

# 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

<b>Borgognona</b> 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
<b>Patanegra</b> Baguette with cured Iberian ham, tomato sauce, Organic Extra Virgin Olive Oil "Le Masciare" – 1	Df   Gf Rw   Vgl Vgn	€ 11
<b>Ponte</b> Baguette with cured Parma D.O.P. ham, baby spinach, brie cheese – 1 - 7	Df   Gf Rw   Vgl Vgn	€ 8,5
<b>Garibaldi</b> 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

<b>Farnese</b> 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
<b>Consolato</b> Baguette with Prague cooked ham, avocado, lime, fresh tomato, Organic Extra Virgin Olive Oil "Le Masciare", salt – 1	Df   Gf Rw   Vgl Vgn	€ 9
<b>Giulio Cesare</b> 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
<b>Corso</b> 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

<b>Belli</b> 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
<b>Veneto</b> 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
<b>Prati</b> Baguette with Pedrazzoli "lardo" ham, honey, buffalo mozzarella DOP – 1 - 7	Df   Gf Rw   Vgl Vgn	€ 8
<b>Esquilino</b> Baguette with homemade organic roast pork, iceberg salad and homemade mustard – 1 - 3 - 10	Df   Gf Rw   Vgl Vgn	€ 9
<b>Celio</b> Baguette with smoked ham speck, brie cheese, rocket, peas cream – 1 - 7	Df   Gf Rw   Vgl Vgn	€ 8,5
<b>Dandolo</b> 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

### Belisario

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

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

**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.

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

### Rovere

Lettuce, spinach, chard, endive, pak choi, organic dates, cashews, organic mixed seeds, celeriac, lime zests – 8

Df Gf  
Rw Vgl  
Vgn € 12

## VEGETARIAN

### Navona

Lettuce, spinach, chard, endive, pak choi, avocado, black olives, cherry tomatoes, goat cheese – 7

Df Gf  
Rw Vgl  
Vgn € 14

### Trafofo

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

Df Gf  
Rw Vgl  
Vgn € 13

### Pola

Lettuce, spinach, chard, endive, pak choi, strawberries, black olives, brie cheese, mixed organic seeds – 7

Df Gf  
Rw Vgl  
Vgn € 13

## WITH MEAT AND FISH

### Emilia

Lettuce, spinach, chard, endive, pak choi, organic roast beef, zucchini, organic walnuts, pecorino romano cheese – 7 - 8

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 € 13

### 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



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.

15% OFF TAKE AWAY

# Desserts and Delicious

## DESSERT

<b>Tiramisù al caffè</b> Homemade tiramisù – 1 - 3 - 7	Df Gf Rw Vgl Vgn	€ 7
<b>Budino veg al cocco e passion</b> Tapioca pralines with coconut milk, passion fruit and cardamom	Df Gf Rw Vgl Vgn	€ 7
<b>Morbido all'amaretto</b> Amaretto pie, dark chocolate, amaretto liqueur, whipped cream, wild berries – 1 - 3 - 7 - 8	Df Gf Rw Vgl Vgn	€ 7
<b>Semifreddo al mango</b> Mango semifreddo with pistachio sauce – 3 - 7 - 8	Df Gf Rw Vgl Vgn	€ 8

## Fruit Platters

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

# Energy Bowls - Tigela

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

<b>Açaí</b> 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 Gf Rw Vgt Vgn	€ 9
<b>Maracuja</b> Maracujà and cajù, banana, strawberry, guaranà, homemade organic granola – 1 - 8 A natural relaxing, with lots of vitamins and antioxidants	Df Gf Rw Vgt Vgn	€ 9
<b>Papaya</b> Papaya, guayaba, banana, strawberries, guaranà, homemade organic granola – 1 - 8 Help the weight loss, rich in minerals	Df Gf Rw Vgt Vgn	€ 9
<b>Mango</b> Mango, strawberry and banana, guarana, homemade organic granola, blueberries – 1 - 8 A and C vitamins	Df Gf Rw Vgt Vgn	€ 9,5
<b>Pitaya</b> Pitaya and banana, guarana, homemade organic granola, coconut , kiwi and blueberries – 1 - 8 Energetic and antioxidant	Df Gf Rw Vgt Vgn	€ 9,5

## Shakes and Fruits

Refreshing, healthy, contributing to the daily requirement of vitamins and minerals

<b>Arancia</b> Orange	€ 5	<b>Citrus</b> Orange, lemon, grapefruit	€ 6
<b>Nicole</b> Orange, carrot, apple, mint	€ 6	<b>Ginger</b> Pineapple, fennel, ginger, apple	€ 6
<b>Annette</b> Orange, pineapple, apple, lemon	€ 6	<b>Jamie</b> Red cabbage, apple, cinnamon	€ 6
<b>Sucoverde</b> White cabbage, spinach, pineapple, spirulina seaweed (Antioxidant, slimming, rich in protein and iron)	€ 6	<b>Ornella</b> Celery, fennel, carrots, ginger (Burns fat and improves your metabolism)	€ 6

You can add an extra ingredient from 1 euro

## Macedonia and Yogurt

<b>Tuttifrutti</b> Mix of a range of seasonal fresh fruits (add yogurt, cereals or ice cream from € 1 each)	€ 6
<b>Solo Yogurt</b> Low-fat yogurt with cereals (add almonds, honey, chocolate chips or fruit from € 1 each) – 1 - 7 - 8	€ 6

## Cold Pressed Juices

<b>Moorea</b> Strawberries, basil, grapefruit and vanilla Beta carotene and Vitamin	€ 7
<b>Detox</b> Beetroot, cucumbers, lemon and ginger Detox, boost of vitamin	€ 7
<b>Tonga</b> Kiwi, orange, spinach and radish Detox with folic acid and iron	€ 7

15% OFF TAKE AWAY

# Healthy Smoothies - with Proteins

Smoothies that improve your well-being with super fruits and Aloe

	Medium	Large
<b>Caracas</b> Organic aloe, avocado, mango Rich in omega 3, anti-inflammatory, with vitamin A and E	€ 7	€ 8
<b>Caienna</b> Avocado, dates, banana, almond milk – 8 Rich in antioxidants and anti-inflammatory, prevents high cholesterol	€ 7	€ 8
<b>Veracruz</b> Organic chia seeds, mango, papaya, pineapple Helps to weight loss, rich in Omega 3 and calcium	€ 7	€ 8
<b>Madagascar</b> Baobab fruit, passion fruit, guayaba, banana, pineapple Fosters a sense of satiety, Vitamins A, C, calcium and iron	€ 7	€ 8
<b>Martinique</b> Maca powder, Açai, mango, pineapple, orange Natural aphrodisiac, against stress	€ 7	€ 8
<b>Santiago</b> Organic Aloe Vera , papaya, banana, apple Anti-inflammatory, digestive, diuretic	€ 7	€ 8
<b>Sansone</b> Soft fruits, pineapple, orange, protein Supports muscle development, with proteins and amino acids	€ 7	€ 8
<b>Nicoya</b> Organic Goji berries , graviola, apple Antioxidant and anti-inflammatory	€ 7	€ 8
<b>Aloe shot - Organic</b> Detoxification, immune system stimulant, anti-inflammatory		€ 3

# Milkshakes and Dairy Smoothies

	Medium	Large
<b>Red Love</b> Strawberry, banana, low-fat milk or soy milk – 6 - 7 - 8	€ 7	€ 8
<b>Willy Wonka</b> Banana, toasted cocoa beans from Ecuador, ice cream – 3 - 7 - 8	€ 7	€ 8
<b>Creamy</b> Caffè, banana, cream caramel, latte di soia biologica – 6 - 8	€ 7	€ 8

## 100% Fruit Smoothies

	Medio	Grande
<b>Vitamina C</b> Kiwi, acerola, orange – with a boost of Vitamin C!	€ 7	€ 8
<b>Strong John</b> Guayaba, banana, apple, guaranà – energy and natural guaranà caffeina	€ 7	€ 8
<b>Formosa</b> Papaya, strawberry, orange – burns fat and helps digestion	€ 7	€ 8
<b>San Jose'</b> Passion fruit, banana, mint, apple – minerals from banana and a lot of taste!	€ 7	€ 8
<b>Copacabana</b> Coconut, kiwi, banana – vitamin C and potassium	€ 7	€ 8
<b>Alessio</b> Maracuja, strawberries, apple – anti-stress and relaxing	€ 7	€ 8
<b>Floripa</b> Açai, banana, apple – full of antioxidants and omega 3	€ 7	€ 8
<b>San Diego</b> Pineapple, papaya, mint – burns fat and improves your metabolism	€ 7	€ 8
<b>Buzz</b> Mango, graviola, ginger, apple – vitamins and minerals	€ 7	€ 8
<b>Bolivar</b> Mango, banana, cinnamon, orange – antioxidant	€ 7	€ 8

## Ice Cream

A small selection of cup ice creams, served with fresh fruits or with chocolate flakes

<b>Ginger tropicale</b> Ice cream with mango & maracuja served with fresh fruits	€ 8
<b>Ginger classic</b> 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

Organic cappuccino  
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

<b>Water Carafe</b> Filtered natural or sparkling water, 1 liter	€ 2
<b>Water Bottle</b> Natural or sparkling water 0,75cl	€ 3

## DRAFT BEER

<b>Small</b>	€ 5
<b>Medium</b>	€ 7

## BEER IN BOTTLE

<b>Birra Menabrea 33 cl</b>	€ 5
<b>Birra Franziskaner Weiss 50 cl</b>	€ 8
<b>Non-Alcoholic Beer 33 cl</b>	€ 6
<b>Various artisanal beers in bottle</b> (please ask for our wine and beer list)	from € 7

## SOFT DRINKS

<b>Coca Cola / Sprite / Fanta / Chinotto / Cedrata / Schweppes</b>	€ 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  
€ 12