, apple – anti-stress and relaxing	€ 7	€ 8
<b>Floripa</b> Açaí, banana, apple – full of antioxidants and omega 3	€ 7	€ 8
<b>San Diego</b> Pineapple, papaya, mint – burns fat and improves your metabolism	€ 7	€ 8
<b>Buzz</b> 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

<b>Ginger tropicale</b> Ice cream with mango & maracuja served with fresh fruits	€ 8
<b>Ginger classic</b> 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

Organic cappuccino  
with organic milk and coffee € 3

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

## 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

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# 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 Franziskaner Weiss 50 cl</b>	€ 8
<b>Non-Alcoholic Beer 33 cl</b>	€ 6
<b>Various artisanal beers in bottle</b> (please ask for our wine and beer list)	from € 7

## SOFT DRINKS

<b>Coca Cola / Sprite / Fanta / Chinotto / 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  
€ 12