

SMOOTHIE BOWLS

€ 8.00

AÇAÍ

Açaí, *banana, burro di mandorla, latte di mandorla

Topping: fragole, banana, cocco rapè, granola, burro di mandorla

Açaí, banana, almond butter, almond milk

Toppings: strawberries, banana, grated coconut, granola, almond butter

HELLO CHOCO!

*Banana, cacao, latte di soia

Topping: banana, granola, gocce di cioccolato, scaglie di mandorle, cocco rapè, burro di arachidi

Banana, cocoa, soy milk

Toppings: banana, granola, chocolate chips, almond flakes, grated coconut, peanut butter

BLUEBERRY MAGIC

*Banana, *mirtilli, latte di mandorla

Topping: banana, more, mirtilli, mandorle in scaglie, granola

Banana, blueberries, almond milk

Toppings: banana, blackberries, blueberries, almond flakes, granola

LA VIE EN ROSE

*Banana, *lamponi, latte di cocco

Topping: banana, fragole, lamponi, cocco rapè, riso soffiato, crema di cocco, semi di zucca

Banana, raspberries, coconut milk

Toppings: banana, strawberries, raspberries, grated coconut, puffed rice, coconut cream, pumpkin seeds

ESMERALDA

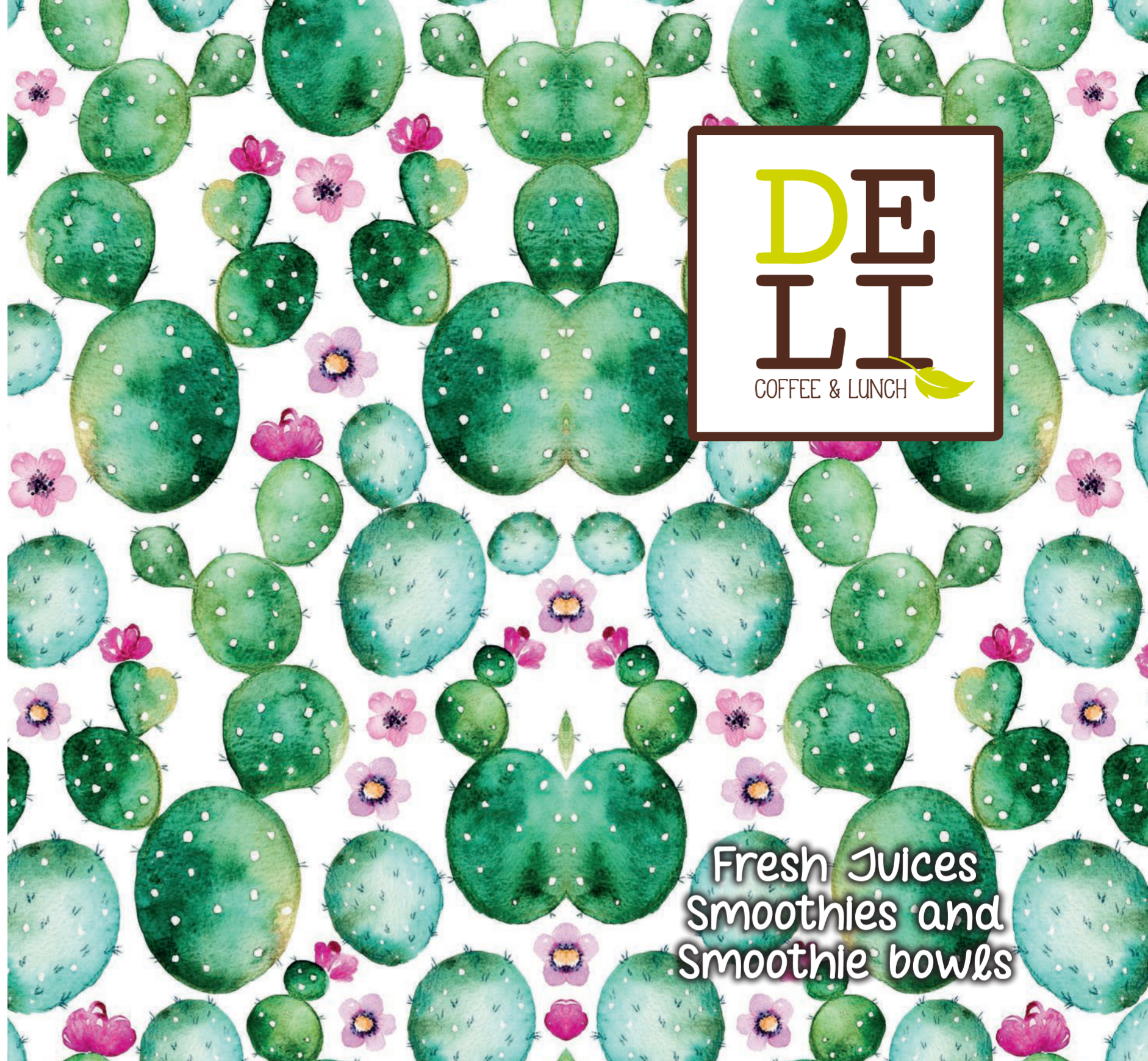
*Banana, kiwi, latte di soia, spinaci

Topping: banana, fragola, ananas, kiwi, granella di pistacchio, bacche di goji, granola

Banana, kiwi, soy milk, spinach

Toppings: banana, strawberries, pineapple, kiwi, pistachios, goji berries, granola

* ALIMENTI SURGELATI



FRESH JUICES

€ 5.00



GREENS

VIVA LA CLOROFILLA

Mela, ananas, limone, chlorella
Apple, pineapple, lemon, chlorella

POPEYE

Mela, pera, kiwi, spinaci
Apple, pear, kiwi, spinach

SUPA DUPA KALE

Kale (cavolo riccio), cetriolo, finocchio, mela
Kale, cucumber, fennel, apple

GREEN POWER

Mela, kiwi, sedano, zenzero, spirulina
Apple, kiwi, cellery, ginger, spirulina

BARLEY BOMB

Mela, sedano, limone, zenzero, cetriolo, erba d'orzo
Apple, cellery, lemon, ginger, cucumber, barley grass



CITRUS

SUNRISE

Arancia, fragola, ananas
Orange, strawberry, pineapple

HONOLULU

Ananas, lime, acqua di cocco, guava
Pineapple, lime, coconut water, guava

CITRUS PARADISI

Pompelemo, mela, carota, curcuma, zenzero
Grapefruit, apple, carrot, turmeric, ginger

SICILIA BEDDAI

Limone, arancio, lime, pompelmo
Lemon, orange, lime, grapefruit



VEGGIES

SUPER DETOX

Carota, mela, sedano, limone, zenzero
Carrot, apple, cellery, lemon, ginger

BET IT!

Carota, mela, rapa rossa, arancia, limone
Carrot, apple, beet, orange, lemon

*VIVALEPERE

Pera, finocchio, limone
Pear, fennel, lemon



SMOOTHIES

€ 5.00



BLENDED GREENS

MR. GREEN

Latte di mandorla, spinaci, kale (cavolo riccio), mango, banana
Almond milk, spinach, kale, mango, banana

*GREENISTHENEWBLACK

Acqua di cocco, banana, datteri, spirulina, kiwi
Coconut water, banana, dates, spirulina, kiwi



FRUIT

STRAWBERRY FIELDS

Succo di mela, fragola, banana, latte di mandorla
Apple juice, strawberries, banana, almond milk

MUCHO MANGO

Succo d'arancia, mango, banana, latte di cocco
Orange juice, mango, banana, coconut milk

BORA BORA

Latte e crema di cocco, ananas, banana
Coconut milk and cream, pineapple, banana

SMOOTH AÇAÍ

Açaí, *mirtilli, banana, latte di mandorla
Açaí, blueberries, banana, almond milk

CAPPUCETTO ROSSO

*Lamponi, fragola, *frutti di bosco, banana
Raspberries, strawberries, berries, banana



PROTEIN

HEY JOE!

Latte di soia, burro di mandorla, banana, cacao
Soy milk, almond butter, banana, cocoa

CARROT CAKE

Latte di mandorla, banana, carota, noci, datteri, cannella
Almond milk, banana, carrot, walnuts, dates, cinnamon

LILY

Latte di soia, burro di arachidi, mirtilli, banana
Soy milk, peanut butter, blueberries, banana



ENERGY

NIRVANA

Latte di soia, caffè, cacao, banana
Soy milk, coffee, cocoa, banana

KARMA

Latte di mandorla, avena, banana, mandorle
Almond milk, oats, banana, almonds

MATCHA WARRIOR

Latte di cocco, matcha, banana, ananas
Coconut milk, matcha, banana, pineapple

VITAMINICA VEGAN ✓ Misticanza, carote sottili, mela, mais e avocado Mixed-leaf salad, carrots, apple, corn and avocado	€ 9.00
TEX-MEX TACO SALAD ✓ Misticanza, pomodorini, fagioli neri, mais, avocado, sesamo tostato e nachos Mixed-leaf salad, cherry tomatoes, black beans, corn, avocado, toasted sesame seeds and nachos	€ 10.00
LA PROTEICA Misticanza, tonno, pomodorini, fagioli, capperi e origano Mixed-leaf salad, thuna, cherry tomatoes, capers and oregano	€ 10.00
LA MAESTOSA ✓ Misticanza, zucchine fresche, mais, pere, noci, scaglie di grana e rucola Mixed-leaf salad, raw zucchini, corn, pear, walnuts, grana cheese flakes and arugula	€ 9.50
LA ROSA Misticanza, carote sottili, pomodorini, tonno, olive e semi di girasole tostati Mixed-leaf salad, carrots, cherry tomatoes, thuna, olives and toasted sunflower seeds	€ 9.00

Da ogni insalata è possibile togliere alimenti di origine animale e aggiungere SEMI DI SESAMO, SEMI DI PAPAVERO, SEMI DI GIRASOLE E DI ZUCCA, MANDORLE E NOCI

From each salad it is possible to remove food of animal origin and add SESAME SEEDS, POPPY SEEDS, SUNFLOWER AND PUMPKIN SEEDS, ALMONDS AND WALNUTS

A richiesta GALLETTE DI RISO BIO (Gluten Free) 
On request Organic Rice Cakes (Gluten Free)

**SE NON HAI TEMPO DI FERMARTI AL DELI
PRENOTA E ORDINA AL NUMERO
3394909110
VIENI A RITIRARE IL TUO TAKE AWAY**

PANINI Paninis

BUDDHA ✓ Crema di carciofi, olive, zucchine grigliate, formaggio veg ai funghi, pomodoro, insalata e maionese vegan Artichoke paste, olives, grilled zucchini, vegan cheese, tomatoes, salad and vegan mayo	€ 7.50
FLORA Prosciutto cotto, mozzarella, insalata verde e dressing al basilico Ham, mozzarella cheese, salad and basil dressing	€ 6.00
ISRAEL ✓ Hummus fatto in casa (crema di ceci, tahin, succo di limone, sale e pepe), pomodori secchi, zucchine grigliate, patè di olive e insalata verde Homemade Hummus (chickpeas, tahin, lemon juice, salt and pepper), dried tomatoes, grilled zucchini, olive spread and salad	€ 7.00
DELI Crudo di Parma, Brie, noci e maionese Parma ham, Brie cheese, walnuts and mayo	€ 6.00
NAMASTE ✓ Hummus fatto in casa (crema di ceci, tahin, succo di limone, sale e pepe), zucchine grigliate e insalata verde Homemade Hummus (chickpeas, tahin, lemon juice, salt and pepper), grilled zucchini and salad	€ 6.00
OLIVIA Crudo di Parma, mozzarella, patè di olive e insalata verde Parma ham, mozzarella cheese, olive spread and salad	€ 6.00
CAPRESINO ✓ Pomodoro, mozzarella e dressing al basilico Tomatoes, mozzarella cheese and basil dressing	€ 6.00
RUSTICO Bresaola, formaggio fresco, pomodoro e dressing al basilico Beef, cream cheese, tomatoes and basil dressing	€ 6.50
SHANTI ✓ Formaggio fresco di soia, pomodori secchi, olive e rucola Vegan cream cheese, dried tomatoes, olives and arugula	€ 6.50

PIATTI FREDDI Cold Platters

COMPONI IL TUO PIATTO
Build your plate
€ 8.50

PROSCIUTTO COTTO / CRUDO DI PARMA / FESA DI TACCHINO / BRESAOLA Ham / Parma Ham / Turkey / Beef +	
EDAMER / MOZZARELLA / FORMAGGIO FRESCO / FETA / SCAGLIE DI GRANA Edamer / Mozzarella / Cream cheese / feta / grana flakes +	
INSALATA MISTA / RUCOLA / ZUCCHINE GRIGLIATE Mixed-leaf salad / arugula / grilled zucchini	
✓ CRUDITE' di verdure croccanti fresche, pane integrale tostato e, a scelta, hummus fatto in casa o formaggio fresco di soia Raw mixed veggies, toasted whole wheat bread and homemade hummus or vegan cream cheese	€ 9.00
✓ CAPRESE di pomodoro fresco, mozzarella, dressing al basilico e pane integrale tostato Caprese with fresh roma tomatoes, mozzarella, basil dressing and toasted whole wheat bread	€ 7.50
✓ INSALATA FREDDA DI LENTICCHIE, pomodorini, olive, capperi, pane integrale tostato e peperoncino a piacere Cold lentil salad with cherry tomatoes, olives, capers, toasted whole wheat bread and chili pepper	€ 8.50
✓ INSALATA FREDDA DI CECI, rucola, scaglie di grana, zest e succo di limone, pane integrale tostato Cold chickpea salad with arugula, grana flakes, lemon zest and juice, toasted whole wheat bread	€ 8.50
Coperto	€ 1.00

ALLERGENI
GLUTINE (avena, farro, frumento, grano, kamut, orzo, segale) UOVA, SALMONE, TONNO, ARACHIDI, SOIA o prodotti a base di SOIA, LATTE e derivati (incluso LATTOSIO), SEDANO, SENAPE, SEMI DI SESAMO, FRUTTA A GUSCIO (anacardi, mandorle, nocciole, noci, pistacchi), ANIDRIDE SOLFOROSA, SOLFITI
I nostri piatti e le nostre bevande possono contenere uno di questi ingredienti o coadiuvanti considerati allergeni (allegato II - "Sostanze o prodotti che provocano allergie o intolleranze" - Reg. 1169/2011 UE).
Il nostro personale sarà in grado di darti le informazioni giuste per tutelare la tua salute.

ALLERGENS
List of allergenic ingredients used in this place and present Annex II of the EU Reg. No. 1169/2011
Cereals containing GLUTEN (i.e. wheat, rye, barley, oat, emmer, kamut, their derivative strains and by-products), EGGS, SALMON, THUNA, PEANUTS, SOY or SOY BASED products, MILK and by-products (LACTOSE included), CELLERY, MUSTARD, SESAME SEEDS, FRUITS IN SHELL (i.e. almonds, hazelnuts, walnuts, cashew, pecan, Brazil, pistachios, macadamia nuts or Queensland nuts) and their by-products, SULPHUR DIOXIDE AND SULPHITES
The information about the presence of substances or products causing allergies or intolerances can be provided by the staff in service and you can consult the relevant documentation that will be given on request.

VEGETARIANO ✓ Zucchine grigliate, formaggio edamer, olive, pomodori e origano Grilled zucchini, edamer cheese, olives, tomatoes and oregano	€ 6.00
FISH & CHEESE Tonno, grana in scaglie, pomodoro e maionese Thuna, grana cheese, tomatoes and mayo	€ 6.50
GRECO ✓ Pomodori secchi, zucchine grigliate, feta e origano Dried tomatoes, grilled zucchini, feta cheese and oregano	€ 6.00

SANDWICHES

SCEGLI TRA PANE BIANCO O INTEGRALE choose between white or whole wheat bread	
TACCHINO Fesa di tacchino, formaggio fresco, pomodoro e insalata verde Sliced turkey, cream cheese, tomatoes and salad	€ 6.50
TONNO Tonno, formaggio fresco, pomodoro e insalata verde Thuna, cream cheese, tomatoes and salad	€ 8.00
VEGAN ✓ Hummus fatto in casa (ceci, tahin, succo di limone, sale e pepe), avocado, pomodoro e insalata verde Homemade hummus (chickpeas, tahin, lemon juice, salt and pepper) avocado, tomatoes and salad	€ 7.50
VEGETARIANO ✓ Formaggio fresco, zucchine grigliate, pomodoro e insalata verde Cream cheese, grilled zucchini, tomatoes and salad	€ 6.50
SALMONE Salmone affumicato, formaggio fresco, pomodoro e rucola Smoked salmon, cream cheese, tomatoes and arugula	€ 8.00
GIARDINO ZEN ✓ Formaggio fresco vegano, giardiniera, maionese vegan e insalata verde Vegan cream cheese, pickled vegetables, vegan mayo and green salad	€ 6.50

TRAMEZZINO VEGAN ✓ Pan Pluma, patè di olive, pomodoro, insalata verde e dressing al basilico White Loaf Bread, olive spread, tomatoes and green salad	€ 6.00
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TOASTS

TOAST SEMPLICE Prosciutto cotto e formaggio edamer Ham and edamer cheese	€ 4.00
TOASTONE (UN TOAST E MEZZO) Prosciutto cotto e formaggio edamer Ham and edamer cheese	€ 6.00
TOASTONE CON INSALATA Prosciutto cotto e formaggio edamer servito con insalata mista a parte Ham and edamer cheese served with a mixed side salad	€ 7.50
AD OGNI TOAST È POSSIBILE AGGIUNGERE FARCITURA O SALSA IN BASE AL TIPO DI FARCITURA	+ € Variabile

INSALATE Salads

LA GRECA ✓ Misticanza, feta, pomodorini, cetriolo, olive e origano Mixed-leaf salad, cherry tomatoes, cucumber, olives and oregano	€ 8.00
LA GRINTOSA Misticanza, fesa di tacchino, pomodorini, zucchine fresche, sedano, grattugiata di zenzero e mandorle in scaglie Mixed-leaf salad, sliced turkey, cherry tomatoes, raw zucchini, cellery, fresh grated ginger and almond flakes	€ 9.00
LA NORDICA Misticanza, salmone affumicato, arancia, zucchine grigliate e formaggio fresco Mixed-leaf salad, smoked salmon, orange, grilled zucchini and cream cheese	€ 10.00



Lunch

YOGURTERIA Yogurt

YOGURT BIANCO / YOGURT DI SOIA (+0.50€) Dairy / Soy Yogurt (+0.50€)	€ 2.50
- CON MIELE O SCIROPPO D'AGAVE with honey or agave syrup	€ 3.50
- CON FRUTTA FRESCA with fresh fruit	€ 5.00
- CON FRUTTA SECCA with dried fruit and nuts	€ 4.50
- CON CEREALI / MUESLI E MIELE / AGAVE with cereals/muesli and honey or agave syrup	€ 4.50
- CON CEREALI/MUESLI E FRUTTA with cereals/muesli and fresh fruit	€ 6.50

YOGURT BOWL (YOGURT BIANCO O DI SOIA, MIELE O SCIROPPO D'AGAVE, FRUTTA FRESCA, FRUTTA SECCA, CEREALI E MUESLI) Yogurt Bowl (Dairy or soy yogurt, honey or agave syrup, fresh fruit, dried fruit and nuts, cereals and muesli)	€ 5.00
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MILKSHAKE

€ 5.00

*SCEGLI TRA LATTE, SENZA LATTOSIO,
LATTE DI SOIA O DI MANDORLA
*Choose between dairy, lactose free,
soy or almond milk

FRAPPUCCINO	caffè, *latte, ghiaccio, zucchero e panna montata / di soia coffee, *milk, ice, sugar and whipped cream / whipped soy cream	
OREO	biscotti Oreo, *latte, ghiaccio e panna montata/di soia Oreo cookies, *milk, ice, whipped cream / whipped soy cream	
MANGO LASSI	mango, yogurt/yogurt di soia, *latte, ghiaccio e panna montata / di soia mango, yogurt/soy yogurt, *milk, ice, whipped cream/whipped soy cream	
CACAO-BURRO DI ARACHIDI	cacao, burro, *latte, ghiaccio, zucchero, arachidi e panna montata/di soia Cocoa-peanut butter cocoa, peanut butter,*milk, ice, sugar and whipped cream/ whipped soy cream	
FRUIT MIX	frutta a scelta e *latte fruit of choice, milk	
SALTED CARAMEL & PRETZEL	pretzel, caramello, *latte, ghiaccio e panna montata/soia pretzel, caramel sauce, *milk, ice and whipped cream/whipped soy cream	

CAFFETTERIA

CAFFÈ Coffee	€ 1.20
CAFFÈ CORRETTO Coffee with a shot of spirits	€ 1.50
CAFFÈ DECAFFEINATO Decaffeinated Coffee	€ 1.50
CAFFÈ D'ORZO PICCOLO / GRANDE Barley Coffee small / large	€ 1.50/1.70
CAFFÈ AL GINSENG PICCOLO / GRANDE Ginseng Coffee small / large	€ 1.50/1.70
CAFFÈ CON PANNA MONTATA/PANNA DI SOIA Coffee with whipped cream / whipped soy cream	€ 2.00
CAFFÈ SHAKERATO / CORRETTO Blended coffee drink / with a shot of spirits	€ 2.50/3.00
MACCHIATONE / DECA Coffee with a dash of milk	€ 1.40
CAPPUCCINO Cappuccino	
- CLASSICO - classic	€ 1.50
- SENZA LATTOSIO - lactose free	€ 1.80
- DI SOIA O LATTE DI MANDORLA - with soy or almond milk	€ 1.80
- DECAFFEINATO - decaffeinated	€ 1.80
- DECAFFEINATO SENZA LATTOSIO / SOIA / MANDORLA - decaffeinated with lactose free / soy / almond milk	€ 2.00
- D'ORZO - barley coffee	€ 1.80
- D'ORZO SENZA LATTOSIO / SOIA / MANDORLA - barley coffee with lactose free / soy / almond milk	€ 2.00
- AL GINSENG - ginseng coffee	€ 2.20
- AL GINSENG SENZA LATTOSIO / SOIA / MANDORLA - ginseng coffee with lactose free / soy / almond milk	€ 2.20
LATTE BIANCO Plain milk	€ 1.40
LATTE BIANCO SENZA LATTOSIO / DI SOIA / DI MANDORLA Plain lactose free / soy / almond milk	€ 1.80

FORESTA NERA Black forest	cacao, amarene, *latte, ghiaccio e panna montata/soia cocoa, sour cherries, *milk, ice, whipped cream / whipped soy cream
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MENTA-CIOCCOLATO Mint-Chocolate	cioccolato fondente, sciroppo alla menta, *latte, ghiaccio e panna montata/soia dark chocolate, mint syrup, ice, *milk, whipped cream /whipped soy cream
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PIÑA COLADA SHAKE	ananas fresca, crema di cocco, *latte, ghiaccio, zucchero e panna montata fresh pineapple, coconut cream, *milk, ice and whipped cream/ whipped soy cream
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DA BERE Drinks

ACQUA IN PLASTICA 0.50L Water - plastic bottled 0.50L	€ 1.10
RED BULL	€ 3.50
THE VERDE NATIVA Nativa ice green tea	€ 3.00
BIBITE Soft Drinks	(Coca Cola, Coca Cola Zero, Aranciata dolce e amara, Chinotto, Tonic, Estathè limone o pesca, Cedrata Tassoni) € 3.00
(Coca Cola, Coca Cola Zero, sweet or bitter Orange Soda, Chinotto, Tonic Water, lemon or peach Estathè ice tea, Cedrata Tassoni)	
ESTATHÈ BRICK 20CL LIMONE O PESCA Estathè ice tea lemon or peach in 20cl brick	€ 1.80
SUCCHI DI FRUTTA BIO Organic Fruit Juices	€ 3.00

APERITIVI Aperitifs

CRODINO / SAN BITTER / CAMPARI	€ 3.00
CRODINO / SAN BITTER / CAMPARI + BIANCO	€ 3.50
SPRITZ (APEROL O CAMPARI)	€ 4.00
AMERICANO / NEGRONI / NEGRONI SBAGLIATO	€ 5.00
APERITIVO ALCOLICO ·DELI· Alcoholic aperitif ·Deli·	€ 5.50
APERITIVO ANALCOLICO ·DELI· FRUTTATO Fruity non-alcoholic aperitif ·Deli·	€ 4.50
LUGANA / TRAMINER / PROSECCO	€ 4.00

LATTE MACCHIATO Latte	€ 2.20
LATTE MACCHIATO SENZA LATTOSIO / DI SOIA / DI MANDORLA Latte with lactose free / soy / almond milk	€ 2.40
CHAI LATTE / SENZA LATTOSIO / SOIA /MANDORLA Chai latte with plain / lactose free / soy / almond milk	€ 3.00
CIOCCOLATA CLASSICA / SENZA LATTOSIO / SOIA / MANDORLA Hot chocolate with plain / lactose free / soy / almond milk	€ 3.00
CIOCCOLATA CON PANNA MONTATA / PANNA DI SOIA Hot chocolate with whipped cream / whipped soy cream	€ 3.50
INFUSI E THE BIO Organic Tea and Infusions	€ 3.00



CAFFÈ SPECIALI Special Coffees

ANCHE NELLE VARIANTI: DECAFFEINATO, ORZO O GINSENG SENZA LATTOSIO, LATTE DI SOIA O MANDORLA Also available with: decaffeinated, barley or ginseng coffee lactose free, soy or almond milk	
IL VERO CAFFÈ AMERICANO Real American Coffee	€ 1.80
SALENTINO (caffè, sciroppo di mandorla, ghiaccio) (coffee, almond syrup, ice)	€ 1.80
MAROCCHINO (caffè, cacao, crema di latte) (coffee, cocoa, milk foam)	€ 2.00
FONDENTINO (cioccolato fondente, caffè, crema di latte) (dark chocolate, coffee, milk foam)	€ 2.50
NUTELLINO (nutella/nutella vegan, caffè, panna montata/panna di soia, granella di nocciole) (nutella/vegan nutella, coffee, whipped cream/whipped soy cream, hazelnuts)	€ 3.00

CAFFETTERIA MATCHA Matcha Coffee Drinks

MATCHA CAPPUCCINO Matcha Cappuccino	€ 2.20
MATCHA CAPPUCCINO SENZA LATTOSIO / SOIA / MANDORLA Matcha Cappuccino with lactose free / soy / almond milk	€ 2.40
MATCHA LATTE Matcha Latte	€ 2.70
MATCHA LATTE SENZA LATTOSIO / SOIA / MANDORLA Matcha Latte with lactose free / soy/ almond milk	€ 2.70

DE LI

COFFEE & LUNCH

Caffetteria & Snack

ICED-MATCHA LATTE Iced-Matcha Latte	€ 3.00
ICED-MATCHA LATTE SENZA LATTOSIO / SOIA / MANDORLA Iced-Matcha with lactose free / soy / almond milk	€ 3.00

COLAZIONI E MERENDE Breakfast & Snacks

BRIOCHE / BRIOCHE VEGAN Brioche / Vegan Brioche	€ 1.30/1.50
BRIOCHE PARTICOLARI	€ 1.50
BRIOCHE FARCITA DOLCE (nutella / nutella vegan / marmellata/burro di arachidi /crema Lotus) Filled Brioche (nutella / vegan nutella/ jam / peanut butter / Lotus spread)	€ 1.80
FETTA DI TORTA VEGAN Vegan Cake	€ 3.50
DOLCETTI VARI Various Treats	€ 2.00
BISCOTTI / BISCOTTI VEGAN Cookies / Vegan Cookies	€ 0.80
PANE TOSTATO CALDO CON MARMELLATA / NUTELLA / NUTELLA VEGAN / BURRO DI ARACHIDI / CREMA LOTUS Toasted bread with jam/ nutella / vegan nutella / peanut butter Lotus spread	€ 3.50
PB&J SANDWICH (classico sandwich americano di pane morbido, burro di arachidi e marmellata di fragole) (classic american peanut butter & jam sandwich)	€ 3.50
LATTE/LATTE SENZA LATTOSIO / DI SOIA / DI MANDORLA CON CEREALI / MUESLI Dairy/ lactose free / soy / almond milk with cereals / granola	€ 2.50
TOAST CON PROSCIUTTO COTTO E FORMAGGIO EDAMER Edamer cheese & ham Toast	€ 4.00
TOAST CON MIELE E FORMAGGIO EDAMER Edamer cheese & honey Toast	€ 4.00
AVOCADO TOAST (pane integrale tostato, avocado, sesamo tostato, sale e pepe) Avocado Toast (toasted wholewheat bread, avocado, toasted sesame seeds, salt and pepper)	€ 6.00
AVOCADO TOAST CON SALMONE (pane integrale tostato, avocado, salmone affumicato, sesamo tostato, sale e pepe) Avocado Toast with salmon (toasted wholewheat bread, avocado, smoked salmon, toasted sesame seeds, salt and pepper)	€ 8.00
MACEDONIA DI FRUTTA FRESCA Fresh fruit salad	€ 4.00
SPREMUTA D'ARANCIA / LIMONE / POMPELMO Fresh pressed orange / lemon / grapefruit juice	€ 3.00



Wellness Toast

€ 6,00

Jasmin

Burro di mandorla, frutti di bosco, fragole, mandorle in scaglie, semi di zucca, cocco rapé e miele o sciroppo d'agave.

Almond butter, berries, strawberries, almond flakes, pumpkin seeds, shredded coconut and honey or agave syrup.

Narciso

Composta bio di rosa canina (senza zucchero), lamponi, nocciole, granola e semi di papavero.

Organic sugarfree rosehip compote, raspberries, hazelnuts, granola and poppy seeds.

Dahlia

Formaggio spalmabile (anche vegetale), pere, burro di arachidi, noci, cocco rapé e miele o sciroppo d'agave.

Cream cheese (also vegan), pears, peanutbutter, walnuts, shredded coconut and honey or agave syrup.

Bucaneve

Burro di arachidi, banana, gocce di cioccolato e cannella.

Peanut butter, banana, chocolate chips and cinnamon.