

Cold Cuts and Cheese

Selezioni biologiche di salumi e formaggi Organic "Pedrazzoli" and "Galloni" hams and salami and organic seasonal cheeses – 1 - 7	<table><tr><td>Df</td><td>Gf</td></tr><tr><td>Rw</td><td>Vgl</td></tr><tr><td>Vgn</td><td></td></tr></table>	Df	Gf	Rw	Vgl	Vgn		€ 22
Df	Gf							
Rw	Vgl							
Vgn								
Selezioni patanegra Selection of cured hand-cut Iberian hams – 1	<table><tr><td>Df</td><td>Gf</td></tr><tr><td>Rw</td><td>Vgl</td></tr><tr><td>Vgn</td><td></td></tr></table>	Df	Gf	Rw	Vgl	Vgn		€ 25
Df	Gf							
Rw	Vgl							
Vgn								
Involtini di patanegra e mango Iberian ham rolls filled with fresh sliced mango – 1	<table><tr><td>Df</td><td>Gf</td></tr><tr><td>Rw</td><td>Vgl</td></tr><tr><td>Vgn</td><td></td></tr></table>	Df	Gf	Rw	Vgl	Vgn		€ 18
Df	Gf							
Rw	Vgl							
Vgn								
Selezioni formaggi Ginger Selection of Italian cheeses – 1 - 7	<table><tr><td>Df</td><td>Gf</td></tr><tr><td>Rw</td><td>Vgl</td></tr><tr><td>Vgn</td><td></td></tr></table>	Df	Gf	Rw	Vgl	Vgn		€ 17
Df	Gf							
Rw	Vgl							
Vgn								
Selezioni salumi e formaggi Selection of Italian hams, salami and cheeses depending on seasonal availability – 1 - 7	<table><tr><td>Df</td><td>Gf</td></tr><tr><td>Rw</td><td>Vgl</td></tr><tr><td>Vgn</td><td></td></tr></table>	Df	Gf	Rw	Vgl	Vgn		€ 20
Df	Gf							
Rw	Vgl							
Vgn								
Selezioni prosciutti e salumi Ginger Selection of hams and salami – 1	<table><tr><td>Df</td><td>Gf</td></tr><tr><td>Rw</td><td>Vgl</td></tr><tr><td>Vgn</td><td></td></tr></table>	Df	Gf	Rw	Vgl	Vgn		€ 18
Df	Gf							
Rw	Vgl							
Vgn								
Prosciutto di Parma e mozzarella di bufala d.o.p 24 months cured Parma D.O.P. ham with buffalo mozzarella – 1 - 7	<table><tr><td>Df</td><td>Gf</td></tr><tr><td>Rw</td><td>Vgl</td></tr><tr><td>Vgn</td><td></td></tr></table>	Df	Gf	Rw	Vgl	Vgn		€ 17
Df	Gf							
Rw	Vgl							
Vgn								
Caprese di Bufala Fresh tomatoes with buffalo mozzarella D.O.P. – 1 - 7	<table><tr><td>Df</td><td>Gf</td></tr><tr><td>Rw</td><td>Vgl</td></tr><tr><td>Vgn</td><td></td></tr></table>	Df	Gf	Rw	Vgl	Vgn		€ 16
Df	Gf							
Rw	Vgl							
Vgn								

Df Dairy free

Rw Raw

Vgn Vegan

Gf Gluten free

Vgl Vegetarian



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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	€ 12
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
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

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
Giulio Cesare Baguette with Prague cooked ham, zucchini, smoked cheese, rocket salad, 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
Prati Baguette with Pedrazzoli "lardo" ham, honey, mozzarella di bufala DOP – 1 - 7	Df Gf Rw Vgl Vgn	€ 8
Esquilino Baguette with homemade organic roast pork, iceberg salad and homemade mustard – 1 - 3 - 10	Df Gf Rw Vgl Vgn	€ 9
Felice Baguette with organic salami, certosa cheese, sauteed turnip greens – 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

VEGETARIAN

Vittorio

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

Df	Gf
Rw	Vgl
Vgn	

 € 8

Urbana

Baguette with fresh tomatoes, buffalo mozzarella D.O.P, basil and organic pine nuts pesto sauce – 1 - 7 - 8

Df	Gf
Rw	Vgl
Vgn	

 € 7,5

FISH

Oratorio

Baguette with tuna fillets in oil, homemade mayonnaise, rocket, tomato – 1 - 3 - 4

Df	Gf
Rw	Vgl
Vgn	

 € 12

Bramante

Baguette with smoked carpaccio salmon, homemade mayonnaise, iceberg lettuce – 1 - 3 - 4

Df	Gf
Rw	Vgl
Vgn	

 € 12

Lipari

Baguette with octopus, basil and organic pine nuts pesto, mozzarella, rocket – 1 - 7 - 14

Df	Gf
Rw	Vgl
Vgn	

 € 12

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	

 € 12

Roastbeef

Baguette with homemade organic roast beef, Dijon mustard, rocket – 1 - 3 - 10

Df	Gf
Rw	Vgl
Vgn	

 € 12

Bread basket € 2,50

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

Df Dairy free

Rw Raw

Vgn Vegan

Gf Gluten free

Vgl Vegetarian



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15% OFF TAKE AWAY

Fresh Garden Salads

VEGAN - RAW

Seggiola

Lettuce, spinach, chard, endive, pak choi, fennels, carrots, celery, almonds, raisins, avocado, mixed organic seeds, aromatic herbs – 8 - 9

Df	Gf
Rw	Vgl
Vgn	

 € 10

Vignola

Lettuce, spinach, chard, endive, pak choi, fennel, avocado, organic walnuts, orange, organic sprouts, aromatic herbs – 8

Df	Gf
Rw	Vgl
Vgn	

 € 12

VEGETARIAN

Palomba

Lettuce, spinach, chard, endive, pak choi, pears, goat cheese, organic walnuts, fresh mint, aromatic herbs – 7 - 8

Df	Gf
Rw	Vgl
Vgn	

 € 13

Trafofo

Lettuce, spinach, chard, endive, pak choi, cherry tomatoes, buffalo mozzarella DOP, black olives, corn, aromatic herbs – 7

Df	Gf
Rw	Vgl
Vgn	

 € 13

San Saba

Lettuce, spinach, chard, endive, pak choi, feta cheese, cherry tomatoes, cucumbers, black olives, tzatziki sauce (without garlic), aromatic herbs – 7

Df	Gf
Rw	Vgl
Vgn	

 € 13

WITH MEAT AND FISH

Mazzini

Lettuce, spinach, chard, endive, pak choi, homemade organic roastbeef, cherry tomatoes, D.O.P. parmesan cheese, organic sprouts, aromatic herbs – 7 - 10

Df	Gf
Rw	Vgl
Vgn	

 € 14

Santa Sabina

Lettuce, spinach, chard, endive, pak choi, organic steamed chicken breast, organic sprouts, green apple, homemade mustard, aromatic herbs – 3 - 9 - 10

Df	Gf
Rw	Vgl
Vgn	

 € 14

Fossa

Lettuce, spinach, chard, endive, pak choi, dried tomatoes, turkey ham, goat cheese, organic walnuts, green apple, aromatic herbs – 7 - 8

Df	Gf
Rw	Vgl
Vgn	

 € 13

Paolina

Lettuce, spinach, chard, endive, pak choi, cherry tomatoes, buffalo mozzarella DOP, black olives, tuna, eggs, corn, aromatic herbs – 3 - 4 - 7

Df	Gf
Rw	Vgl
Vgn	

 € 14

Botticella

Lettuce, spinach, chard, endive, pak choi, smoked salmon, mango, pistachios, mixed organic seeds, aromatic herbs – 4 - 8

Df	Gf
Rw	Vgl
Vgn	

 € 14

Panetteria

Lettuce, spinach, chard, endive, pak choi, avocado, mushrooms, bresaola della Valtellina salami, goat cheese, organic walnuts, mixed organic seeds, aromatic herbs – 7 - 8

Df	Gf
Rw	Vgl
Vgn	

 € 14

Impresa

Lettuce, spinach, chard, endive, pak choi, smoked salmon, avocado, black olives, fennels, aromatic herbs – 4

Df	Gf
Rw	Vgl
Vgn	

 € 14

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

Df Dairy free

Rw Raw

Vgn Vegan

Gf Gluten free

Vgl Vegetarian























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15% OFF TAKE AWAY

Desserts and Delicious

DESSERT

Tiramisù al caffè Homemade tiramisu – 1 - 3 - 7	    	€ 7
Budino vegano al cioccolato Organic tapioca pralines with coconut milk, chocolate, vegan whipped cream with melon – 6	    	€ 8
Creme brulee Creme brulee with citrus and rosemary sauce – 3 - 7	    	€ 8
Cioccolato e papaya Cup of organic dark chocolate, mascarpone cream with organic walnuts, papaya and mint – 3 - 7 - 8	    	€ 8

Fruit Platters

Small fruit platter Selection of tropical and seasonal fresh fruits	    	€ 12
Medium fruit platter Selection of tropical and seasonal fresh fruits	    	€ 18
Large fruit platter Selection of tropical and seasonal fresh fruits	    	€ 28
Tropical fruit platter Selection of tropical fruits (depending on availability season) with mango, papaya, pineapple, kiwi, passion fruit	    	€ 14
Fresh mango Two half mangoes - depending on seasonal availability	    	€ 12
Avocado al piatto Avocado slices depending on seasonal availability	    	€ 9,5

Energy Bowls - Tigela

A mixture of antioxidants for a feeling of well-being and vitality.
Try it the classic "Tigela" way.

Açaí Organic açai, banana, strawberry, guaranà, homemade organic granola – 1 - 8 Rich in antioxidants, omega 3 and low in calories, for a full of energy	Df Rw Vgn	Gf Vgt	€ 9
Maracuja Maracujà and cajù, banana, strawberry, guaranà, homemade organic granola – 1 - 8 A natural relaxing, with lots of vitamins and antioxidants	Df Rw Vgn	Gf Vgt	€ 9
Papaya Papaya, guayaba, banana, strawberries, guaranà, homemade organic granola – 1 - 8 Help the weight loss, rich in minerals	Df Rw Vgn	Gf Vgt	€ 9
Mango Mango, strawberry and banana, guarana, homemade organic granola, blueberries – 1 - 8 A and C vitamins	Df Rw Vgn	Gf Vgt	€ 9,5
Pitaya Pitaya and banana, guarana, homemade organic granola, coconut , kiwi and blueberries – 1 - 8 Energetic and antioxidant	Df Rw Vgn	Gf Vgt	€ 9,5

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
Sucoverde White cabbage, spinach, pineapple, spirulina seaweed (Antioxidant, slimming, rich in protein and iron)	€ 6	Ornella Celery, fennel, carrots, ginger (Burns fat and improves your metabolism)	€ 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 Helps the immune system, rich in flavonoids, minerals and antioxidants	€ 8

15% OFF TAKE AWAY

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
Santiago Organic 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
Acapulco Pomegranate, apple, graviola, ginger Rich in potassium, draining, anti-aging	€ 7	€ 8
Flores Caja, prickly pears, honey Strengthens the immune system	€ 7	€ 8
Yucatan Pitaya, Strawberry, apple Antioxidant, rich in Vitamin C and phosphorus	€ 7	€ 8
Aloe shot - Organic Detoxification, immune system stimulant, anti-inflammatory		€ 3

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
Il Cairo Organic dates raising, coconut, almond milk, 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, guaraná – energy and natural guaraná caffeine	€ 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
Papeete Goiaba, grapes, honey, mint – detoxifying and draining	€ 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 € 2,5

Organic cappuccino € 3,5
with organic milk and coffee

Vegan Cappuccino € 3,5
with organic soy or almond milk

ORGANIC TEA

served with biscuits

Ginseng beauty € 6
Organic green tea with liquorice root, lemongrass and ginseng root

Duke's blues € 6
Organic Black tea with bergamot flavoring and corn flower petals

Tiffany's breakfast € 6
Like Holly, sweet, balanced and elegantly balanced organic black tea

The Secret Life of Chai € 6
This Chai is a unique blend of black tea, Ginger, Star anise, Orange peel, Cardamom seed

Mount Feather € 6
Organic green tea. Sweet, refreshing with a smart finish

Dragon Pearl Jasmine € 6
Organic green tea with a jasmine flower parts

Lychee White Peony € 6
Organic white tea and rose petals with lychee flavoring

Long life brows € 6
Organic white tea

Tropicoco € 6
Mango, apple, coconut pieces, hibiscus white, orange peel, liquorice root, roasted chicory and flavoring

Natural tea blossoms € 6
Green tea with marigold flower

Queen berry - te alla frutta € 6
Hibiscus, elderberry, currant, rosehip, blackcurrant, blueberries, strawberry pieces and natural flavoring

Detoxania € 6
Green tea with dehydrated fruit, herbs and spices

The playful pear € 6
Sencha green tea with pear and marigold

HERBAL INFUSIONS

Beeeee Calm € 6
Organic camomile with honey and vanilla flavoring

Ener Ginger € 6
Lemongrass, ginger, rosemary and lemon verbena

Merry Peppermint € 6
Liquorice root, peppermint, fennel, basil

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

Small	€ 5
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
€ 12