

Caffetteria

Caffè espresso Bio €1,20

Espresso Bio

Caffè decaffeinato €1,40

Decaffeinated coffee

Caffè Ginseng/Orzo €1,40

Ginseng/Barley coffee

Cappuccino Bio €1,90

Cappuccino Bio

Cappuccino Bio al ginseng/orzo €1,90

Ginseng/Barley Cappuccino

Marocchino Bio €1,50

Coffee, milk cream and chocolate

Latte freddo/caldo Bio/Soia/Riso €1,50

Cold or hot regular/soy/rice milk

Latte macchiato Bio €1,50

Milk with coffee

The caldo e infusi €1,50

Hot tea/infusion

Acqua €1,00

Water

Bibite €2,50

Soft drinks

Spremuta d'arancia bio €3,50

Freshly squeezed organic orange juice

Colazione dolce

Sweet breakfast

Torta Cioccolato Fondente €3,50

Dark chocolate cake

Ciambellone allo yogurt €3,50

Yogurt cake

Selezione di mini croissant €1,50

Mini croissants

Maxi Cookies €2,50

Maxi cookies

Brownies €3,50

Brownies

Confetture di frutta Bio e sugar free €2,00

(albicocca, frutti di bosco, fragola)

Bio and sugar free fruit jams

(apricot, berries, strawberry)

Selezione di cereali e muesli bio €1,00

Bio cereals and muesli

Selezione di pane in cassetta €0,50

lievito madre, farine integrali non raffinate

Sourdough loaf bread

with unrefined wholemeal flours

Miele €2,00

Honey

Yogurt Bio bianco o alla frutta €2,00

Plain or fruit bio Yogurt

Frutta fresca bio €1,50

Organic Fresh fruit

Colazione salata

Savoury breakfast

Torta Salata €4,00

Savoury cake

Mini croissant salati €1,50

Savoury mini croissants

Mini croissant salati farciti..... €2,50

Stuffed savory mini croissants

Poke

Composizione completa€11,00

House specials

Salmon Poke

riso bianco white rice
salmone salmon
avocado avocado
edamame edamame
goma wakame goma wakame
cipolla croccante crispy onion

Chicken poke

riso integrale brown rice
pollo chicken
pomodorini cherry tomatoes
feta greca feta cheese
olive olives
mandorle almonds

Tuna poke

riso nero black rice
tonno tuna
cetrioli cucumber
goma wakame goma wakame
avocado avocado
sesamo sesame seeds

Vegan poke

riso bianco/quinoa white rice/quinoa
uovo sodo egg
feta greca feta cheese
cavolo rosso red cabbage
avocado avocado
pomodorini cherry tomatoes

Base extra €1,00

extra base

Proteina extra €3,00

extra protein

Condimenti extra €0,50

extra ingredient

Topping extra €0,50

extra topping

Salse extra €0,50

extra dressing

Poke

Crea il tuo poke.....€11,00

Mix your poke bowl

1 base

1 base

riso bianco white rice

riso venere black rice

riso integrale brown rice

quinoa quinoa

insalata salad

3 condimenti

3 ingredients

edamame edamame

cipolla rossa red onion

cetrioli cucumber

carote carrot

cavolo rosso red cabbage

olive olives

goma wakame goma wakame

avocado avocado

pomodorini cherry tomatoes

ceci chickpeas

mais corn

zenzero ginger

germogli di soia bean sprouts

1 proteina

1 protein

salmone salmon

tonno tuna

pollo chicken

gamberi shrimps

feta feta cheese

uova egg

1 topping

1 topping

sesamo sesame seeds

mandorle almonds

cipolla croccante crispy onion

jalapeno jalapeno

1 salsa

1 dressing

soia soy

mayo mayo

wasaby wasaby

salsa yogurt yogurt

teriyaki teriyaki

olio oil

aceto vinegar

Panini

Sandwiches

Con pane rustico lievito madre, farine non raffinate e integrali
With sourdough bread, unrefined and wholemeal flours

Tutti i panini €8,00
all sandwiches

Mozzarella extra €1,50
extra mozzarella cheese

Verdure extra..... €1,00
extra vegetables

Salmone

salmone affumicato
smoked salmon
zeste di limone lemon zest
lattuga lettuce
olio evo extra virgin olive oil
pepe pepper

Dijon

prosciutto cotto cooked ham
mozzarella mozzarella
pomodoro tomato
olio evo extra virgin olive oil
acciughe anchovies
senape mustard

Bologna

mortadella Italian sliced meat

Capri

prosciutto crudo di parma
parma dry cured ham
mozzarella mozzarella
basilico basil
olio evo extra virgin olive oil

Rucolino

bresaola della valtellina igp
cured raw beef
rucola rocket salad
pomodoro tomato
olio evo extra virgin olive oil

Vegan

mix di verdure mix of vegetables
olive bianche dolci denocciolate
pitted sweet white olives
olio evo
extra virgin olive oil

Insalate

Salads

Composizione completa €9,00

Mix your salad bowl

3 verdure

3 vegetables

insalata verde green salad

radicchio radicchio salad

rucola rocket salad

finocchio fennel

soncino cord salad

germogli misti mixed sprouts

cetriolo fresco cucumber

pomodorini cherry tomatoes

sedano celery

olive taggiasche

taggiasca olives

rapanelli radish

carote carrots

mais corn

1 condimento

1 dressing

olio oil

aceto vinegar

2 componenti proteiche

2 proteins

Bocconcini di pollo scottati
seared chicken

Salmone affumicato smoked salmon

Tonno tuna in oil

Bocconcini di Mozzarella
small mozzarella balls

2 sfiziosità

2 toppings

mandorle almonds

nocciole hazelnuts

noci nuts

albicocche secche dried apricots

mix di semi seed mix

semi di zucca pumpkin seeds

semi di lino flax seeds

semi di sesamo sesame seeds

Centrifughe

Extracted Juice

Energy €7,00

mango mango

fragole strawberries

spinaci spinach

peperoncino chilly

miele honey

Detox €7,00

lime lime

mela verde green apple

cetriolo cucumber

zenzero ginger

miele honey