

# MENÙ

## Beverage

### COFFEE BREAK

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

### TEA & INFUSES

<b>HOT INFUSES*</b>	€ 6,00
"Tea Forte" luxury gourmet tea selection: the world's finest whole leaf teas, blended with fruits, spices and herbs.	
<ul style="list-style-type: none"> <li>◦ <b>BLACK</b></li> <li>◦ <b>GREEN</b></li> <li>◦ <b>WHITE</b></li> <li>◦ <b>HERBAL</b></li> </ul>	
<b>COLD INFUSES*</b>	cl. 33 € 4,00
<b>WAMI BAO</b>	
Senegalese Bao, Elderflower and Clementine from Italy	
<b>WAMI CHAI</b>	
Sri Lankan black tea, Tanzanian cinnamon and Italian orange	

### PROTEIN SHAKES

<b>MERAVIGLIAO</b>	€ 7,00
Soya milk, banana, cocoa, ginger, erythritol 6	
<b>CLASSICO DAL BOSCO</b>	€ 8,00
Strawberry whey protein, almond milk, strawberries, blueberries, agave syrup and goji berries 1-6-7-8	
<b>SPORTIVO</b>	€ 8,00
Vanilla whey protein, creatine, BCAAs, glutamine, pineapple, oranges 1-6-7-8	

### DETOX JUICE

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

<b>DREN*</b>	€ 8,00
Apple, melon, pear, cabbage, lemon, chia seeds, parsley. It rids the body of excess fluids and swelling of the belly and legs.	
<b>SLIM*</b>	€ 8,00
Apple, pineapple, carrot, papaya, ginger. Reduces abdominal bloating and intestinal heaviness.	
<b>RESTORE*</b>	€ 8,00
Apple, banana, almond, quinoa, hemp seed. Supports building and maintaining strong, healthy muscle mass.	
<b>GINGER BOOST*</b>	€ 8,00
Lemon juice, ginger, ascorbic acid (vitamin C). To purify the body and increase daily energy.	
<b>RED GRAPE*</b>	€ 8,00
100% red grape. Helps reducing skin imperfections and signs of aging.	
<b>TOMATOES*</b>	€ 8,00
100% Perino tomato, sea salt. Antioxidant action, counteracts cell degeneration caused by stress.	

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### FRUIT LAB









#### SPREMUTE

<b>POMEGRANATE</b>	€ 8,00
<b>ORANGE</b>	€ 6,00
<b>GRAPEFRUIT</b>	€ 6,00
<b>MIXED CITRUS FRUIT</b>	€ 7,00
<b>ADD FRESH GINGER</b>	+ € 0,20

#### HOMEMADE FRESH JUICES

<b>VITAMIN</b> Orange, kiwi, carrot, celery 9	€ 6,00
<b>CHILLING</b> Apple, lemon, carrot, mint	€ 6,00
<b>SUMMER VIBES</b> Peach, strawberry, apple, lime	€ 7,00
<b>DIGESTIVE</b> Celery, pineapple, apple, basil 9	€ 6,00

### FROZEN BOWLS

<b>CLASSIC AÇAÍ</b>   Frozen açai and banana base with hazelnut granola and cocoa beans, peaches, blueberries, poppy seeds 8 - 11	€ 12,00
<b>HAPPY MANGO</b>    Mango and banana frozen base with strawberries, pineapple, almonds and linseed 8 - 11	€ 10,00
<b>COCCO-CIOCCO</b>    Frozen coconut and banana base with bananas and chocolate chips dark sugar free chocolate 8	€ 10,00

### DRINKS

<b>WAMI WATER</b> Still or sparkling	0.5 l € 1,50 0.75 l € 2,30
<b>MOLECOLA SUGARE FREE*</b> The cola-flavored beverage 100% made in Italy	cl. 33 € 3,50
<b>KOMBUCHA FLEX&amp;KALE</b> ask for different flavors	cl. 25 € 6,00
<b>COCONUT WATER*</b>	cl. 33 € 5,00

### BEERS

<b>ANALCOLIC FORST*</b>	cl.33 € 5,00
<b>ROXANNE*</b> Handcrafted, amber ale from Birrificio di Como. 6% Alc.	cl.50 € 7,50
<b>ESTRELLA GLUTEN FREE*</b>	cl.33 € 6,00
<b>3° MIGLIO*</b> Organic blond beer from the "Birrificio rurale" of Desio 5.8% Alc.	cl.33 € 6,50

\*PLEASE CHECK LABEL FOR ALLERGENS IN PACKAGED BEVERAGES

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	

STAY  
HEALTHY,  
TASTE GOOD!