

Salads

NORDICA: lamb's lettuce, cherry tomatoes, smoked salmon, orange, avocado, almonds flakes, mustard and honey dressing (1,4,8,10) € 13,00

GRECA: salad leaves, cucumbers, tomato, black olives, feta, red onion, yogurt sauce (7,9,10,3) € 11,00

CAESAR SALAD: salad leaves, parmesan flakes, croutons, chicken*, caesar salad dressing (1,7,9,3) € 12,00

NIZZARDA: salad leaves, egg, tomato, cucumber, black olives, canned tuna (3,4) € 12,00

ESOTICA: lamb's lettuce, chicken, melon, cherry tomatoes, sesame seeds, balsamic glaze (11,12) € 12,50

SEMPLICE: lamb's lettuce, cherry tomatoes, mozzarella, canned tuna, basil (4,7) € 11,00

Pan Pizza

Our panpizza is home made

CONTADINO: speck, brie, cocktail sauce (7,10,3,1) € 9,50

RUSTICO: Culaccia (local parma ham), tomato, salad, bufala mozzarella cheese (7,1) € 12,00

CASERECCIO: mortadella, pistachio grains, creamy cheese (7,1,8) € 10,00

VALTELLINESE: local Bresaola, rocket, parmesan cheese, mushrooms sauce (3,7) € 13,00

TOAST: ham, cheese (7,1) € 4,00

MAXI TOAST: ham, cheese (7,1) € 7,00

AVOCADO TOAST: wholemeal bread, avocado, smoked salmon, boiled egg (1,3,4) € 12,00

TUNA TOAST: wholemeal bread, lettuce, tomatoe, canned tuna, mayonnaise (1,4,3,12) € 12,00



Make your POKE

€ 15,00

Please follow the indications for the ingredients choices.
Numbers in brackets indicate the allergens.

Let's start from the base:

- RICE
- SALAD

Add one protein:

- TUNA* (4)
- SALMON* (4)
- FETA (7)
- CHICKEN*

Choose up to three toppings:

- MELON
- RED ONIONS
- PINAPPLE
- CARROTS
- AVOCADO
- EDAMAME* (6)
- CORN
- TOMATO
- CUCUMBER
- RED CABBAGE

Combine one crispy garnish:

- SESAME SEEDS (11)
- TEMPURA FLAKES (1,6)
- ALMONDS (8)
- CRISPY ONION

End up with one sauce:

- SOY SAUCE (6)
- TERIYAKI SAUCE (1,6)
- WASABI MAIO (3,10)





Pizzelle*

MARGHERITA: tomato, mozzarella (1,7) € 7,00

TOPPINGS: tomato, mozzarella, topping € 8,50
upon availability (1,7)

Desserts

Ask the staff for the desserts of the day € 6/7,00€

Ice cream

ALGIDA

Available at the bar

Cocktail

ANALCOLICO ALLA FRUTTA	€ 6,00
CRODINO 10CL	€ 4,00
CAMPARI SODA 10 CL	€ 4,50
PROSECCO CALICE	€ 6,00
FRANCIACORTA CALICE	€ 9,00
SPRITZ APEROL	€ 7,50
SPRITZ CAMPARI	€ 7,50
SPRITZ HUGO/SARTI	€ 8,00
NEGRONI	€ 8,50
NEGRONI SBAGLIATO	€ 8,50
CUBA LIBRE	€ 8,50
MOJITO	€ 8,50
BELLINI	€ 6,00
SEX ON THE BEACH	€ 8,50
GIN TONIC/LEMON	€ 8,50
GIN PREMIUM (chiedere allo staff)	da € 12,00
VODKA TONIC/LEMON/REDBULL	€ 8,50



Beers draft

STELLA ARTOIS 0.20L/0.40L

€ 3,50/€ 5,50

IPA 0.25L / 0.50L

€ 4,50/€ 7,50

bottled € 5,50

CORONA, DAURA no gluten

CORONA 0.0 Alcol

BECK'S, HEINEKEN, LEFFE Rouge

Wines

whites

LUGANA Ca' Dei Frati

€ 29,00

RIBOLLA GIALLA

€ 25,00

CURTEFRANCA Contadi Castaldi

€ 27,00

LUGANA Ca' Dei Frati 375ml

€ 16,00

reds

VALPOLICELLA

€ 28,00

CURTEFRANCA Ferghettina

€ 27,00

rosé

ROSA DEI FRATI Ca' Dei Frati

€ 29,00

CONTI THUN Micaela

€ 27,00

Bollicine

CONTI THUN bolle di Gioia Brut

€ 28,00

CONTI THUN bolle di Micaela rosé

€ 30,00

Franciacorta

BELLAVISTA Assemblage

€ 68,00

BRUT Contadi Castaldi

€ 38,00

SATEN Contadi Castaldi

€ 42,00



Cafeteria

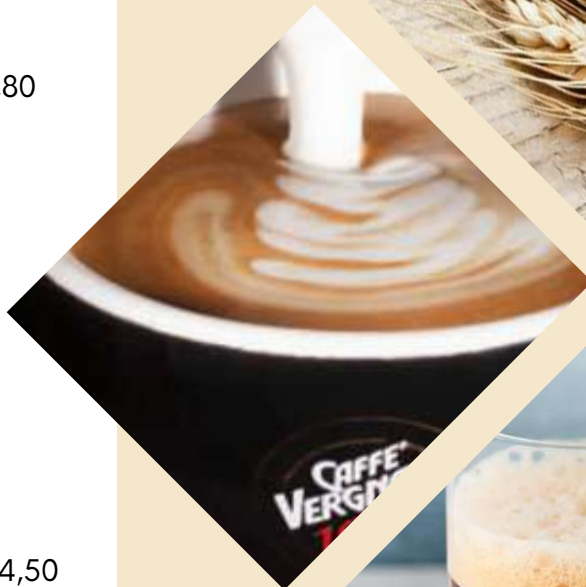
ESPRESSO / MACCHIATO	€ 1,50
FRESH ORANGE JUICE	€ 4,90
CROISSANT PLAIN / FILLED	€ 1,60/1,80
CAFFE' DOPPIO	€ 2,50
DECAFFEINATO	€ 1,80
CAFFE' CORRETTO	€ 2,00
MAROCCHINO	€ 2,50
AMERICANO	€ 2,00
CAPPUCCINO	€ 2,00
CAPPUCCINO DECA	€ 2,20
CAPPUCCINO SOY/GINSENG/BARLEY	€ 2,30
CAPPUCCINO MAXI	€ 3,50
GLASS OF MILK	€ 1,50
SHAKED COFFEE / CORRETTO	€ 4,00/4,50
LATTE MACCHIATO	€ 2,50
GINSENG SMALL / BIG	€ 2,00/2,20
BARLEY SMALL / BIG	€ 2,00/2,20
HOT TEA / CAMOMILLA	€ 3,50
COFFEE CREAM	€ 4,00
SORBET	€ 4,00

Soft drinks

ACQUA 75CL NAT	€ 3,00
ACQUA 75CL GAS	€ 3,00
COCA COLA 33CL	€ 3,50
COCA COLA ZERO 33CL	€ 3,50
FANTA 33CL	€ 3,50
SPRITE 33CL	€ 3,50
PEACH TEA 33CL	€ 3,50
LEMON TEA 33CL	€ 3,50
LEMON SODA 33CL	€ 3,50
RED BULL 33CL	€ 4,00

Juices

€ 3,50



Allergens

1) Gluten	cereals, wheat, rye, barley, oats, spelt, kamut, including ibrids and derivatives
2) Crustaceans and derivatives	both marine and fresh water: shrimps, langoustines, lobsters, crabs, hermit crabs and the like
3) Eggs and derivatives	products with eggs: mayonnaise, omelette, emulsions, egg pasta, biscuits and pies also salted, ice creams and creams
4) Fish and derivatives	including derivatives, that are all those food products that are made up of fish
5) Peanuts and derivatives	packaged snacks, creams and toppings
6) Soy and derivatives	milk, tofu, spaghetti, etc.
7) Milk and derivatives	every product in which milk is used
8) Nuts and derivatives	almonds, hazelnuts, common nuts, acagiù nuts, pecans and Brazil and Queensland pistachios
9) Celery and derivatives	present in pieces or inside the preparations for soups, sauces and vegetable concentrates
10) Mustard and derivatives	can be found in sauces and topping especially in mustard
11) Sesame seeds and derivatives	in addition to the seeds used for bread, we can find traces in some types of dough
12) Sulphur dioxide and sulphites	<u>in concentrations greater than 10mg/kg or 10mg/l expressed as SO₂</u> used as preservatives, we can find them in: preserves of fish products, in food within vinegar, in oil and pickled, in jems, vinegar, dried mushrooms and soft drinks and fruit juices, wine
13) Lupino and derivatives	now present in many vegan foods, in the form of chickens and similar that have as their basis this legume, rich in protein
14) Molluschi and derivatives	basket, cannolicchio, scallop, heart, sea date, fasolaro, garagolo, snail, mussel, mule, oyster, patella, seatruffle, tellina and clam etc.

* The products marked with an asterisk may be shock-frozen, frozen or deep-frozen