

Appetizers

Burrata e alici

"Burrata" mozzarella, anchovies from Cantabrian sea, cherry tomatoes, crunchy bread – 1 - 4 - 7 - 11

Df	Gf
Rw	Vgl
Vgn	

 € 12

Tartare di tonno

Raw red or white tuna tartare, ricotta cheese, zucchini, organic seasonal herbs, balsamic vinegar and edible flowers – 4 - 7 - a

Df	Gf
Rw	Vgl
Vgn	

 € 13

Ginger bowl

Steamed organic chickpeas, horseradish, melon, avocado, cherry tomatoes, pistachios, vegan beetroot mayonnaise – 6 - 8

Df	Gf
Rw	Vgl
Vgn	

 € 12

Melanzana al pesto e burrata

Steamed eggplant, organic pine nuts and basil pesto sauce, organic tomato sauce and burrata cream – 7

Df	Gf
Rw	Vgl
Vgn	

 € 10

First Courses

Spaghetti al pomodoro bio

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

Df	Gf
Rw	Vgl
Vgn	

 € 10

Rigatoni alle melanzane e guanciale

Artisanal rigatoni fresh pasta with jowl bacon, herbs, organic pecorino "fiore sardo" cheese and organic pine nuts – 1 - 3 - 7 - 9

Df	Gf
Rw	Vgl
Vgn	

 € 13

Fettuccine al ragù di tonno

Artisanal fettuccine pasta with red or white tuna (depends on availability), "taggiasche" olives, basil, pecorino cheese and organic almonds – 1 - 3 - 4 - 7 - 8 - 9

Df	Gf
Rw	Vgl
Vgn	

 € 13

Tonnarelli cacio e pepe

Artisanal "Tonnarelli" fresh pasta with pecorino romano cheese and Kampot pepper – 1 - 3 - 7

Df	Gf
Rw	Vgl
Vgn	

 € 12

Fusilloni al ragù bio e zafferano

Organic fusilloni pasta from "Pastificio Sorrentino a Gragnano" with white beef ragout, saffron, zucchini and organic hazelnuts – 1 - 7 - 8 - 9

Df	Gf
Rw	Vgl
Vgn	

 € 13

Df Dairy free

Rw Raw

Vgn Vegan

Gf Gluten free

Vgl 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

Steamed wild salmon fillet with organic black sesame, whole organic red rice, oil with lemongrass – 4 - 11 - b

Df	Gf
Rw	Vgl
Vgn	

€ 17

Petto di pollo bio

Organic chicken breast on the grill with celery, peas, orange, organic almonds and roasted potatoes – 8 - 9

Df	Gf
Rw	Vgl
Vgn	

€ 16

Cheeseburger di manzo bio

Organic beef burger (200 gr), organic homemade pumpkin bread, burrata cream, "friggiteli" peppers, basil and organic hazelnuts cream, tomato, carrots, organic mustard sprouts and roasted potatoes – 1 - 7 - 8 - 10 - 11

Df	Gf
Rw	Vgl
Vgn	

€ 18

Burger di lupini

Lupin burger with paprika flavoured potatoes, organic homemade pumpkin bread, "friggiteli" peppers, carrots, basil and organic hazelnuts cream, egg, tomato and roasted potatoes – 1 - 3 - 7 - 8 - 10 - 11 - 13

Df	Gf
Rw	Vgl
Vgn	

€ 16

Poke di salmone

Raw wild marinated salmon, whole organic basmati rice, organic nori seaweed, horseradish, cucumber, organic sesame seeds, vegan mayonnaise, kiwi – 4 - 6 - 11 - a - b

Df	Gf
Rw	Vgl
Vgn	

€ 18

Tataki di tonno

Red or white tuna (depends on availability) mediterranean tataki with zucchini, grilled tomato, peas and lemongrass cream and pistachios – 4 - 8

Df	Gf
Rw	Vgl
Vgn	

€ 18

Tagliata di manzo bio

Sliced organic beef (250 gr) with sautéed escarole with "taggiasche" olives, organic pine nuts, capers and roasted potatoes – 8

Df	Gf
Rw	Vgl
Vgn	

€ 22

Side Dishes

Scarola ripassata

Sautéed escarole with "taggiasche" olives, organic pine nuts, capers and hot pepper

Df	Gf	Vgn
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€ 7

Patate al forno

Roasted potatoes with extra virgin olive oil and dill

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 Vegano

Organic green beans vegetable meatballs with potatoes, whole organic red rice, zucchini flowers, strawberries, organic sunflower seeds and organic soy and ginger sauce – 6

Df	Gf
Rw	Vgl
Vgn	

€ 13

Cestino di pollo bio

Organic chicken meatballs with coconut milk, potatoes and pistachio, whole organic basmati rice, zucchini, horseradish, coconut milk cream – 1 - 8

Df	Gf
Rw	Vgl
Vgn	

€ 14