

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 YOUR DRINK

- FRESH JUICE OF THE DAY
- DETOX JUICE
- 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

CHOOSE A MAIN COURSE

LOW CARB AVOTOAST

with low carb bread, avocado and mixed seeds

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

VEGAN BROWN FRISELLA

with scapece marinated courgettes, avocado mash, caramelized onion, cherry tomato confit, basil and mint

1 - 6 - 10 - 12

€ 25,00

BIS-PUCCIA

two mini brown puccia: one with pumpkin, burrata and taggiasca olives and the other with friarielli, stracciatella cheese and cherry tomato confit

1 - 6 - 7 - 10 - 13

€ 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



ADD AN EGG?

OUR ORGANIC EGGS FROM HAPPY HENS + € 3,00

- PURPLE BOILED EGG 3 - 12
- SCRUMBLED EGG 3
- POACHED EGG 3



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

*AVAILABLE WITH PLANT BASED MILK
FOR ALLERGENS ASK OUR TEAM

#Allergens on the back.

*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.

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
2 - 12

● **GRASS FED BEEF BURGER** 

● **VEGAN BURGER*** 
1 - 6 - 10

FLAMINGO SALAD*

€ 18,00

Salad, king prawns, celery, green apples, cherry tomatoes confit, walnuts; with greek yogurt dressing and dill on the side

2 - 7 - 8 - 9 - 12

I KNOW MY CHICKENS SALAD*

€ 15,00

Mixed salad, chicken breast, feta cheese, red cabbage, carrots, fennels, toasted almonds, olive powder, low carb crouton; with light Caesar dressing on the side

1 - 3 - 4 - 6 - 7 - 8 - 9 - 10 - 11 - 12

LOW CARB PIZZA OF THE DAY

Ask our team

PROTEIN LEGUMES FOCACCIA*

€ 7,00

1 - 6 - 10



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

#FOODHEALTHHAPPINESS

STAY TUNA 

 403030_HEALTHYKITCHEN

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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