

Appetizers

Gazpacho bianco

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

Df	Gf
Rw	Vgl
Vgn	

 € 12

Asparagi, fragole e guanciale

Asparagus, crunchy jowl bacon, strawberries, egg with foam, mint – 3 - 7

Df	Gf
Rw	Vgl
Vgn	

 € 13

Ginger Bowl

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

Df	Gf
Rw	Vgl
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	Vgl
Vgn	

 € 11

Ravioli al pesto di fave e pistacchi

Fresh ravioli pasta filled with ricotta cheese, fava beans cream, organic pecorino cheese, pistachios, mint – 1 - 3 - 7 - 8

Df	Gf
Rw	Vgl
Vgn	

 € 14

Fettuccine tonno e burrata

Fettuccine fresh pasta with tuna, burrata cheese, green beans, peas, smoked tomatoes, lemon zest, fennel seed flowers – 1 - 3 - 4 - 7 - 9 - b

Df	Gf
Rw	Vgl
Vgn	

 € 15

Rigatoni alla gricia e carciofi

Fresh rigatoni pasta, jowl bacon, pecorino romano cheese, crispy artichokes, black pepper – 1 - 3 - 5 - 7

Df	Gf
Rw	Vgl
Vgn	

 € 14

Proteina vegana e riso nero

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

Df	Gf
Rw	Vgl
Vgn	

 € 13

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.

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	Vgl
Vgn	

 € 17

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	Vgl
Vgn	

 € 17

Tagliata di manzo bio

Sliced organic beef on the grill (250 gr), fried artichokes, roasted potatoes

Df	Gf
Rw	Vgl
Vgn	

 € 22

Poke mediterraneo

Steamed fregola with cuttlefish ink, marinated tuna, fava beans, fennels, oranges, tomatoes, pumpkin flowers, mayonnaise with parsley, ponzu sauce, organic pine nuts
– 1 - 3 - 4 - 6 - 11 - 14 - a - b

Df	Gf
Rw	Vgl
Vgn	

 € 18

Cheeseburger di manzo bio

Organic beef burger (200 gr), organic homemade pumpkin bread, avocado, lettuce, cucumbers, pumpkin 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	Vgl
Vgn	

 € 18

Burger vegetariano

Organic quinoa burger with beans and pistachios, organic homemade pumpkin bread, avocado, lettuce, cucumbers, pumpkin 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	Vgl
Vgn	

 € 16

Pulled pork burger

Organic pork cooked in beer, organic homemade pumpkin bread, crunchy jowl bacon, cocoa beans, avocado, lettuce, cucumbers, pumpkin 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	Vgl
Vgn	

 € 16

Polpo alla griglia

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

Df	Gf
Rw	Vgl
Vgn	

 € 20

Side Dishes

Patate al forno

Rosemary flavoured roasted potatoes

Df	Gf	Vgn
----	----	-----

 € 7

Frigitelli alla piastra

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

Gf	Vgl
----	-----

 € 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, red turnip, avocado, mayonnaise with parsley – 1 - 3 - 4 - 11 - 14

Df	Gf
Rw	Vgl
Vgn	

 € 14

Cestino di pollo bio

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

Df	Gf
Rw	Vgl
Vgn	

 € 14