

Healthy Brunch

THE BRUNCH MENU COMES WITH:

- 1 MAIN COURSE
- 1 WATER
- 1 DRINK
- 1 MINI SALAD
- 1 MINI DIP OF THE DAY
- 1 YOGURT WITH PROTEIN GRANOLA
- 1 SWEET OF THE DAY
- 1 HOT DRINK

ask our team for the allergens of the day's proposals

CHOOSE A MAIN COURSE

AVOTOAST LOW CARB

With 403030 low carb bread, avocado and mixed seeds

- **VEGAN CHEESE** € 25,00
1 - 6 - 10 - 11
- **SMOKED SALMON** € 35,00
1 - 4 - 6 - 10 - 11
- **FETA** € 28,00
1 - 6 - 7 - 10 - 11
- **SCRUMBLE EGG AND BACON** € 33,00
1 - 6 - 7 - 10 - 11

VEGAN WHOLEMEAL FRISELLA

with avocado mash, mint aubergine and courgette with almond crumble, caramelised onion, basil and mint

1 - 8 - 12

€ 25,00

BIS-PUCCIA

Two wholemeal mini pusches: one with artichokes, buffalo mozzarella and olives, the other with a poached egg, light Philadelphia cheese and confit tomatoes.

1 - 3 - 7

€ 33,00

PROTEIN SALTY PANCAKE

with smoked salmon, Philadelphia cheese and baby spinach - gluten free

3 - 4 - 7

€ 28,00

PROTEIN SWEET PANCAKE

with fresh fruit salad, protein hazelnut spread, agave - sugar and gluten free

3 - 7 - 8

€ 25,00



CHOOSE YOUR DRINK

- FRESH JUICE OF THE DAY
- DETOX JUICE
- DETOX JUICES
- MOLECOLA sugar free
- WAMI COLD TEA
- KOMBUCHA
- BEER
- WINE GLASS ¹²

(red, white, rosè, sparkling of the day)

To know more about allergens, see each label

ADD AN EGG?

OUR ORGANIC EGGS FROM HAPPY HENS + € 3,00

- **PURPLE BOILED EGG** 3 - 12
Our signature hard-boiled egg
- **SCRUMBLED EGG** 3
Organic scrambled eggs
- **POACHED EGG** 3
Poached organic eggs



CHOOSE YOUR HOT DRINK

ESPRESSO

DECAFFEINATO

HALZENUT ESPRESSO 7 - 8

AMERICANO

CAPPUCCINO 7

GINSENG SUGAR FREE 7

GINSENG MATCHA 7

GOLDEN MILK 7

milk with turmeric

WARM INFUSION

"Tea Forte" luxury gourmet tea selection

** AVAILABLE WITH PLANT BASED MILK FOR ALLERGENS ASK OUR TEAM*

Balanced À LA CARTE

BURGER € 17,00

BUN LOW CARB with salad, caramelized onion, guacamole, olive powder; it comes with crispy vegetable chips*
1 - 3 - 6 - 7 - 10 - 11 - 12 - 13

Choose your protein:

- **REAL PROWNS*** 🐟 + € 2,00
2 - 12
- **GRASS FED BEEF BURGER*** 🍖
- **VEGAN BURGER*** 🌱
1 - 6 - 10

PURPLE EGG POKE 🥗🌱 € 14,00

Baby spinach, wholemeal basmati rice, pink egg, feta cheese, aubergines and courgettes with mint, oil and almond crumble; with GF soy, mustard and lemon dressing on the side 3 - 7 - 8 - 10

I KNOW MY CHICKEN 🍗 € 14,00

Baby gem salad, chicken breast, Parmigiano Reggiano, cherry tomatoes, 403030 low carb croutons; with light Caesar dressing on the side 1 - 3 - 7 - 10

ASK FOR GLUTEN FREE OPTION

HEAVEN LASAGNA* 🍝 € 15,00

Low carb legume* flour lasagna, ricotta cheese, mixed vegetables, ricotta cheese fondue 1 - 3 - 6 - 7 - 9 - 10

ITALIAN RAINBOW 🌈 € 13,00

Buffalo Caprese cheese, rainbow cherry tomatoes, basil, vegan basil pesto; with seed protein crackers on the side 1 - 7 - 8 - 11

ASK FOR GLUTEN FREE OPTION

*The fish intended to be eaten raw has undergone a preventive treatment in compliance with the requirements of EC Reg. 853/2004. The dishes production takes place in a single environment, for contamination they may contain nickel and other allergens traces.

LEGENDA		🚫 SENZA LATTOSIO LACTOSE FREE	🚫 SENZA GLUTINE GLUTEN FREE	🍖 CARNE MEAT	🌱 VEGETARIANO VEGETARIAN	🌱 VEGANO VEGAN	🐟 PESCE FISH
ALLERGENI / ALLERGENS	1 GLUTINE GLUTEN	4 PESCE FISH	7 LATTE MILK	10 SENAPE MUSTARD	11 SESAMO SESAME		
	2 CROSTACEI CRUSTACEANS	5 ARACHIDI PEANUTS	8 FRUTTA A GUSCIO FRUITS IN SHELL	12 ANIDRIDE SOLFOROSA E SOLFITI SULPHUR DIOXIDE AND SULPHITES	13 LUPINI LUPINE		
	3 UOVA EGGS	6 SOIA SOYA	9 SEDANO CELERY	14 MOLLUSCHI MOLLUSCS			

KIDS brunch MENÙ
THE MENÙ COMES WITH A DRINK OF YOUR CHOICE

- **BABY PIZZA MARGHERITA*** € 10,00
1 - 3 - 6 - 7 - 10 - 11 - 12 - 13
- **BABY CHEESEBURGER*** € 15,00
beef patty with sottiletta cheese and crispy vegetable chips
1 - 3 - 6 - 7 - 10 - 11 - 12 - 13



#FOODHEALTHAPPINESS

STAY TUNA 🐟

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