

Appetizers

Vellutata di ceci bio e cardoncelli

Organic chickpea cream and cardoncelli mushroom, thyme, paprika, crunchy parmesan
- 7 - 9

Df	Gf
Rw	Vgt
Vgn	

€ 12

Tartare di salmone

Raw salmon, mango sauce with mustard and honey, cucumbers, capers - 4 - 10

Df	Gf
Rw	Vgt
Vgn	

€ 14

Ginger Bowl

Organic black rice, grilled pumpkin, organic gomashio with thyme, vegan mayonnaise with capers and mint, pears marinated with ginger - 6 - 11

Df	Gf
Rw	Vgt
Vgn	

€ 12

First Courses

Spaghetti al pomodoro bio

Organic spaghetti pasta from "Pastificio Felicetti" with organic cherry tomato sauce and basil - 1

Df	Gf
Rw	Vgt
Vgn	

€ 11

Zuppa di farro ai funghi e castagne

Organic spelt soup with mixed mushrooms, organic tomato, chestnuts, parsley - 1 - 9

Df	Gf
Rw	Vgt
Vgn	

€ 13

Sfoglia al baccalà e ricotta

Organic fresh turnip greens pasta sheet, stuffed with baccalà, ricotta cheese, pistachios
- 1 - 3 - 4 - 7 - 8 - b

Df	Gf
Rw	Vgt
Vgn	

€ 14

Rigatoni all'amatriciana

Artisanal fresh rigatoni pasta, organic tomato, jowl bacon, pecorino romano cheese
- 1 - 3 - 7

Df	Gf
Rw	Vgt
Vgn	

€ 13

Fettuccine al ragù di manzo bio

Fresh fettuccine pasta with organic beef ragout, parmigiano reggiano cheese, pepper, organic pine nuts - 1 - 3 - 7 - 9

Df	Gf
Rw	Vgt
Vgn	

€ 14

Proteina vegana e riso basmati

Organic brown basmati rice, Jackfruit stew, chestnuts, organic hazelnuts, seasonal herbs
- 8 - 9

Df	Gf
Rw	Vgt
Vgn	

€ 13

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

Salmone al sesamo bio

Baked salmon fillet with organic sesame seeds, organic quinoa, red turnip cream with mint – 4 - 9 - 11

Df	Gf
Rw	Vgl
Vgn	

 € 18

Petto di pollo bio alla griglia

Organic chicken breast on the grill with camomile flowers, purple cauliflower, mayonnaise with dill and organic walnuts, roasted potatoes – 3 - 8

Df	Gf
Rw	Vgl
Vgn	

 € 17

Tagliata di manzo bio

Sliced organic beef on the grill (250 gr), grilled pumpkin, roasted potatoes, crunchy parmigiano reggiano cheese – 7

Df	Gf
Rw	Vgl
Vgn	

 € 22

Poke di polpo

Steamed fregola pasta with cuttlefish ink, sliced marinated octopus, pomegranate, red chicory, melon, organic walnuts, mayonnaise with dill and organic walnuts – 1 - 3 - 8 - 14 - b

Df	Gf
Rw	Vgl
Vgn	

 € 18

Cheeseburger di manzo bio

Organic beef burger (200 gr), organic homemade cocoa bread, crunchy pecorino cheese, salad, turnip green, ricotta cheese, fried potatoes, homemade bbq sauce – 1 - 4 - 7 - 10 - 11

Df	Gf
Rw	Vgl
Vgn	

 € 18

Burger vegano

Organic bulgur burger with spirulina and wakame seaweed, organic dates, mint, organic homemade bread with cocoa, vegan mayonnaise with capers and mint, salad, mushrooms, fried potatoes – 1 - 6 - 11

Df	Gf
Rw	Vgl
Vgn	

 € 16

Pulled pork burger

Organic pork cooked in beer, organic homemade cocoa bread, crunchy jowl bacon, salad, ricotta cheese, mushrooms, fried potatoes, bbq homemade sauce – 1 - 4 - 7 - 10 - 11

Df	Gf
Rw	Vgl
Vgn	

 € 16

Baccalà alla griglia

Grilled cod fish marinated in lemon, purple carrot, mediterranean kimchi with cabbage, cucumbers, rose petals, pistachio – 4 - 7 - 8 - b

Df	Gf
Rw	Vgl
Vgn	

 € 20

Side Dishes

Patate al forno

Roasted potatoes with aromatic herbs

Df	Gf	Vgn
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 € 7

Cicoria e pecorino

Sautéed chicory, pecorino romano cheese, garlic, hot pepper – 7

Gf	Vgl
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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 marinated in dill, organic brown basmati rice, organic azuki beans, purple cabbage, organic chia seeds, homemade mayonnaise with dill – 3 - 14 - b

Df	Gf
Rw	Vgl
Vgn	

 € 14

Cestino di pollo bio

Organic herb marinated chicken kebab, organic spelt, pistachios, melon, pomegranate, chicory, green apple citronette – 1 - 8

Df	Gf
Rw	Vgl
Vgn	

 € 13