

Cold Cuts and Cheese

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|---|--|----|----|----|-----|-----|--|------|
| 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 | | € 24 |
| Df | Gf | | | | | | | |
| Rw | Vgl | | | | | | | |
| Vgn | | | | | | | | |
| Involtni 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 | | € 16 |
| 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 | | € 16 |
| 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 | <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 | | | | | | | | |
| 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 | | | | | | | | |
| Prosciutto e Melone Cured Parma D.O.P. ham and fresh melon – 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 | | € 16 |
| Df | Gf | | | | | | | |
| Rw | Vgl | | | | | | | |
| Vgn | | | | | | | | |

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 Rw Vgn | Gf Vgl | € 8 |
| Patanegra Baguette with cured Iberian ham, tomato sauce, Organic Extra Virgin Olive Oil "Le Masciare" – 1 | Df Rw Vgn | Gf Vgl | € 11 |
| Garibaldi Baguette with aged Parma D.O.P. cured ham, mozzarella, rocket, artichokes, Organic Extra Virgin Olive Oil – 1 - 7 | Df Rw Vgn | Gf Vgl | € 8 |

COOKED HAM

| | | | |
|--|-----------------|-----------|-----|
| Farnese Baguette with Prague cooked ham, grilled zucchini, cream cheese, basil, Organic Extra Virgin Olive Oil "Le Masciare" – 1 - 7 | Df Rw Vgn | Gf Vgl | € 8 |
| Consolato Baguette with Prague cooked ham, avocado, lime, fresh tomato, Organic Extra Virgin Olive Oil "Le Masciare", salt – 1 | Df Rw Vgn | Gf Vgl | € 9 |
| Corso Baguette with Prague cooked ham, mozzarella, fresh tomatoes, rocket, Organic Extra Virgin Olive Oil "Le Masciare" – 1 - 7 | Df Rw Vgn | Gf Vgl | € 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 Rw Vgn | Gf Vgl | € 8 |
| Veneto Baguette with turkey ham, Brie de Meaux A.O.C. cheese, grilled zucchini, rocket, Organic Extra Virgin Olive Oil – 1 - 7 | Df Rw Vgn | Gf Vgl | € 8 |
| Esquilino Baguette with homemade roast pork, iceberg salad and homemade mustard – 1 - 3 - 10 | Df Rw Vgn | Gf Vgl | € 9 |
| Dandolo Baguette with mortadella salami, pistachios, parmesan and crescenza cheese, Organic Extra Virgin Olive Oil "Le Masciare" – 1 - 7 | Df Rw Vgn | Gf Vgl | € 7,5 |

VEGETARIAN

Belisario

Baguette with homemade rocket pesto, buffalo mozzarella D.O.P., dried tomatoes – 1 - 8 - 7

| | |
|-----|-----|
| Df | Gf |
| Rw | Vgl |
| Vgn | |

€ 7,5

Grillo

Baguette with fontina cheese, tomatoes, baby spinach, rocket – 1 - 7

| | |
|-----|-----|
| Df | Gf |
| Rw | Vgl |
| Vgn | |

€ 7,5

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

FISH

Oratorio

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

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|-----|-----|
| 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 pinenuts pesto sauce, 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

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

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

Df Gf
Rw Vgl
Vgn € 10

Torretta

Mixed salad leaves (yellow and red lettuce, rocket, spinach), raw zucchini, champignon mushrooms, celery, organic pine nuts, organic sprouts – 9

Df Gf
Rw Vgl
Vgn € 12

Tinta

Mixed salad, rocket, fennels, melon, radish, "taggiasche" olives, capers

Df Gf
Rw Vgl
Vgn € 12

VEGETARIAN

Aurora

Mixed salad leaves (yellow and red lettuce, rocket, spinach), fresh goat cheese, watermelon, mint, organic walnuts, lime – 7 - 8

Df Gf
Rw Vgl
Vgn € 13

Trafofo

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

Df Gf
Rw Vgl
Vgn € 13

San Saba

Mixed salad leaves (yellow and red lettuce, rocket, spinach), feta cheese, cherry tomatoes, cucumbers, black olives, tzatziki sauce (without garlic) – 7

Df Gf
Rw Vgl
Vgn € 13

WITH MEAT AND FISH

Emilia

Mixed salad leaves (yellow and red lettuce, rocket, spinach), organic roast beef, zucchini, organic walnuts, pecorino romano cheese. – 7 - 8

Df Gf
Rw Vgl
Vgn € 14

Santa Sabina

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

Df Gf
Rw Vgl
Vgn € 14

Fossa

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

Df Gf
Rw Vgl
Vgn € 13

Paolina

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

Df Gf
Rw Vgl
Vgn € 13

Botticella

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

Df Gf
Rw Vgl
Vgn € 14

Panetteria

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

Df Gf
Rw Vgl
Vgn € 14

Impresa

Mixed salad leaves (yellow and red lettuce, rocket, spinach), smoked salmon, avocado, black olives, fennels – 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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Desserts and Delicious

DESSERT

| | | |
|--|----------------------------|-----|
| Panna cotta al mango Mango panna cotta with mango and thyme cream – 7 | Df Gf Rw Vgt Vgn | € 7 |
| Tiramisù al caffè Homemade Tiramisù – 1 - 3 - 7 | Df Gf Rw Vgt Vgn | € 7 |
| Pera al vino e cioccolato Pears cooked in red wine with whipped cream, dark chocolate and cinnamon – 7 - 8 | Df Gf Rw Vgt Vgn | € 8 |

Fruit Platters

| | | |
|---|----------------------------|------|
| Small fruit platter Selection of tropical and seasonal fresh fruits | Df Gf Rw Vgt Vgn | € 12 |
| Medium fruit platter (2 PERSONS) Selection of tropical and seasonal fresh fruits | Df Gf Rw Vgt Vgn | € 18 |
| Large fruit platter (4 PERSONS) Selection of tropical and seasonal fresh fruits | Df Gf Rw Vgt Vgn | € 28 |
| Tropical fruit platter Selection of tropical fruits (depending on availability season) with mango, papaya, pineapple, kiwi, passion fruit | Df Gf Rw Vgt Vgn | € 14 |
| Fresh mango Two half mangoes - depending on seasonal availability | Df Gf Rw Vgt Vgn | € 12 |
| Avocado al piatto Avocado slices depending on seasonal availability | Df Gf Rw Vgt 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

Maracujá na tigela

Maracujá and cajú, 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

Alicia

Celery, cucumber, pineapple, ginger

€ 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

Morgan

Watermelon, pear, pineapple, yerba mate, moringa (an aid to weight loss, energy, stimulate)

€ 6

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

Cherry

Cherry tomatoes, apple, cucumber, lemon
With lycopene and vitamin C, skin care

€ 7

Tango

Mango, pineapple, peach, melon
May stimulate digestion, fatigue recovery

€ 8

Reset

Kiwi, apple, pineapple, orange
Anti-oxidant effects, may stimulate digestion

€ 7

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 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 |
| Nicoya Organic Goji berries , graviola, apple Antioxidant and anti-inflammatory | € 7 | € 8 |
| Aloe vera 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, raisins, 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 Açaí, 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 |
| Macao Peach, mango, apple – against water retention, diuretic, rich in polyphenols | € 7 | € 8 |
| Fiji Melon, apricot, honey, apple – few calories and so much sweetness! | € 7 | € 8 |
| Jimmy Joe Watermelon, lime, mint – natural thirst quenching | € 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

| | |
|---------------|-----|
| 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 / Redbull / Cedrata / Schweppes | € 4 |
|--|-----|

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