



40
30
30
HEALTHY
KITCHEN

MENÙ *beverage*



Coffee BREAK

Homemade roasting from organic grains to bring you coffee at its full aromatic potential.

ESPRESSO	€ 1,20
DECAFFEINATO	€ 1,30
HALZENUT ESPRESSO 7-8	€ 1,80
BARLEY COFFEE	€ 2,00
MAROCCHINO* 7-8	€ 1,50
AMERICANO*	€ 2,50
CAPPUCCINO* 7	€ 1,80
MACCHIATO* LATTE 7	€ 2,00
GINSENG SUGAR&LACTO FREE 7	€ 2,40  € 2,60
GINSENG MATCHA 7	€ 2,80  € 3,00
GOLDEN MILK Milk with turmeric 7	€ 3,20
ICED COFFEE	€ 2,50
*WITH VEGETAL DRINKS for allergens ask our staff	+ € 0,50



HOT CHOCOLATE

ERACLEA CHOCOLATE SUGAR FREE € 5,00

Assorted flavours

***AVAILABLE WITH VEGETAL DRINK**
for allergens ask our staff



INFUSES

HOT INFUSES* € 6,00

"Tea Forte" luxury gourmet tea: the world's best whole leaf teas blended with fruits, spices and herbs.

- BLACK
- GREEN
- WHITE
- HERBAL














COLD INFUSES* cl/33 € 4,00

WAMI BAO

Senegalese Bao, elderflower and clementine from Italy

WAMI CHAI

Black Tea from Sri Lanka, cinnamon from Tanzania and oranges from Italy.

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		

Juice BAR

PROTEIN SHAKES

CINNAMOUR € 7,00
Milk, banana, nuts, honey, cinnamon 7 - 8

MERAVIGLIAIO € 7,00
Soya milk, banana, cacao, ginger, erythritol 6

DELI SHAKE € 8,00
Vanilla whey protein, coconut water, pineapple, baby spinach, avocado, ginger mix, erythritol 1 - 6 - 7 - 8

CLASSICO DAL BOSCO € 8,00
Strawberry whey protein, almond milk, strawberries, blueberries, agave syrup and goji berries 1 - 6 - 7 - 8

SPORTIVO € 8,00
Vanilla whey protein, creatine, BCAAs, glutamine, pineapple, oranges 1 - 6 - 7 - 8

COFFEE BREAK € 8,00
Coffee whey protein, milk, coffee, pear, maple syrup and ice 1 - 6 - 7

DETOX JUICE

The juices are composed of 100% fresh vegetables and fruits of the highest quality, with no added sugars.

DREN* € 8,00
Apple, melon, pear, cabbage, lemon, chia seeds, parsley.
It rids the body of excess fluids and swelling of the belly and legs.

SLIM* € 8,00
Apple, pineapple, carrot, papaya, ginger.
Reduces abdominal bloating and intestinal heaviness.

RESTORE* € 8,00
Apple, banana, almond, quinoa, hemp seed
Supports building and maintaining strong, healthy muscle mass.

GINGER BOOST* € 8,00
Lemon juice, ginger, ascorbic acid (vitamin C)
To purify the body and increase daily energy.

UVA ROSSA* € 8,00
100% red grape
Helps reducing skin imperfections and signs of aging.

POMODORO* € 8,00
100% Perino tomato, sea salt
Antioxidant action counteracts cell degeneration caused by stress.

FRUIT LAB

SPREMUTE

POMEGRANATE € 8,00

ORANGE € 6,00

GRAPEFRUIT € 6,00

MIXED CITRUS FRUIT € 7,00

ADDITION OF FRESH GINGER +€ 0,20

CENTRIFUGHE

VITAMIN € 6,00
Orange, kiwi, carrot, celery 9

CHILLING € 6,00
Apple, lemon, carrot, mint

DIGESTIVE € 7,00
Pear, fennel, apple, turmeric

COLD WINTER € 6,00
Orange, apple, cinnamon, ginger

SOFT DRINKS

ACQUA WAMI cl 75 € 2,20
Still or sparkling

MOLECOLA SUGAR FREE* cl 33 € 3,50
The cola-flavored beverage
100% organic and made in Italy

KOMBUCHA FLEX&KALE cl 25 € 6,00
choose your favourite flavour from the grab&go

COCONUT WATER* cl 33 € 5,00

*To know more about allergens, see each label

WINE LIST



SPARKLING WINE

STEFANAGO ANCESTRALE ROSÉ PINOT NERO SPUMANTE METODO CLASSICO VSQ	€ 40,00	
FRANCIACORTA DOCG PRIMUS CUVÉE BRUT	€ 38,00	€ 12,00
TERRE BRUT METODO CLASSICO	€ 32,00	
PROSECCO TREVISO DOC BRUT	€ 27,00	€ 6,00

WHITE WINES

SAUVIGNON VENEZIA GIULIA IGT	€ 30,00	
CHARDONNAY VENETO IGT SAN ROCCO	€ 28,00	
FFF TOSCANA BIANCO IGT	€ 25,00	€ 6,00
GRILLO TERRE SICILIANE "MAGICO" IGP	€ 27,00	€ 7,00

RED WINES

VALPOLICELLA CLASSICO SUPERIORE RIPASSO DOC	€ 30,00	
ABC TOSCANA ROSSO IGT	€ 26,00	€ 6,50
MALBEC COSTA NOSTRA	€ 25,00	€ 6,50
IL VESCOVO PUGLIA ROSSO IGT	€ 28,00	

ROSÉ

GIOIA TOSCANA ROSATO IGT	€ 25,00	€ 6,00
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BITTERS

RESET € 5,00
Bitter sugar free

WASHINGTON € 5,00
Calabrian homemade citrus liqueur

HEALTHY HOUR

Every day from **6 p.m.** on, come visit us for an happy hour in perfect **403030** style; paired with your favorite drink, you can order a **HEALTHY BITE** consisting of fingers and tapas.

Share it with your healthy partner in crime!

€ 8,00

BEERS

FORST ANALCOLICA* cl/33 € 5,00

ROXANNE* cl/50 € 7,50
Handcrafted, amber ale from Birrificio di Como. 6% Alc.

ESTRELLA GLUTEN FREE* cl/33 € 6,00

3° MIGLIO* cl/33 € 6,50
Organic mountain lager brewed by Pian della Mussa Brewery. 5,8% Alc.

COCKTAILS

GIN TONIC € 9,00
Gin and J.Gasco Dry Tonic

GIN LEMON € 9,00
Gin, soda and lemon juice

MOSCOW MULE € 9,00
Vodka, lime juice, J.Gasco Ginger Beer and ginger

MOJITO € 9,00
White rum, brown sugar, lime, fresh mint and soda

SPRITZ APEROL € 7,00
Aperol, prosecco and soda

SPRITZ CAMPARI € 7,00
Campari, prosecco and soda

HUGO € 7,00
Prosecco, elderflower, lime, fresh mint and soda

MOCKTAILS

DETOX € 8,00
Apple, grapefruit, lemon, honey, ginger, soda

SUPERFOOD € 8,00
Orange, pineapple, carrot, celery, mint, chia seeds, turmeric, soda **1-6-8-9-10**

ANTIOXIDANT € 8,00
Lime juice, blueberry juice, honey, tonic water

PRETEND TO BE A GIN TONIC ALCOHOL FREE € 9,00
Gin alcohol free, dry tonic, thyme and peppercorns

PRETEND TO BE A GIN LEMON ALCOHOL FREE € 9,00
Gin alcohol free, soda, lime juice

PRETEND TO BE A BLOODY MARY ALCOHOL FREE € 8,00
Deetox juice perino tomato, sea salt, lemon juice, tabasco, black pepper, and celery **8-9**

PRETEND TO BE A MOJITO € 8,00
Brown sugar, lime, lemon, fresh mint and soda