

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	€ 24
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	€ 16
Selezioni patanegra Selection of cured hand-cut Iberian hams – 1	Df Rw Vgn	Gf Vgl	€ 24
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	€ 16
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	€ 16
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	€ 16
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



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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 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
Ponte Baguette with cured Parma D.O.P. ham, baby spinach, brie cheese – 1 - 7	Df Gf Rw Vgl Vgn	€ 8,5
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

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
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, 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, buffalo mozzarella 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
Celio Baguette with smoked ham speck, brie cheese, rocket, peas cream – 1 - 7	Df Gf Rw Vgl Vgn	€ 8,5
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

Belisario

Baguette with homemade rocket pesto, buffalo mozzarella D.O.P., dried tomatoes – 1 - 7

Df	Gf
Rw	Vgl
Vgn	

€ 7,5

Grillo

Baguette with fontina cheese, tomatoes, baby spinach, rocket – 1 - 7

Df	Gf
Rw	Vgl
Vgn	

€ 7,5

Urbana

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

Df	Gf
Rw	Vgl
Vgn	

€ 7

FISH

Oratorio

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

Df	Gf
Rw	Vgl
Vgn	

€ 11

Bramante

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

Df	Gf
Rw	Vgl
Vgn	

€ 11

Lipari

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

Df	Gf
Rw	Vgl
Vgn	

€ 11

WITH MEAT

Biscione

Baguette with organic steamed chicken breast, homemade caesar dressing, iceberg salad, grilled organic bacon – 1 - 3 - 7

Df	Gf
Rw	Vgl
Vgn	

€ 11

Roastbeef

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

Df	Gf
Rw	Vgl
Vgn	

€ 11

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

Rovere

Lettuce, spinach, chard, endive, pak choi, organic dates, cashews, organic mixed seeds, celeriac, lime zests – 8

Df Gf
Rw Vgl
Vgn € 12

VEGETARIAN

Navona

Lettuce, spinach, chard, endive, pak choi, avocado, black olives, cherry tomatoes, goat cheese – 7

Df Gf
Rw Vgl
Vgn € 14

Trafo

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

Df Gf
Rw Vgl
Vgn € 13

Pola

Lettuce, spinach, chard, endive, pak choi, strawberries, black olives, brie cheese, mixed organic seeds – 7

Df Gf
Rw Vgl
Vgn € 13

WITH MEAT AND FISH

Emilia

Lettuce, spinach, chard, endive, pak choi, organic roast beef, zucchini, organic walnuts, pecorino romano cheese – 7 - 8

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

Tiramisù al caffè Homemade tiramisu – 1 - 3 - 7	<table><tr><td>Df</td><td>Gf</td></tr><tr><td>Rw</td><td>Vgl</td></tr><tr><td>Vgn</td><td></td></tr></table>	Df	Gf	Rw	Vgl	Vgn		€ 7
Df	Gf							
Rw	Vgl							
Vgn								
Tortino di carote e gianduia Carrot pie with organic hazelnuts and gianduia cream – 1 - 3 - 7 - 8	<table><tr><td>Df</td><td>Gf</td></tr><tr><td>Rw</td><td>Vgl</td></tr><tr><td>Vgn</td><td></td></tr></table>	Df	Gf	Rw	Vgl	Vgn		€ 8
Df	Gf							
Rw	Vgl							
Vgn								
Semifreddo al torroncino e cioccolato Nougat semifreddo with dark chocolate and raspberries sauce – 3 - 7 - 8	<table><tr><td>Df</td><td>Gf</td></tr><tr><td>Rw</td><td>Vgl</td></tr><tr><td>Vgn</td><td></td></tr></table>	Df	Gf	Rw	Vgl	Vgn		€ 8
Df	Gf							
Rw	Vgl							
Vgn								
Tortino vegano alla banana Banana pie with coconut milk, cornflour, goiaba sauce – 8	<table><tr><td>Df</td><td>Gf</td></tr><tr><td>Rw</td><td>Vgl</td></tr><tr><td>Vgn</td><td></td></tr></table>	Df	Gf	Rw	Vgl	Vgn		€ 7
Df	Gf							
Rw	Vgl							
Vgn								
Lingotto al mango e cioccolato rosa Mango mousse with a thin layer of ruby pink chocolate – 7	<table><tr><td>Df</td><td>Gf</td></tr><tr><td>Rw</td><td>Vgl</td></tr><tr><td>Vgn</td><td></td></tr></table>	Df	Gf	Rw	Vgl	Vgn		€ 8
Df	Gf							
Rw	Vgl							
Vgn								

Fruit Platters

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

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 Gf Rw Vgt Vgn	€ 9
Maracuja 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	€ 9
Papaya Papaya, guayaba, banana, strawberries, guaranà, homemade organic granola – 1 - 8 Help the weight loss, rich in minerals	Df Gf Rw Vgt Vgn	€ 9
Mango Mango, strawberry and banana, guarana, homemade organic granola, blueberries – 1 - 8 A and C vitamins	Df Gf Rw Vgt Vgn	€ 9,5
Pitaya Pitaya and banana, guarana, homemade organic granola, coconut , kiwi and blueberries – 1 - 8 Energetic and antioxidant	Df Gf Rw Vgt Vgn	€ 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	Jamie Red cabbage, apple, 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

Moorea Strawberries, basil, grapefruit and vanilla Beta carotene and Vitamin	€ 7
Detox Beetroot, cucumbers, lemon and ginger Detox, boost of vitamin	€ 7
Tonga Kiwi, orange, spinach and radish Detox with folic acid and iron	€ 7

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
Nicoya Organic Goji berries , graviola, apple Antioxidant and anti-inflammatory	€ 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
Creamy Caffè, banana, cream caramel, latte di soia biologica – 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, guaranà – energy and natural guaranà caffeina	€ 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
Bolivar Mango, banana, cinnamon, orange – antioxidant	€ 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

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

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