

## Appetizers

### Gazpacho bianco

Almond gazpacho, goat cheese, topinambur chips – 1 - 5 - 7 - 8

Df	Gf
Rw	Vgt
Vgn	

 € 12

### Tartare di salmone

Raw salmon marinated in orange, fennel seeds flowers, pink pepper, steamed red turnip, goat cheese cream with spinach, radish sprouts – 4 - 7

Df	Gf
Rw	Vgt
Vgn	

 € 14

### Ginger Bowl

Organic quinoa, organic azuki beans, avocado, cherry tomatoes, grilled green peppers, pistachio, zucchini, mint, vegan mayonnaise with tomato and ginger – 6 - 8

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

### Ravioli al pesto di melanzane e pinoli

Fresh ravioli pasta filled with ricotta cheese, eggplant pesto with organic pine nuts, basil, tomatoes, rocket, pecorino romano cheese – 1 - 3 - 7

Df	Gf
Rw	Vgt
Vgn	

 € 13

### Rigatoni alla carbonara

Fresh rigatoni pasta, organic egg yolk, jowl bacon, pecorino romano cheese – 1 - 3 - 7

Df	Gf
Rw	Vgt
Vgn	

 € 13

### Fusilloni polpo e mozzarella

Artisanal organic Fusilloni pasta from "Pastificio Sorrentino a Gragnano" with octopus, smoked mozzarella cream, orange, tomatoes – 1 - 9 - 7 - 14

Df	Gf
Rw	Vgt
Vgn	

 € 14

### Proteina vegana e riso nero

Steamed organic black rice, jackfruit stew, pistachios, basil – 8 - 9

Df	Gf
Rw	Vgt
Vgn	

 € 13

**Df** Dairy free

**Rw** Raw

**Vgn** Vegan

**Gf** Gluten free

**Vgt** Vegetarian

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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 ai semi di papavero bio

Baked salmon fillet with organic poppy seeds, organic basmati rice, zucchini cream, lime, dill – 4 - 9

Df	Gf
Rw	Vgt
Vgn	

€ 18

### Petto di pollo bio alla griglia

Organic chicken breast on the grill, zucchini, organic pine nuts cream, organic Goji berries, roasted potatoes – 7

Df	Gf
Rw	Vgt
Vgn	

€ 17

### Tagliata di manzo bio

Sliced organic beef on the grill (250 gr), sweet and sour eggplants, roasted potatoes

Df	Gf
Rw	Vgt
Vgn	

€ 22

### Poke mediterraneo

Steamed fregola with cuttlefish ink, marinated tuna, watermelon, fennels, oranges, tomatoes, zucchini flowers, mayonnaise with parsley, ponzu sauce, organic pine nuts

©– 1 - 3 - 4 - 6 - 11 - 14 - a - b

Df	Gf
Rw	Vgt
Vgn	

€ 18

### Cheeseburger di manzo bio

Organic beef burger (200 gr), organic homemade pumpkin bread, avocado, lettuce, cucumbers, zucchini flowers, green beans, organic pecorino sardo cheese, mayonnaise with mustard, fried potatoes with homemade bbq sauce – 1 - 3 - 4 - 5 - 7 - 8 - 10 - 11

Df	Gf
Rw	Vgt
Vgn	

€ 18

### Burger vegetariano

Organic quinoa burger with beans and pistachios, organic homemade pumpkin bread, avocado, lettuce, cucumbers, zucchini flowers, green beans, pecorino sardo cheese, mayonnaise with mustard, fried potatoes with homemade bbq sauce – 1 - 3 - 4 - 5 - 7 - 8 - 10 - 11

Df	Gf
Rw	Vgt
Vgn	

€ 16

### Pulled pork burger

Organic pork cooked in beer, organic homemade pumpkin bread, crunchy jowl bacon, cocoa beans, avocado, lettuce, cucumbers, zucchini flowers, green beans, pecorino sardo cheese, mayonnaise with mustard, fried potatoes with homemade bbq sauce – 1 - 3 - 4 - 5 - 7 - 8 - 9 - 11

Df	Gf
Rw	Vgt
Vgn	

€ 16

### Polpo alla griglia

Grilled octopus, peas cream with mint, grapefruit, chili pepper, celery, pink pepper – 9 - 14 - b

Df	Gf
Rw	Vgt
Vgn	

€ 20

## Side Dishes

### Patate al forno

Roasted potatoes with aromatic herbs

Df	Gf	Vgn
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€ 7

### Frigitelli alla piastra

Grilled green peppers, yogurt sauce with organic walnuts – 7 - 8

Gf	Vgt
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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 salmone

Salmon meatballs with organic sesame seeds and pink pepper, fregola with cuttlefish ink, carrots marinated in oil with cinnamon, avocado, mayonnaise with parsley – 1 - 3 - 4 - 11 - 14

Df	Gf
Rw	Vgt
Vgn	

€ 14

### Cestino di pollo bio

Herb marinated chicken kebab, pistachios, organic quinoa, zucchini, tzatziki sauce – 1 - 7 - 8

Df	Gf
Rw	Vgt
Vgn	

€ 14