

40
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HEALTHY
KITCHEN


MENÙ

food




Balanced 403030

WARM MAIN COURSES

FENNEL SOUP*  € 12,00


Fennel and sage soup with crispy lentils, served with low carb croutons

1

CARROT SOUP  € 12,00

Carrot and ginger soup with herb roasted chickpeas, served with low carb croutons

1

HEAVEN LASAGNA*  € 15,00

Low carb legume flour lasagna, ricotta cheese, mixed vegetables, ricotta cheese fondue

1 - 3 - 6 - 7 - 9 - 10

CAULIFLOWER POWER  € 14,00

Roasted cauliflower steak with feta cheese, courgette and basil cream, tzatziki, beetroot hummus, olive powder, cashews

4 - 7 - 8

PUMPKIN FEAST   € 12,00

Roasted pumpkin with vegan fondue, hemp seeds and Piedmont hazelnuts

6 - 8

COLD MAIN COURSES

FLAMINGO SALAD*   € 16,00

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 croutons; with light Caesar dressing on the side

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

PURPLE EGG POKE   € 14,00

Black rice, baby spinach, pink eggs, ricotta cheese, turmeric Brussels sprouts, cashews, sesame seeds; with GF soy, mustard and lemon dressing on the side

3 - 6 - 7 - 8 - 9 - 10 - 11

LAS VEGANS POKE*   € 15,00

Wholemeal spelled, kale, herb roasted tofu, braised pumpkin, almonds, crispy vegetable chips, flax seed; with mediterranean pesto on the side

1 - 6 - 8 - 10 - 12

4TUNA TARTARE*    € 16,00

Tuna tartare with mixed salad, radishes, cannellini puree, seasonal fruit salad, capers, olive powder

4 - 12

CROUTON TARTARE   € 15,00

Beef tartare on crusty Tumminia bread, with chips of parmesan cheese, mixed salad, celery, chopped hazelnuts

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

LOW CARB PIZZAS

3 PROTEIN DOUGH

- LEGUME
- BUCKWHEAT
- HEMP

WITH DELICIOUS TOPPINGS!

Ask our staff what's good today and allergies information



● BASKET WITH TUMMINIA BREAD, LOW CARB BREAD AND LEGUME FOCACCIA* 1 - 6 - 10 - 11

€ 3,00

recommended for 2 people

● LOW CARB BREAD SINGLE PORTION 1 - 6 - 10 - 11

€ 1,20

● TUMMINIA BREAD SINGLE PORTION 1 - 6 - 10 - 11

€ 1,00

● GLUTEN FREE GALLETTA

€ 1,50

#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.

DINNER SERVICE € 3,00

Beyond THE DISH



SIDES

- BAKED SPROUTS** € 6,00
Turmeric baked Brussels sprouts
- ROASTED PUMPKIN** € 6,00
Roasted pumpkin with thyme
- VEGETABLE CHIPS** € 6,00
Crispy mixed vegetables chips
- SAUTÉED FRIARIELLI** € 6,00
- ROASTED VEGETABLES** € 6,00
Mixed roasted vegetables with thyme and marjoram
- SIMPLY DIVINE SALAD** € 6,00
Mixed salad, kale, carrots, fennel, walnuts, pumpkin seeds, olive powder with pomegranate and vinaigrette 403030 8
- MANIA-KALE SALAD** € 6,00
Kale, cherry tomatoes, feta cheese, olives and vinaigrette 403030 7
- LOVE CABBAGE SALAD** € 6,00
White cabbage, broccoli, caramelized onions, cashew 8
- LENTIL SALAD** € 6,00
Crispy lentils salad with beetroots, red cabbage, pumpkin



DIPS

- All our dips are served with seed crackers
1 - 6 - 10 - 11
- BABAGANOUSH** € 5,00
Eggplant cream with thyme and lemon 11
 - BEET HUMMUS*** € 5,00
Cream of chickpea and beetroot with poppy seeds 11
 - CHICKPEA HUMMUS** € 5,00
Cream of chickpea and tahina with origan 11
 - HOLY GUACAMOLE** € 6,50
Rich cream of avocado, tuna and pomegranate 4
 - TZATZIKY** € 5,00
Greek yogurt cream with cucumber and mint 7

BURGER LOW CARB € 16,00

Low carb bun with lettuce, caramelized onion, guacamole, olive powder served with crispy mixed vegetables chips on the side 1 - 3 - 6 - 7 - 10 - 11 - 13

Scegli la proteina:

● **KING PRAWN** €2
2 - 12

● **GRASS FED BEEF BURGER**

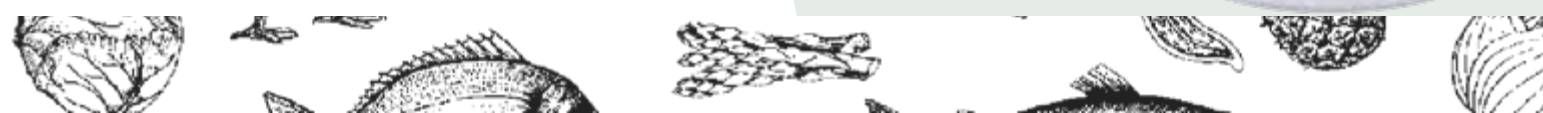
● **VEGAN BURGER***
1 - 6 - 10



DESSERT

- MACEDONIA** € 5,00
Fresh seasonal fruit salad with strawberry coulis
- EXTRA DARK CHOCOLATE BROWNIE*** € 6,00
with Greek yogurt and fresh berries
3 - 7 - 8
- CRÈME BRÛLÉE** € 6,00
white rice and coconut milk; sugar free and dairy free
3
- FIT-MISÙ*** € 6,00
Vegan tiramisu with cocoa cookie dunked in coffee, cashew cream in coconut milk and cacao sugar free
1 - 6 - 8 - 10

BANANA AND VANILLA CUPCAKE*
with cocoa and protein hazelnut cream
1 - 3 - 6 - 7 - 8 - 12
€ 6,00



Refreshing 403030

FROZEN BOWLS

CLASSIC AÇAÍ* € 12,00

Frozen açai and banana with hazelnut and cocoa beans granola, melon, blueberries, poppy seeds 1-8

HAPPY MANGO* € 10,00

Frozen mango and banana with pineapple, bananas, strawberries, almonds and chia seeds 8

COCCO-CIOCCO* € 10,00

Frozen coconut and banana with bananas and sugar free dark chocolate chips 8

MAKE YOUR YOGURT

Choose your base

● GREEK 7 € 4,00

● SOY 6 € 5,00

Add a touch of..

● SEASONAL FRUIT SALAD + € 1,00

● PROTEIN GRANOLA 1-8 + € 1,00

● SEASONAL FRUIT SALAD AND PROTEIN GRANOLA 1-8 + € 2,00

Healthy BRUNCH

EVERY SUNDAY
11 AM - 16 PM

• THE HAPPINESS FORMULA:

- 1 MAIN COURSE
- 1 WATER BOTTLE
- 1 DRINK
- 1 MIXED SALAD

- 1 DIP OF THE DAY
- 1 YOGURT WITH PROTEIN GRANOLA
- 1 TREAT OF THE DAY
- 1 HOT CUP

STARTING FROM €25

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