

Toast

✓ **01. BROWN TOAST 10,00€**

Bread*, chickpea hummus*, avocado, dried tomatoes, black pepper, sesame

02. VIOLET TOAST 11,90€

Bread*, chickpea hummus*, avocado, octopus*, parsley, green pepper, beetroot sprouts

03. ORANGE TOAST 11,90€

Bread*, philadelphia*, avocado, smoked salmon, poppy seeds, teriyaki*, smoked salt

✓ **04. BLUE TOAST 10,90€**

Bread*, guacamole, olives, dried tomatoes, greek feta*, oregano, pepper

✓ **05. RED TOAST 9,90€**

Bread*, guacamole, pomegranate, pumpkin seeds, green pepper

✓ **06. GREEN TOAST 10,00€**

Bread*, guacamole, pink salt, almonds*, basil, cherry tomatoes

07. PINK TOAST 11,90€

Bread*, guacamole, pink pepper berries, shrimp*, sunflower seeds

🔥 ✓ **08. GREEN MASH TOAST. . 10,90€**

Bread*, avocado mash, pepper, boiled egg*, steamed asparagus, chilli

09. BLACK TOAST 11,90€

Bread*, guacamole, orange peel, chopped pistachios*, pepper, smoked salmon, nori seaweed

Foods with the symbol * may contain allergens or be subject to abatement to -18°. For more information, contact the staff.

✓ VEGAN ✓ VEGETARIAN ✓ GLUTEN FREE



Bowl

01. WAKAME & SALMON . . .13,90€

Mix of basmati and black rice, avocado, fresh salmon*, edamame*, goma wakame*, black sesame

🔥 02. SPICY VEGG13,90€

Mix of brown and black rice, avocado, daikon, almonds*, teriyaki marinated tofu*, basil, cucumber, olives, spicy mayo*

03. GOJI SALMON13,90€

Tricolor quinoa, avocado, fresh salmon*, boiled egg*, steamed asparagus, low-fat greek yogurt*, goji berries, chives

04. SHRIMP

POMEGRANADE13,90€

Black rice, avocado, edamame*, steamed shrimp*, lemongrass*, pomegranate, cherry tomatoes

05. HUMMUS & SALMON . .13,90€

Brown rice, avocado, fresh salmon*, chickpea hummus*, colorful carrot batonette, seed mix*

06. ITALIAN CHICKEN13,90€

Black rice, avocado, olives, nuts*, chicken nuggets*, green pepper, curly parsley, teriyaki glaze*

07. EGG & SALMON13,90€

Basmati rice, avocado, boiled egg*, smoked salmon, balsamic vinegar flakes, sliced almonds*

✓ 08. ALL GREEN13,90€

Tricolor quinoa, avocado, tofu*, cashews*, bean sprouts*, nori seaweed, lime scent, soy cream*

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Salad

V 01. AVO SALAD 13,90€

Mixed salad, quinoa, avocado, cherry tomatoes, olives, cucumber, red cabbage, ginger dressing*, pine nuts*

02. SALMON SALAD 13,90€

Spinach, avocado, fresh salmon*, fennel, orange, mango sauce*, black and white sesame

03. CHICKEN SALAD 13,90€

Mixed salad, avocado, chicken nuggets*, croutons of bread*, boiled egg*, pink pepper, cherry tomatoes, pumpkin seed oil

04. OCTOPUS SALAD 13,90€

Rocket, avocado, octopus*, lime, boiled sweet potatoes, olives, parsley

05. SHRIMP SALAD 13,90€

Rocket, quinoa, avocado, feta*, shrimp*, asparagus, chickpea hummus*, pomegranate, pumpkin seeds, chopped pistachios*



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V VEGAN V VEGETARIAN V GLUTEN FREE

make your bowl

CHOOSE YOUR BASE 13,90€

basmati rice
black rice
brown rice
tricolor quinoa

rocket
rocket and quinoa
spinach
spinach and quinoa

mixed salad
mixed salad and quinoa
choose your mix

CHOOSE 2 MAIN INGREDIENTSextra 2,00€

avocado hass
fresh salmon*
marinated salmon*
smoked salmon

steamed shrimp*
steamed chicken*
octopus*
boiled egg*

natural tofu*
teriyaki marinated tofu*
wasabi marinated tofu*
greek feta cheese*

CHOOSE 2 SECONDARY INGREDIENTSextra 1,50€

edamame*
colored carrot sticks
cucumber
cherry tomatoes
pomegranate
olives
daikon
wakame seaweed*
nori seaweed

red cabbage
fennel
orange
mango
croutons of bread*
bean sprouts*
beet sprouts
philadelphia*
dry tomatoes

boiled sweet potatoes
steamed asparagus
chickpeas
avocado
boiled egg*
greek feta cheese*
pineapple

CHOOSE 2 SEEDSextra 1,00€

white sesame
black sesame
poppy seeds
chia seeds
sliced almonds*
sunflower seeds

nuts*
cashew nuts*
pumpkin seeds
pine nuts*
chopped hazelnuts*
chopped pistachios*

goji berries
pink pepper berries
chives
parsley
basil
seed mix*

CHOOSE 2 SAUCESextra 1,00€

low-fat greek yogurt*
ginger dressing* V V
mango sauce*
spicy mayo* V V
lemongrass sauce* V V
extra virgin olive oil
pumpkin seed oil V V
teriyaki glaze*

balsamic vinegar cream
IGP balsamic vinegar
soy sauce*
gluten free soy sauce
guacamole V
chickpea hummus* V V
balsamic vinegar flakes

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V VEGAN V VEGETARIAN V GLUTEN FREE

make your toast

CHOOSE YOUR BREAD8,90€

white bread*
brown bread*

CHOOSE YOUR BASE

guacamole
chickpea hummus V V

philadelphia*
avocado mash

CHOOSE YOUR INGREDIENTS

avocado	1,00 €	white sesame	0,30 €
fresh salmon*	1,50 €	black sesame	0,30 €
smoked salmon	1,50 €	poppy seeds	0,30 €
stream shrimp*	1,50 €	chia seeds	0,30 €
octopus*	2,00 €	sliced almonds*	0,50 €
steamed chicken*	1,50 €	sunflower seeds	0,50 €
boiled egg*	1,00 €	nuts*	0,70 €
greek feta cheese*	1,00 €	cashew nuts*	0,70 €
natural tofu*	1,00 €	pine nuts*	1,00 €
edamame*	0,50 €	pumpkin seeds	0,50 €
cucumber	0,50 €	goji berries	0,70 €
cherry tomatoes	0,50 €	chopped hazelnuts*	0,50 €
dry tomatoes	0,50 €	chopped pistachios*	0,70 €
olives	0,50 €	seed mix*	0,70 €
pomegranate	1,00 €	pink pepper berries	0,70 €
daikon	0,50 €	balsamic vinegar flakes	1,00 €
mango	1,50 €	low-fat greek yogurt*	0,50 €
wakame seaweed*	1,00 €	ginger dressing* V V	0,50 €
bean sprouts*	0,50 €	mango sauce*	0,50 €
beetroot sprouts	1,00 €	spicy mayo* V V	0,50 €
sweet potatoes	1,00 €	lemongrass sauce* V V	0,50 €
asparagus	1,50 €	teriyaki glaze*	0,50 €
chickpeas	0,50 €	chickpea hummus* V V	0,70 €
parsley	0,50 €	balsamic vinegar cream	0,50 €
basil	0,50 €	soia cream*	0,50 €
chives	0,50 €	smoked salt	0,50 €
nori seaweed	1,00 €	salt crystals	0,50 €

Gli alimenti con il simbolo * possono contenere allergeni o essere soggetti ad abbattimento a -18°. Per maggiori informazioni rivolgersi al personale.

V VEGANO V VEGETARIANO V SENZA GLUTINE

Centrifuges & Beverages

SOFT DRINK

Water 33cl	1,50€
Coca cola 33cl	3,00€
Aranciata Iurisìa 27,5cl	3,50€
Gazzosa Iurisìa 27,5cl	3,50€
Chinotto Iurisìa 27,5cl	3,50€
Tonic 25 cl	2,50€

CAFETERIA

Espresso	1,20€
Macchiato	1,20€
Americano	1,50€
Ginseng	1,50€
Thè e infusions	3,00€

CENTRIFUGE AND JUICE

1. Avocado, celery*, lime, apple	Regular 7,00€ Small 4,50€
2. Carrot, mango, orange	Regular 7,00€ Small 4,50€
3. Pineapple, mango, papaya, orange	Regular 7,00€ Small 4,50€
4. Pineapple, apple, lemon, purple carrot, basil	Regular 7,00€ Small 4,50€
5. Apple, carrot, lemon, ginger	Regular 6,50€ Small 3,50€
6. Apple, cucumber, celery*, mint	Regular 6,50€ Small 3,50€
7. Apple, fennel, cucumber, ginger	Regular 6,50€ Small 3,50€
8. Orange juice	Regular 5,50€ Small 3,00€

LIQUEUR AND BITTER ..from 3,50€ to 5,00€

Amaro del Capo
Amaro Cynar
Grappa Barricata 'Sarpa Oro' - Poli
Bulleit Bourbon Whiskey
Havana Club 3 anni
Havana Club 7 anni
Southern Comfort

WINE

Red: Carusu - Terrazze dell'Etna	Glass 6,00€ Bottle 25,00€
Red: Cirneco - Terrazze dell'Etna	Glass 6,00€ Bottle 25,00€
Red: Salento Primitivo IGP "Vivo"	Glass 5,00€ Bottle 22,00€
Red: A.A. Lagrein Doc "Pure Origin"	Glass 7,00€ Bottle 28,00€
White: Falerio Pecorino Doc "Ribelle"	Glass 6,00€ Bottle 24,00€
White: A.A. Gewürztraminer Doc	Glass 6,00€ Bottle 28,00€
Sparkling wine: Prosecco Extra Dry Doc - Sutto	Glass 6,00€ Bottle 25,00€
Sparkling wine: Prosecco Treviso Extra Dry Doc	Glass 6,00€ Bottle 25,00€

SPRITZ6,00€

Aperol Spritz	Hugo Spritz
Campari Spritz	Cynar Spritz
Select Spritz	

CLASSIC7,00€

Negroni	Moskow Mule
Sbagliato	London Mule
Americano	Cuba Libre
Gin Tonic	Cuba Pestato
Vodka Lemon	Mojito

SPECIAL

Abacate	8,00€
(mezcal, cointreau, avocado, lemon, salt, sugar)	

BEER

Marzen	5,00€
33cl (Daura) Red Double Malt - gluten free - Alc. 7.2	
Trhibu	5,00€
33cl (Hibu) IPA Ambrata Alc. 6.9	
Gotha	5,00€
33cl (Hibu) Stron Ale Chiara Alc. 7.7	
Ichnusa	4,00€
Lager 33cl Chiara Alc. 4.7	
Inchusa non filtrata	4,00€
Lager 33cl Chiara Alc. 5.0	

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