

Cold Cuts and Cheese

Selezioni biologiche di salumi e formaggi Organic "Pedrazzoli" and "Galloni" hams and salami and organic seasonal cheeses – 1 - 7	Df Gf Rw Vgl Vgn	€ 22
Selezioni patanegra Selection of cured hand-cut Iberian hams – 1	Df Gf Rw Vgl Vgn	€ 24
Involtini di patanegra e mango Iberian ham rolls filled with fresh sliced mango – 1	Df Gf Rw Vgl Vgn	€ 18
Selezioni formaggi Ginger Selection of Italian cheeses – 1 - 7	Df Gf Rw Vgl Vgn	€ 16
Selezioni salumi e formaggi Selection of Italian hams, salami and cheeses depending on seasonal availability – 1 - 7	Df Gf Rw Vgl Vgn	€ 20
Selezioni prosciutti e salumi Ginger Selection of hams and salami – 1	Df Gf Rw Vgl Vgn	€ 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 Gf Rw Vgl Vgn	€ 16
Caprese di Bufala Fresh tomatoes with buffalo mozzarella D.O.P. – 1 - 7	Df Gf Rw Vgl Vgn	€ 16

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.

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
Gianicolo Baguette with 24 months aged Parma D.O.P. cured ham, radish salad and homemade mayonnaise – 1 - 3	Df Gf Rw Vgl Vgn	€ 8
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
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
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
Felice Baguette with organic salami, certosa cheese, sauteed turnip greens – 1 - 7	Df Gf Rw Vgl Vgn	€ 8

VEGETARIAN

Urbana

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

Df	Gf
Rw	Vgl
Vgn	

€ 7

Vittorio

Baguette with sauteed turnip greens, certosa cheese – 1 - 7

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

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Rw Raw

Vgn Vegan

Gf Gluten free

Vgl Vegetarian



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15% OFF TAKE AWAY

Fresh Garden Salads

VEGAN - RAW

Seggiola

Mixed salad, fennels, carrots, celery, almonds, raisins, avocado, mixed organic seeds, aromatic herbs – 8 - 9

Df	Gf	€ 10
Rw	Vgl	
Vgn		

Vignola

Mixed salad leaves (yellow and red lettuce, rocket, spinach), fennel, avocado, walnuts, orange, organic sprouts, aromatic herbs – 8

Df	Gf	€ 12
Rw	Vgl	
Vgn		

VEGETARIAN

Palomba

Mixed salad, pears, goat cheese, organic walnuts, fresh mint, aromatic herbs – 7 - 8

Df	Gf	€ 13
Rw	Vgl	
Vgn		

Trafofo

Mixed salad, rocket, cherry tomatoes, buffalo mozzarella DOP, black olives, corn, aromatic herbs – 7

Df	Gf	€ 13
Rw	Vgl	
Vgn		

Cernaia

Mixed salad leaves (yellow and red lettuce, rocket, spinach), mushrooms, tomatoes, D.O.P. "Pecorino romano" cheese, carrots, organic sprouts, aromatic herbs – 7

Df	Gf	€ 12
Rw	Vgl	
Vgn		

WITH MEAT AND FISH

Mazzini

Mixed salad leaves (yellow and red lettuce, rocket, spinach), homemade organic roastbeef, cherry tomatoes, D.O.P. parmesan cheese, organic sprouts, aromatic herbs – 7 - 10

Df	Gf	€ 14
Rw	Vgl	
Vgn		

Santa Sabina

Mixed salad leaves (yellow and red lettuce, rocket, spinach), organic steamed chicken breast, organic sprouts, green apple, homemade mustard, aromatic herbs – 3 - 9 - 10

Df	Gf	€ 14
Rw	Vgl	
Vgn		

Fossa

Mixed salad leaves (yellow and red lettuce, rocket, spinach), dried tomatoes, turkey ham, goat cheese, organic walnuts, green apple, aromatic herbs – 7 - 8

Df	Gf	€ 13
Rw	Vgl	
Vgn		

Paolina

Mixed salad, rocket, cherry tomatoes, buffalo mozzarella DOP, black olives, tuna, eggs, corn, aromatic herbs – 3 - 4 - 7

Df	Gf	€ 13
Rw	Vgl	
Vgn		

Botticella

Mixed salad, rocket, smoked salmon, mango, pistachios, mixed organic seeds, aromatic herbs – 4 - 8

Df	Gf	€ 14
Rw	Vgl	
Vgn		

Panetteria

Mixed salad, avocado, mushrooms, bresaola della Valtellina salami, goat cheese, organic walnuts, mixed organic seeds, aromatic herbs – 7 - 8

Df	Gf	€ 14
Rw	Vgl	
Vgn		

Impresa

Mixed salad leaves (yellow and red lettuce, rocket, spinach), smoked salmon, avocado, black olives, fennels, aromatic herbs – 4

Df	Gf	€ 14
Rw	Vgl	
Vgn		

You can add an extra ingredient from 1 euro - Doggy bag: we will pack everything you will not be able to finish.

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Rw Raw

Vgn Vegan

Gf Gluten free

Vgl Vegetarian



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Desserts and Delicious

DESSERT

Zuccotto alle castagne Zuccotto with chestnuts and dark chocolate, hot cream sauce – 1 - 3 - 7	Df Gf Rw Vgl Vgn	€ 7
Tiramisù al caffè Homemade tiramsù – 1 - 3 - 7	Df Gf Rw Vgl Vgn	€ 7
Morbido all'amaretto Amaretto pie, dark chocolate, amaretto liqueur, whipped cream, wild berries – 1 - 3 - 7 - 8	Df Gf Rw Vgl Vgn	€ 7
Budino veg al cocco e passion Tapioca pralines with coconut milk, passion fruit and cardamom	Df Gf Rw Vgl Vgn	€ 7

Fruit Platters

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

Energy Bowls - Tigela

The açai, originally from Brazil, contains a mixture of antioxidants for a feeling of well-being and vitality. Try it the classic "Tigela" way.

Açai na tigela

Açai, banana, strawberry, guaranà, granola – 1 - 8
Rich in antioxidants, omega 3 and low in calories, for a full of energy

Df Gf
Rw Vgt
Vgn € 8,5

Maracuja na tigela

Maracujà and cajù, banana, strawberry, guaranà, granola – 1 - 8
A natural relaxing, with lots of vitamins and antioxidants

Df Gf
Rw Vgt
Vgn € 8,5

Papaya na tigela

Papaya, guayaba, banana, strawberries, guaranà, muesli granola – 1 - 8
Help the weight loss, rich in minerals

Df Gf
Rw Vgt
Vgn € 8,5

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

Rachel

Grapes, grapefruit, pineapple, cinnamon

€ 6

Brooke

Grapes, pear, orange, ginger

€ 6

Ornella

Celery, fennel, carrots, ginger
(Burns fat and improves your metabolism)

€ 6

Sucoverde

White cabbage, spinach, pineapple, spirulina seaweed (Antioxidant, slimming, rich in protein and iron)

€ 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

Grapenergy

Grapefruit, pineapple, pear, banana
Against high cholesterol and rich in antioxidants and potassium

€ 7

Wanaka

Orange, grape, kiwi, strawberry
Boost of vitamin C

€ 7

Granada

100% pomegranate extract
Helps the immune system, rich in flavonoids, minerals and antioxidants

€ 8

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
Acapulco Pomegranate, apple, graviola, ginger Rich in potassium, draining, anti-aging	€ 7	€ 8
Flores Caja, prickly pears, honey Strengthens the immune system	€ 7	€ 8
Santiago Peach 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
Aloe vera shot - Organic Detoxification, immune system stimulant, anti-inflammatory		€ 3

15% OFF TAKE AWAY

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 Coffee, banana, cream caramel, organic soy milk – 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 caffeine	€ 7	€ 8
Papeete Goiaba, grapes, honey, mint – detoxifying and draining	€ 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

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

Cappuccino Bio
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

Draft Beer Small	€ 5
Draft Beer 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
€ 10