# 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

# 

- FRESH JUICE OF THE DAY
- DETOX JUICE
- MOLECOLA SUGAR FREE
- WAMI COLD TEA
- KOMBUCHA
- BEER
- O WINE GLASS 12

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

To know more about allergens, see each label

# 

## **LOW CARB AVOTOAST**

with low carb bread, avocado and mixed seeds

- SCRUMBLE EGG AND BACON 

  \$\overline{\chi}\$ = 33,00

€ 25.00

€ 28.00

€ 25.00

## VEGAN BROWN FRISELLA

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

1 - 6 - 10 - 12

# BIS-PUCCIA ₩ € 33,00

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

# PROTEIN SALTY PANCAKE\* 🖄 🖓

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

3 - 4 - 7

# PROTEIN SWEET PANCAKE\*

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

3-7-8



# ADD AN EGG?

OUR ORGANIC EGGS FROM HAPPY HENS

+ € 3,00

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



#### 

**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.









# Bajanced 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\*  $\checkmark$  +€2
- **O GRASS FED BEEF BURGER**



○ VEGAN BURGER\*

# 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

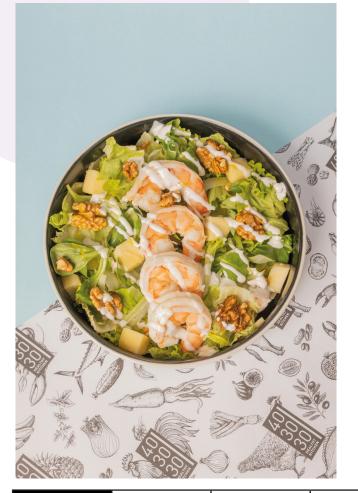
LOW CARB PIZZA OF THE DAY

Ask our team

PROTEIN LEGUMES FOCACCIA\*

€ 7,00

1 - 6 - 10



# KIDS brunch MENÙ

THE MENÙ COMES WITH A DRINK OF YOUR CHOISE

**○ BABY PIZZA MARGHERITA\*** 

€ 10,00

1 - 3 - 6 - 7 -10 - 11 - 12 - 13

€ 15.00

BABY CHEESEBURGER\*
 beef patty with sottiletta cheese and
 crispy vegetable chips

1 - 3 - 6 - 7 -10 - 11 - 12 - 13

# **#FOODHEALTHAPPINESS**

# STAY TUNA

IAT TUNA

403030\_HEALTHYKITCHEN

403030 HEALTHY KITCHEN

403030LIFESTYLE.IT

	L	LEGENDA		SENZA LATTOSIO LACTOSE FREE		SENZA GLUTINE GLUTEN FREE		CARNE MEAT				VEGETARIANO VEGETARIAN		VEGANO VEGAN		Ø	PESCE FISH	
ALLERGENI / ALLERGENS	RGENS	J. J	1	GLUTINE GLUTEN	<i>Q</i>	4	PESCE FISH	Ö	7	LATTE MILK			10	SENAPE MUSTARD	<b>600</b>	11	SESAMO SESAME	
		¥	2	CROSTACEI CRUSTACEANS		5	ARACHIDI PEANUTS		8	FRUTTA A GUSCIO FRUITS IN	SHELL	П	12	ANIDRIDE SOLFOROSA E SOLFITI	8	13	LUPINI LUPINE	
	ALLERG	0	3	UOVA EGGS	P	6	SOIA SOYA	/s	9	SEDANO CELERY			12	SULPHUR DIOXIDE AND SULPHITES	<b>\{\gamma}</b>	14	MOLLUSCHI MOLLUSCS	











