

Our dishes come from the *passion* towards *craftsmanship*. From the appetizer to the dessert, we prepare everything in our kitchen, with *healthy and natural ingredients*, never using previously made products. The result is a menu with a *strong identity*, that follows the *seasonality* of products and ingredients. We alternate meat and fish dishes, to satisfy any *taste*

*Enjoy your meal*

*Stay tuned  
for updates*



Follow us on Facebook:  
@RistoranteRisoamaro



Follow us on Instagram:  
ristorante\_risoamaro



Follow us on LinkedIn:  
Gruppo Ethos



For reservation:  
031 750997

## Menu gluten free

For realisation of bread, pasta, pizza and desserts we use external local laboratories, who create fine and handmade food without gluten.

The cooking of these products is then made in our kitchens, using dedicated tools to avoid any risk of contamination. Discover our proposals at the bottom of the menu.

## Allergenes

As per European Union regulation CEE1169/2011, below each dish you will find the indication due to all the allergens presents in the ingredients used for its preparation.

The dishes production takes place in a single environment so they may contain nickel and other allergens traces due to the contamination. As indicated by the Health Ministry 10/12/21 N. Prot. 44968 cereal product may contain mustard.

## Follow the icons



GIFT dish  
Discover all  
details at the  
end of the  
menu



Dish prepared with  
ORGANIC ingredient



Plant based dish



Use QR code to discover all  
extraordinary characteristics  
of hemp



Dish prepared with Superfood  
ingredients, foods with  
surprising nutritional  
characteristics



Exclusively grass  
fed beef



Vegetarian dish

# MENÙ COMBO

## MENÙ TAGLIATA

- 2,5 hg of Black Angus GRASS FED beef cut # NO ALLERGENS
- Fried potatoes\* #1
- Glass of wine • Water and coffee

€ 25,00

Cover and service charge included



## MEZZO KG DI MANZO

- 5 hg of grilled Black Angus Beef # NO ALLERGENS
- Fried potatoes\* #1
- Glass of wine • Water and coffee

€ 29,50

Cover and service charge included

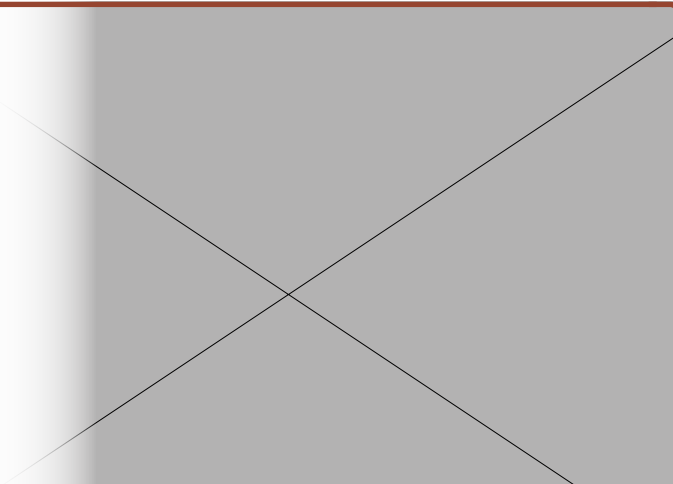


## POLLETTO E PATATE

- Lime and aromatic herbs marinated chicken # 1 - 12
- Fried potatoes\* #1
- Glass of beer • Water

€ 21,00

Cover and service charge included



# APPE TIZERS



## Tagliere misto terra

Locally made salami of our "Brusignone" farmhouse, seasoned coppa, "Pata Negra" lard, 18 Months cured Parma ham served with mixed pickled vegetables and grilled tomato cheese

# 7 - 9 - 12

€ 13,00



## Duetto di prosciutto crudo di Parma 18 mesi e lardo di Pata Negra

Parma ham and "Pata Negra" lard served with typical fried dough "gnocco fritto"

# 1 - 6 - 7 - 10

€ 15,00

## Sformatino di zucca

con fonduta al Taleggio e chips croccanti di zucca e radicchio

# 3 - 7

€ 13,50

## Polpo, patate e totani tiepidi

Sautéed octopus, squid and potatoes served with basil sauce\*

# 12 - 14



€ 15,50

## Erbazzone Emiliano in crosta

Quiche filled with beets, spring onions and Padano cheese

# 1 - 3 - 7 - 9 - 10



€ 13,00

## DEGUSTAZIONE DI FORMAGGI DEL MULINO

Cheese selection served with a Chef's homemade jam, walnuts, cherry tomatoes

"Asiago DOP" cow's milk cheese from Asiago

Zola piccante creamy and spicy long seasoning blue-cheese

"Pecorino stagionato di Pienza" made with sheep's milk in Tuscany and seasoned for about 90 days

"Salva Cremasco Dop" semi-soft cow's milk cheese

"Tometta alle erbe aromatiche" milk sensations leave room for the fragrant notes of herbs

# 3 - 7 - 8 - 12



€ 15,00

## The perfect match

**Gnocco fritto** # 1 - 6 - 7 - 10

€ 5,50

typical from Emilia Romagna, it consists of square pieces of fried dough, perfect with cured meats and cheeses

# FIRST COURSES



[DO YOU LIKE THE RECIPE BUT NOT THE PASTA SHAPE?]  
Ask for your favorite shape, choosing among the ones that are available in the menu

## Pasta

High-quality raw materials that combine an ancient art with the latest technologies.

### Pappardelle all'uovo rustiche

Fresh egg pasta with Maialino Nero from Irpinia knife cut rustic ragù

**Maialino Nero dell'Irpinia:** Black pork certified breed, result of a careful selection of Italian breeders. The meat has a strong and aromatic flavour.

# 1 - 3 - 6 - 9 - 12

€ 15,00

### Casoncelli della tradizione Bergamasca

Meat filled pasta with butter, sage and crispy bacon

# 1 - 3 - 4 - 6 - 7 - 8 - 9 - 10 - 14



€ 14,00

### Paccheri con gamberi e vongole

Paccheri pasta with prawns, clams, fresh cherry tomatoes and pistachio grains\*

# 1 - 2 - 6 - 8 - 12 - 14



€ 16,00

### Spaghetti allo scoglio

Spaghetti pasta with codfish, shrimps, calamari, seafood and fresh tomato\*

# 1 - 2 - 12 - 14



€ 16,00

### Spaghetti alle vongole veraci

Spaghetti pasta with clams, parsley and olive oil\* # 1 - 6 - 12 - 14



€ 16,00

### Pizzoccheri freschi della tradizione valtellinese

"Pizzoccheri" buckwheat pasta with potatoes, savoy cabbage and Casera cheese

# 1 - 3 - 6 - 7 - 9 - 10



€ 15,00

## Rice

Dishes made only with **selected rice beans**. We choose a 100% **Carnaroli** rice aged minimum 18

months, that makes our risotto extremely creamy. We also choose an **organic wholewheat long red rice**, with amazing properties against cholesterol.

### Risotto "Risoamaro"

Carnaroli risotto with radicchio chicory from Treviso, red wine and sliced "provola" cheese # 3 - 7 - 9 - 12



€ 15,00

### Risotto Carnaroli ai Porcini e Luganega DOP

Porcini mushrooms Carnaroli risotto with Luganega DOP sausage creamed with Briè cheese\* # 3 - 7 - 9 - 12

€ 15,00

### Cauliflower rice alla curcuma

Pan fried cauliflower grains with vegetables, turmeric and crispy leek

**Cauliflower rice:** pretty popular in the USA, is a healthy and tasty recipe that makes possible to taste a 100% vegan, low-fat and no carbs course without missing the texture of a regular Risotto or pan-fried rice dish.

# 9



€ 15,00

## Single Course Meal

### Risotto alla Milanese

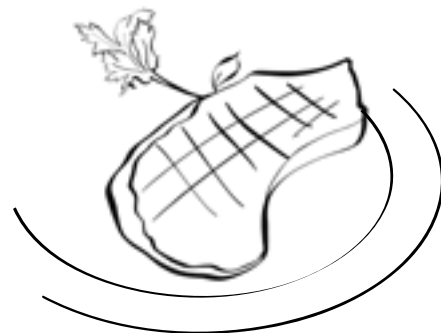
Saffron Milanese-style risotto with Chianina's ossobuco

# 3 - 7 - 9 - 12

€ 23,00



# SECOND COURSES



## Land Courses

### Filetto di Maialino avvolto nella Brianzetta

Pork fillet wrapped in the "Brianzetta" served on parsnip cream

€ 19,00

#NO ALLERGENS

**Brianzetta:** typical Brianza salami, similar to cooked bacon, prepared with high quality pork, flavored with aromatic spices and subjected to an artisanal seasoning process

**Pastinaca:** root with a thousand properties and a very low calorie content, rich in antioxidants, dietary fibre and vitamins.

### Gulash di Manzo

beef stew - prepared according in the tradicional Hungary recipe

€ 20,00

# 9

## Sea Courses

### Fritto misto di pesce

Fried mixed seafood with anchovies, squids, little fishes and shrimps\*

€ 21,00

# 1 - 2 - 4 - 6 - 12 - 14

### Frittura di anelli e ciuffi di calamari

Fried calamari rings and forelocks\* # 1 - 6 - 12 - 14

€ 21,00

### Trancio di salmone al forno aromatizzato alle erbe

Baked salmon slice with aromatic herbs served on potatoes puree\*

€ 20,00

# 3 - 4 - 7 - 12

## Burger

### Cheeseburger served with french fries\*

Sesame seeds bun with 200gr of Black Angus GRASS FED beef meat, Cheddar cheese, tomato and lettuce # 1 - 3 - 6 - 7 - 11

€ 16,00

### Incontro Perfetto served with french fries\*

Sesame seeds bun with 300gr of Irpinian Black Pork and Black Angus GRASS FED beef meat with crispy bacon, melted Fontina cheese, lettuce and pink sauce # 1 - 3 - 6 - 7 - 9 - 10 - 11 - 12

€ 18,50



### Veggie Burger served with french fries\*

Plant based burger in soft sesame bun with grilled eggplant, tomato, lettuce and vegan mayonnaise

€ 17,50

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

# ORECCHIA DI ELEFANTE ALLA MILANESE

## Orecchia di elefante alla Milanese

Pork cutlet with crispy breading

# 1 - 3 - 6 - 10

€ 18,00

Choose your favorite pairing

with

**crudo, straciatella e maionese di pomodori secchi**

# 3 - 7 - 10

+€ 3,00

with

**Rocket salad, Lodigiano cheese shavings and cherry tomatoes**

# 3 - 7

+€ 3,00

with

**radicchio chicory, Gorgonzola cheese and walnuts**

# 7 - 8

+€ 3,00



# STEAKHOUSE

MEAT COOKED ON **BARBEQUE GRILL**



## BARBEQUE GRILL

releases aromas and flavors making the meat extremely tasty and delicious

*Scottona*  
QUALITY- SUPERIOR MARBLING

Meat characterised by a **high grade** of **marbling** that, melting during the cooking process, gives to it **taste** and **tenderness**, making the meat extremely **juicy** and **tender** for the palate. The bovines, **raised** in the wild and fed as **nature teaches**, are "Scottone": young females that have never been pregnant.




### Costata di manzo "Scottona"

At least 500  Recommended cooking: - ●●●●○ + **medium or well done**  
# NO ALLERGENS



€ 8,00 etto

### Fiorentina di manzo "Scottona"

At least 800  Recommended cooking: - ●●●●○ + **medium or well done**  
# NO ALLERGENS




€ 9,00 etto

### Grigliata mista reale Recommended cooking: - ●●●●○ + **medium**

Mixed grilled meat: veal, Black Angus **GRASS FED**, pork sausage from Mantua, Irpinian Black Pork fillet, fresh bacon # **NO ALLERGENS**

€ 23,50

### I 3 Manzi Recommended cooking: - ●●●●○ + **medium**

Approx 450  total of boneless meat to offer you the best breed in the world, for a high level tasting experience:

- Chianina, certified by Consorzio del Vitellone Bianco, is the most loved and famous breed in Italy
- Black Angus, one of the most ancient and exquisite breeds; we offer Scottona meat, tender and juicy
- Angus Hereford, characterized by a particular marbling that enhances its succulence, it is one of the most important breeds in the world

# **NO ALLERGENS**

€ 26,00

### Angus Tender **GRASS FED** Suggested with every kind of cooking

About 300  of Black Angus meat.


A forgotten chop, with balanced, elegant and delicious flavour

# **NO ALLERGENS**



€ 20,00

### Flank Fillet® **GRASS FED** Suggested with every kind of cooking

About 300  of Black Angus meat, a tender and tasty cut

# **NO ALLERGENS**



€ 23,00


### Filetto **GRASS FED** Recommended cooking: - ●●○○○ + **rare or medium**

About 300  of "Black Angus" fillet

# **NO ALLERGENS**



€ 29,00

 The indicated weight is the weight of the raw meat



The dishes of our Steak House are also available gluten free. If you want to order them, remember to report to our staff your gluten intolerance or allergy.

# Allergens list on last page. Some ingredients can be fresh or frozen subject to market availability. 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.

# TAGLIATE



THE BEST BREEDS REARED ON PASTURE WITH ONLY GRASS

Without the use of antibiotics, hormones and GMOs. The result is a leaner meat, rich in Omega 3, vitamin B6 and beta-carotene and low in cholesterol, which stands out for tenderness and succulence.



your favourite breed

→ matched with your favourite dressing

Choose your favourite beef cut:  
250  of certified cattle beef.



## Tagliata di Black Angus

Tender cut from the forequarter, "Black Angus" breed, to value a little-known and used beef chop.

Recommended cooking: - ●●○○○ + **rare or medium**  
# NO ALLERGENS

€ 21,00

## Tagliata di Chianina

Certificate pure "Chianina" IGP, the most famous and valuable Italian breed.

Recommended cooking: - ●●○○○ + **rare or medium**  
# NO ALLERGENS

€ 21,00

## Tagliata di Bufalo

Tender and delicious meat with exceptional nutritional properties, naturally low in fat and rich in iron, vitamins and minerals.

Recommended cooking: - ●●○○○ + **rare or medium**  
# NO ALLERGENS

€ 21,50

A touch of flavour to your dish

with  
**rucola e scaglie di grana**

rocket salad and shaved  
Parmesan cheese

# 3 - 7



€ 5,00

with  
**castagne al miele  
e lardo di Pata Negra**

Honey chestnuts and "Pata Negra" lard  
# NO ALLERGENS

€ 5,00

with  
**fonduta di taleggio  
e chips di zucca**

Taleggio cheese fondue and pumpkin  
chips

# 7 - 12

€ 5,00

with  
**funghi Porcini\***

Porcini mushrooms

# 12

€ 6,00

for the side dishes, see the  
specific page

You can choose the cuts of beef with rosemary, with rocket salad or without side dish at the same price



The indicated weight is the weight of the raw meat



# SALADS



## Polpo

Octopus, potatoes, squids, pesto sauce, Chioggia and Milano salads\*

# 7 - 8 - 9 - 12 - 14



€ 16,00

## Caesar Salad

Iceberg salad with chicken breast, egg and bread croutons Lodigiano cheese shavings and Caesar sauce

# 1 - 3 - 4 - 6 - 7 - 11 - 12

€ 16,00

## Caprese

Bufala mozzarella cheese, fresh tomatoes and basil leaves # 7

€ 15,00

## Canapa

Hemp seeds, bresaola cured ham strips, almonds, crunchy leek, cherry tomatoes confit and mixed salad # 8

€ 13,00

# SIDE DISHES



## French fries\*

# 1



€ 6,00

## Roasted potatoes with rosemary

# 1



€ 6,00

## Grilled vegetables

# NO ALLERGENS



€ 6,00

## Spicy Friarielli

sauteèd with garlic\*

# NO ALLERGENS



€ 6,00

## SPINACH: NATURAL, BUTTERED OR SOUR \*

# 7



€ 6,00

## Caponata di melanzane

Traditional recipe of the Sicilian eggplant "Caponata"

# 9



€ 6,00

*La buca l'è minga straca se la sa no de vaca!*

## Single cheese option - based on the daily availability

# ASK TO OUR STAFF FOR THE ALLERGENS

€ 9,00

## Organic Buffalo's milk mozzarella cheese - about 250gr # 7

€ 12,00

## Extra cost

# on the last page you can find the allergen list of every ingredient below.

Extra cost for vegetables

€ 1,50

Extra cost for anchovies, dried fruits, seeds, asparagus, mushrooms, eggs, sprouts

€ 2,00

Extra cost for cold cuts and cheeses

€ 2,00

Extra cost for fish (Shrimp, octopus, tuna, salmon)

€ 2,00

Fiordilatte mozzarella cheese from "Mantua" - *organic product*

€ 2,00

Extra cost for Buffalo mozzarella cheese from "Mantua" - *organic product*

€ 3,00

# STIRATA ROMANA



Our kitchen team proposes  
“**STIRATA ROMANA**”.  
A long leavening and high  
hydration dough for a high, soft  
and light pizza.

## CACIO E PEPE

Pecorino romano DOP cheese, black pepper and bacon

# 1 - 3 - 6 - 7 - 8 - 11

€ 15,00

## PARMIGIANA

Tomato, mozzarella cheese, fried eggplant, lodigiano cheese shavings and basil # 1 - 3 - 6 - 7 - 8 - 11

€ 15,50

## ARDORE CALABRO

Tomato, “fiordilatte” mozzarella cheese, red and yellow bell pepper, ‘nduja, cherry mozzarella and basil

# 1 - 3 - 6 - 7 - 8 - 10 - 11 - 12

€ 17,00

## CRUDO E STRACCIATELLA

Tomato, Parma raw ham aged 18 months, Buffalo stracciatella cheese from Mantua, semi dry tomatoes and pesto drops # 1 - 2 - 3 - 4 - 6 - 7 - 9 - 11 - 12 - 14

€ 18,00

# Protein PIZZAS

## DOUGH canapa

An exclusive dough with organic hemp flour, organic wheat flour type 0 and semi-wholewheat type 1 flour. **Plant of amazing nutritional features: it has an extremely high protein content and it is also rich in Omega 3, Omega 6 and polyunsaturated fat. Its value is now recognised from Health Ministry.**

# 1 - 6 - 8 - 10

## DOUGH legumi

in collaboration  
with



A skillful blend of legume flour, organic type 0 flour and semi-wholewheat type 1 flour. **Legume flour made with only italian white beans, chickpeas, yellow lentils and yellow peas by Legù company, it is rich in plant proteins and high in fiber. Thanks to its low glycemic impact, it is perfect to maintain the line without sacrificing taste.**

# 1 - 6

## DOUGH saraceno

Buckwheat flour in a long soft dough leavening with organic type 0 flour and semi-wholewheat type 1 flour.

**Buckwheat is an ancient plant herbaceous, native to the territories Asian mountain, and introduced in the Valtellina crops during the Middle Ages.**

# 1 - 6

Hand-kneaded dough, long leavening, chilling and freezing contribute to maintain its organoleptic characteristics unaltered.

## Choose the dough and combine it with the dressing

This allergens refer only to seasoning to which must be added the allergens of the relative special doughs



in this pic: saraceno dough

### Isabella

Tomato, Fiordilatte mozzarella cheese from Mantua, basil

# 7

€ 13,00



in this pic: saraceno dough

### Santa Maria

tomato, organic Fiordilatte mozzarella cheese from Mantua, Parma raw ham 18 months aged, buffalo milk mozzarella cheese, caramelized red onion, oregano

# 7 - 12

€ 18,50



in this pic: legumi dough

### PORCHETTA

Tomato, "fiordilatte" mozzarella cheese from Mantova, roasted pork from Ariccia, provolone cheese and wild fennel

# 7

€ 16,50



# OUR PIZZAS

CHOOSE AMONG OUR 4  
ORGANIC DOUGHS



classic  
thin

With "O" type flour  
Thin, delicate and  
tasty, made using  
*organic* "O" type  
flour.  
# 1 - 6



wholewheat  
thin

Made with 100%  
wholewheat and *organic*  
stone-ground flour. It is a  
rustic product, healthy and  
easy to digest.  
# 1 - 6



khorasan  
thin

The rich and ancient  
taste of Khorasan  
wheat, made  
famous by **KAMUT®**.  
trademark. It is  
*organic* and rich in  
proteins, mineral  
salts and with great  
nutritional properties.  
# 1 - 6



partenopeo

Made with *organic* flour,  
it's a softer pizza with  
high sides. It remains  
light and digestible  
thanks to mother yeast  
and a very long rising  
(48hrs).  
# 1 - 6



ALL OUR PIZZAS ARE STUFFED WITH  
*organic* **HOMEMADE FIORDILATTE**  
**MOZZARELLA CHEESE** FROM MANTUA,  
made only with **italian milk**

PIZZA WITHOUT LACTOSE?

Ask to our staff to know availability



# PIZZAS

This allergens refer only to seasoning to which must be added the allergens of the relative doughs.



...choose your side in the meanwhile!

## Whet your appetite! *to share*

tomato sauce and mozzarella filled fried panzerotti, Ascolana style meat stuffed fried olives, ragù filled small Arancine and fried mozzarella\*

# 1 - 3 - 4 - 6 - 7 - 9 - 12

€ 15,00

### Fried mozzarella\*

# 1 - 6 - 7



€ 7,50

### Ascolana style meat stuffed fried olives\*

# 1 - 3 - 4 - 6 - 7 - 9

€ 8,50

### Ragù filled small Arancine\*

# 1 - 3 - 6 - 7 - 9 - 12

€ 7,50

### Tomato sauce and mozzarella filled fried Panzerotti\*

# 1 - 3 - 7 - 9 - 12



€ 7,50

## White pizzas WITHOUT TOMATO SAUCE

**4 FORMAGGI** Mozzarella cheese, gorgonzola cheese, taleggio cheese, parmesan # 3 - 7



€ 9,30

**BRONTE** Mozzarella cheese, smoked scamorza cheese, pumpkin cream, porcini, mushrooms, "Parma" raw ham, pistachios of Bronte # 7 - 8

€ 12,30

**MALAFEMMINA** Sliced local Fiordilatte mozzarella cheese from Mantua, friarielli and sausage\* # 7

€ 10,80

**Friarielli:** turnip tops inflorescences, typical of Neapolitan cuisine

## Pizzas WITHOUT MOZZARELLA CHEESE



**SCOGLIERA** Tomato, octopus, seafood, shrimp, parsley flavored with garlic, rocket, spicy oil\* # 2 - 4 - 12 - 14



€ 12,30

**MARINARA** Tomato, garlic, parsley # NO ALLERGENS



€ 6,30

**PUGLIESE** Tomato, Tropea red onion, oregano # NO ALLERGENS



€ 6,30

## Red Pizzas WITHOUT MOZZARELLA CHEESE

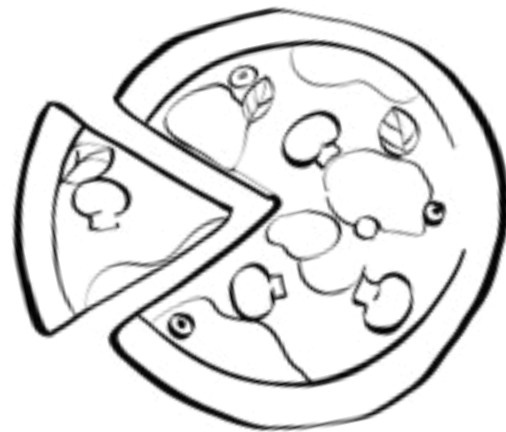
**CIOCIARA** Tomato, zucchini, eggplant, onion, Pecorino Romano cheese, fresh tomato # 7



€ 8,30

# PIZZAS

This allergens refer only to seasoning to which must be added the allergens of the relative doughs.



## Calzoni

**CALZONE DI FUOCO** Mozzarella cheese, tomato, spicy salami, chili pepper # 7

€ 8,80

**CALZONE FARCITO** Mozzarella cheese, tomato, artichokes, black olives, ham, mushrooms # 7

€ 8,80

Mozzarella cheese, tomato, ham steak # 7

 € 8,30

## Focacce

**FOCACCIA** Salt, extra virgin oil, rosemary # NO ALLERGENS

  € 5,80

**FOCACCIA CON CRUDO** Rosemary, extra virgin oil, Parma raw ham # NO ALLERGENS

 € 8,30

## Pizzas

**4 STAGIONI** Tomato, mozzarella cheese, ham, black olives, artichokes, mushrooms # 7

€ 9,30

**BOSS** Tomato, mozzarella cheese, gorgonzola blue-cheese, onion, fresh tomato, rocket, black olives # 7

 € 8,80

**BUFALINA** Tomato, mozzarella cheese with Buffalo milk from "Mantua", fresh tomatoes # 7

  € 10,30

**CAPRICCIOSA** Tomato, mozzarella cheese, artichokes, olives, mushrooms, vegetables # 7

 € 8,30

**CAVOUR** Tomato, mozzarella cheese, dry-salted beef, rocket, parmesan # 3 - 7

 € 10,80

**CRAPADA** Tomato, mozzarella cheese, gorgonzola blue-cheese, speck # 7

€ 9,80

**CRUDO** Tomato, mozzarella cheese, "Parma" ham # 7

 € 10,30

**CRUDO e ZOLA** Tomato, mozzarella cheese, gorgonzola blue-cheese, "Parma" ham # 7

€ 10,30

**DELICATA** Tomato, mozzarella cheese, smoked salmon\* # 4 - 7

 € 9,80

**DIAVOLA** Tomato, mozzarella cheese, hot salami, black olives # 7

€ 8,80

**GAMBERETTI** Tomato, mozzarella cheese, shrimps\* # 2 - 7 - 12

 € 10,80

**GIARDINO** Tomato sauce, mozzarella cheese, grilled eggplant, grilled eggplants and fresh tomatoes # 7

  € 8,80

**INFERNO** Tomato, mozzarella cheese, gorgonzola blue-cheese, Tropea onions, hot salami # 7

€ 9,30

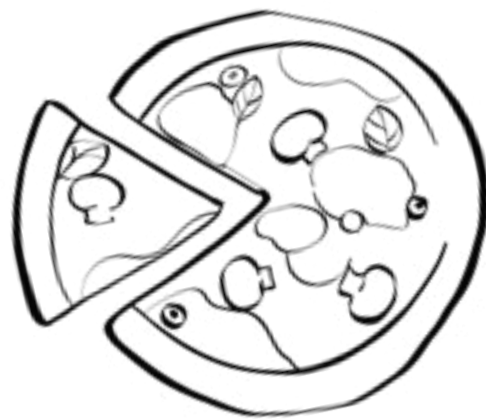
**MARGHERITA** Tomato, mozzarella cheese, oregano # 7

  € 7,30

**NAPOLI** Tomato, mozzarella cheese, anchovies, oregano # 4 - 7

 € 8,30

# PIZZAS



## Pizzas

<b>ORTOLANA</b> Tomato, mozzarella cheese, grilled peppers, grilled eggplants, grilled zucchini # 7	 	€ 8,30
<b>PAPAS</b> Tomato, mozzarella cheese, french fries* # 1 - 7		€ 8,30
<b>PECORINO E BASILICO</b> Tomato, mozzarella cheese, pecorino romano cheese, basil # 7		€ 8,30
<b>PEPPINO</b> Tomato, Buffalo milk mozzarella cheese from "Mantua", basil # 7	 	€ 10,30
<b>PORCINI</b> Tomato, mozzarella cheese, Porcini mushrooms # 7	 	€ 10,30
<b>PROSCIUTTO</b> Tomato, mozzarella cheese, ham # 7		€ 8,30
<b>PROSCIUTTO E FUNGHI</b> Tomato, mozzarella cheese, ham, mushrooms # 7		€ 8,30
<b>ROMANA</b> Tomato, mozzarella cheese, capers, anchovies, oregano # 4 - 7		€ 8,30
<b>SALSICCIA</b> Tomato, mozzarella cheese, sausage # 7		€ 8,80
<b>TONNO</b> Tomato, mozzarella cheese, tuna fish # 4 - 7		€ 9,80
<b>TONNO E CIPOLLE</b> Tomato, mozzarella cheese, tuna fish, onion # 4 - 7		€ 9,80
<b>WURSTEL</b> Tomato, mozzarella cheese, frankfurter # 3 - 7 - 10		€ 8,30
<b>ZUCCHINE</b> Tomato, mozzarella cheese, grilled zucchini # 7	 	€ 8,30

## Extra cost

# on the last page you can find the allergen list of every ingredient below.

Extra cost for vegetables	€ 1,50
Extra cost for anchovies, dried fruits, seeds, asparagus, mushrooms, eggs, sprouts	€ 2,00
Extra cost for cold cuts and cheeses	€ 2,00
Extra cost for fish (Shrimp, octopus, tuna, salmon)	€ 2,00

Fiordilatte mozzarella cheese from "Mantua" - organic product	€ 2,00
Extra cost for Buffalo mozzarella cheese from "Mantua" - organic product	€ 3,00

Alternative without lactose - Ask to our staff to know availability	  € 2,00
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Small Pizzas for kids are available at the same price  
Traditional, wholewheat and Khorasan wheat pizzas can be requested with double dough at the same price

ALL PIZZAS ARE MADE FROM 100% **ORGANIC FLOUR**  
WE USE HOMEMADE FRESH **organic** **MOZZARELLA FIORDILATTE** CHEESE FROM "MANTUA"

# Allergens list on last page. Some ingredients can be fresh or frozen subject to market availability. 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.



# DRINKS

## Soft Drinks

### S. Antonio Mineral water

Natural or Sparkling

# NO ALLERGENS

CL 70 € 3,00

### Tonic water # NO ALLERGENS

CL 33 € 3,50

### Coca Cola/Coca Zero # NO ALLERGENS

CL 33 € 3,50

### Gazzosa/Aranciata

# TO KNOW MORE ABOUT ALLERGENS, SEE EACH LABEL

CL 33 € 3,50

### Lemon tea # NO ALLERGENS

CL 35,5 € 4,50

### Peach tea # NO ALLERGENS

CL 35,5 € 4,50

In this restaurant we also serve tap water in jug on request, in line with the “Imbrocciamola” project by Legambiente, to which we have joined.

### Service/Cover Charge € 2,50

## Vino alla spina

### Pinot Chardonnay del Veneto

11° % alcohol # 12

CL 25	CL 50	CL 100
€ 4,50	€ 7,00	€ 13,00

### Vino Bardo Rosso Rubecchio

11° % alcohol # 12

€ 4,50	€ 7,00	€ 13,00
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### Vino Serena Frizzante “Più-Frizz”

10,5% alcohol # 12

€ 5,00	€ 7,50	€ 14,00
--------	--------	---------

## A sip of nature



100% fresh fruit and vegetables juices

**Delizia Invernale:** orange, lemon, fennel and honeydew - **vitaminic**

# NO ALLERGENS

**Rossa Tentazione:** apple and strawberry - **antioxidant**

# NO ALLERGENS

**Sempreverde:** apple, kiwi and ginger - **digestive**

# NO ALLERGENS

€7,50

€ 7,50

€ 7,50



You can compose the drink going along with your taste. Choose fruits and vegetables from the available ones and find the right mix.

You can also ask for a only pineapple juice or only strawberry juice (€ 8,00).

## THE handcraft BEER PRODUCED IN OUR BREWERY IN COMO

### Draught Beers



#### DEMETRA

Lager beer from Italian agricultural supply chain - low fermentation

Clear and light. Fresh and drinkable beer in Lager style. A balance between the fragrance of hops and the almost honeyed malt. Dry and bitter aftertaste.

# 1

SMALL PINT | PINT | LITER  
CL 20 € 4,50 | CL 40 € 7,00 | CL 100 € 14,00



#### Best with:

pleasant to drink at any time, it goes nicely with all the dishes of our cuisine.



#### ingredients:

water, **barley malt**, hop, yeast

#### % Alc.

5,3% vol.



#### ROXANNE

Amber double malt

low fermentation

Full-bodied beer. It leaves a caramelized and hoppy impression with a dry and decisive aftertaste.

# 1

SMALL PINT | PINT | LITER  
CL 20 € 5,00 | CL 40 € 7,50 | CL 100 € 15,00



#### Best with:

particularly suitable in combination with meats, seasoned cheeses and pizzas.



#### ingredients:

water, **barley malt**, hop, yeast

#### % Alc.

6% vol.

### Bottled Beers



#### DEMETRA

Lager beer from Italian agricultural supply chain - low fermentation

Clear and light. Fresh and drinkable beer in Lager style. A balance between the fragrance of hops and the almost honeyed malt. Dry and bitter aftertaste.

# 1

BOTTLE 50 cl



#### Best with:

pleasant to drink at any time, it goes nicely with all the dishes of our cuisine.



#### ingredients:

water, **barley malt**, hop, yeast

€ 8,50

#### % Alc.

5,3% vol.



#### SUPER WEISS

Double malt amber weiss

high fermentation

The super is much more hoppy and spicy than a common Weiss. The taste is very full-bodied and, in addition to the classic Weiss flavors, the hazelnut clearly emerges. # 1

BOTTLE 50 cl



#### Best with:

accompanies salads but also cold cuts and Black Pork from Irpinia. A delicious combination with fruit-based desserts.



#### ingredients:

water, **barley malt and wheat malt**, hop, yeast

€ 8,50

#### % Alc.

6,3% vol.

**Every hand-made beer** has its natural time for preparing, it is for this reason that some labels in the list could be in fermentation. You can ask to our staff what is available.

# Allergens list on last page. Some ingredients can be fresh or frozen subject to market availability. The fish intended to be eaten raw has undergone a preventive treatment in compliance with the requirements of EC Reg. 853/2004. The production takes place in a single environment, for contamination they may contain nickel and other allergens traces.



## ROXANNE

Amber double malt  
low fermentation

Full-bodied beer. It leaves a caramelized and hoppy impression with a dry and decisive aftertaste. # 1

BOTTLE 50 cl



**Best with:**  
particularly suitable in combination with meats, seasoned cheeses and pizzas.



**ingredients:**  
water, **barley malt**, hop, yeast

€ 8,50  
**% Alc.**  
6% vol.



## ZEN

Special beer with ginger roots and orange zest - low fermentation

Soft drinkable beer thanks to the armonic combination of its flavour and its clear core structure. # 1

BOTTLE 50 cl



**Best with:**  
It's suits better dishes with a mild taste, such as fish and desserts, especially creamy and fruity ones.



**ingredients:**  
water, **barley malt**, hop, yeast, ginger roots and orange zest

€ 8,50  
**% Alc.**  
5,6% vol.



## I-PA

Light amber  
high fermentation

Medium bodied, characterized by an intense scent of hops from America, England and New Zealand and added in dry-hop. # 1

BOTTLE 50 cl



**Best with:**  
perfect with fresh cheeses and desserts. Very delicate, it can be combined with fish dishes.



**ingredients:**  
water, **barley malt**, hop, yeast

€ 8,50  
**% Alc.**  
6,6% vol.



## ASTER

Special amber red beer Vienna style  
low fermentation

Vienna-style red amber beer with a star anise note, cinnamon and honey scents.

Good body, a dry finish with a nutty aftertaste .# 1

BOTTLE 50 cl



**Suggested pairing:**  
Ideal for meat dishes and Christmas sweet



**ingredients:**  
**water, barley malt, cinnamon, star anise, honey, hop, yeast**

€ 8,50  
**% Alc.**  
5,6 % vol.



## EAU ROUGE

Belgian style Dubbel beer  
high fermentation

Characteristically known for being dark brown in colour with strong chocolatey, caramel, and nutty tones but also an intense flavour of dark and dried fruit. # 1

BOTTLE 50 cl



**Best with:**  
ideal for first courses such as saffron risotto, second courses with meat, braised meats and desserts.



**ingredients:**  
water, **barley malt**, **oats**, sugar, hop, yeast.

€ 8,50  
**% Alc.**  
7% vol.



## DAISY DUKE

American Pale Ale  
high fermentation

The pretty high level of bitterness is balanced by the citrus scents, creating a good balance between smell and taste. # 1

BOTTLE 50 cl



**Best with:**  
simple and straight forward dishes, like herbs cheeses, soups and grilled vegetables.



**ingredients:**  
water, **barley malt**, hop, yeast

€ 8,50  
**% Alc.**  
5% vol.

# DON'T GIVE UP TO A GOOD BEER



A selection of alcohol free high level beers and an outstanding gluten free craft beer.  
We did not believe it, until we got the chance to taste them!

## Alcohol-free beer



### MAISEL'S WEISSE Weiss

Beer characterised by a typical faint and creamy foam, with hazelnut-like color. It mixes full-body characteristics with lightness, to get and easy to drink beer. The turbidity of this weiss is due to the yeast in suspension. **# To know more about allergens, see each label**

**BOTTLE** 50 cl

€ 8,50

**Info:**  
Only 20 Calories per 100 ml.

**%  
Alc.**  
0,5%  
vol.

## Gluten free beer



### ESTRELLA DAM DAURA Lager

A real lager beer produced by the most prestigious brewery in Spain with barley malt, but without gluten, which has nothing to envy to the classic Estrella of Barcelona. Golden yellow blonde, with a fine and persistent foam, it has an intense aroma of yeasts, bread, broom, Mediterranean and aromatic herbs such as sage and thyme. The taste is sweet, with hints of bread, malt biscuit, grass and honey.

**# To know more about allergens, see each label**

**BOTTLE** 33 cl

€ 7,00

**Info:**  
Daura is produced under the supervision of the Gluten Unit of the Higher Council of Scientific Research in Madrid, the largest public research authority in Spain.

**%  
Alc.**  
5,4%  
vol.



# COFFEE



**Torrefazione Libera®**



## ORGANIC AND CRAFT COFFEE

Our coffee is entirely composed of **organically grown beans**, and weekly produced by our artisan master roaster in our roasting in Como. Thanks to a roasting made in small quantities and weekly delivers, we guarantee the freshness of a "just roasted" coffee.

**ORIGINS: Arabica: 40% Brazil, 15% Nicaragua, 15% Honduras, Robusta: 15% India, 15% Mexico**

**Caffè espresso # NO ALLERGENS**

€ 2,50

**Double Coffee # NO ALLERGENS**

€ 3,00

**Decaffeinated coffee # NO ALLERGENS**

€ 2,50

**Coffee fortified with Grappa or other alcohol**

# To know more about allergens, see each label

€ 3,00

**Cappuccino # 7**

€ 3,00

**Amari, National Liqueur, Digestive**

# To know more about allergens, see each label

€ 5,00

**National Aperitifs, Campari, Crodino, SanBitter**

# To know more about allergens, see each label

€ 5,00

**Hot Tea selection - check our availability**

# To know more about allergens, see each label

€ 4,00

**distilleria Libera**



Gruppo Ethos has created an homemade and niche products' line. They are made only with natural ingredients: the herbs, the roots and the fruit are all selected from nature and mixed by our experts.

*Available also to take away!*

### LIMONCINO

with lemon zest natural infusion # NO ALLERGENS

€ 5,00

### AMARO ALLE ERBE

homemade bitter liquor made with selected herbs # NO ALLERGENS

€ 5,00

### AMARO DI MONTEVECCHIA

Made with honey and rosemary from Montevicchia # NO ALLERGENS

€ 5,00

### SAMBUCA

Homemade liqueur with anise taste # NO ALLERGENS

€ 5,00

### GRAPPA LOMBARDA

distilled with grapes of the Lombardy hills # NO ALLERGENS

€ 6,00

### GRAPPA RISERVA

aged for 18 months in durmast barrels # NO ALLERGENS

€ 7,00



# WINE LIST




## VIGNAIOLI ERRANTI

*Vignaioli Erranti is a project of our "Biological Farm and Farmhouse Brusignone", part of Gruppo Ethos, born from our desire to offer a small selection of "peregrin" wines. We chose this definition because all of them are the result of meetings we made on our path. Wandering by wine and vineyards, we have made a deal with wine producers: to rent a vineyard section to start producing wine who responds to our criterias. We found what we were looking for in "Tenuta Fortunago", near Pavia, and in "Tenuta Murlo", on Siena's hills. Here we perform a sustainable farming which takes care of land's richness and biodiversity, a controlled and inspired by the essential wine cellar activity to obtain a natural wine with a strong identity, in one word, GREAT.*



## Slightly Sparkling Wine



Lombardia	Blanc de Blancs Ancestrale Oltrepò Pavese	Castello di Stefanago		CL 75	€ 35,00
	Franciacorta DOCG Saten Millesimato	Monzio Compagnoni		CL 75	€ 40,00
Veneto	Prosecco Treviso DOC Brut	Sette Anime		CL 75	€ 23,00
	Cartizze Dry Valdobbiadene Superiore DOCG	Adami		CL 75	€ 38,00



## white wine



Lombardia	 Villano Bianco Provincia di Pavia IGP	Tenuta Fortunago		CL 75	€ 21,00
	Pinot Grigio "Campo Piano" Provincia di Pavia IGP	Castello di Stefanago		CL 75	€ 28,00
	"Monte Lupo" Lugana DOC	Cobue		CL 75	€ 26,00
Trentino Alto Adige	Gewürztraminer IGT	Pitsch am Bach		CL 75	€ 34,50
Friuli Venezia Giulia	Ribolla Gialla Colli Orientali Friuli DOC	La Magnolia		CL 75	€ 26,00
Toscana	"FFF" Toscana Bianco IGT	Arizzi Wine		CL 75	€ 22,00
Campania	Falanghina DOC Irpinia	Vigne Irpine		CL 75	€ 29,00
Sicilia	Grillo Bianco Maggiore	Rallo		CL 75	€ 24,00
Sardegna	"Serra Aspridda" Vermentino di Sardegna DOC	Azienda Vitivinicola Francesco Fiori		CL 75	€ 26,00



Organic wine or produced by certified organic farm

The vine leaf indicates the selection on natural wine, produced with reduced treatments in the vineyard and winery, while respecting the nature and their fruits with limited use of chemical additives. # To know more about allergens, see each label.


# WINELIST



## Piemonte

### red wine

Barbera d'Asti DOCG Pais  
Langhe Nebbiolo DOC Monastero  
Barolo DOCG  
Dolcetto d'Alba Superiore DOCG

Colle Manora CL 75 € 24,50  
Cascina del Monastero CL 75 € 34,00  
Bric Cenciurio CL 75 € 46,00  
Cascina del Monastero  CL 75 € 25,00

## Lombardia



Villano Rosso Provincia di Pavia IGP

Tenuta Fortunago  CL 75 € 22,00

"Cormelò" Terrazze Retiche di Sondrio IGT  
Sforzato dell'Orco DOCG

Rivetti&Lauro CL 75 € 25,00  
Rivetti&Lauro CL 75 € 45,00

## Trentino Alto Adige

Pinot Nero Alto Adige DOC  
Lagrein Alto Adige DOC

Elena Walch CL 75 € 28,50  
Pitsch am Bach CL 75 € 30,00

## Veneto

Amarone della Valpolicella Classico DOCG  
Valpolicella Classico Superiore Ripasso DOC  
Valpolicella Classico Superiore DOC  
Raboso "Curioso" IGT frizzante

Le Bignele CL 75 € 45,00  
Le Bignele CL 75 € 30,00  
Le Bignele CL 75 € 26,00  
Sette Anime CL 75 € 24,00

## Friuli

Refosco Colli Orientali DOC

La Magnolia CL 75 € 25,00

## Toscana



Chianti Colli Senesi Riserva DOCG

Tenuta Murlo CL 75 € 26,00

Rosso di Montalcino DOC  
Brunello di Montalcino DOCG  
"Ipogeo" IGT Toscana Rosso  
Morellino di Scansano DOCG Bio "Roggiano"

Camigliano CL 75 € 28,00  
Camigliano CL 75 € 48,00  
Fattoria Castellina CL 75 € 23,00  
Vignaioli del Morellino CL 75 € 27,00

## Umbria

"Etnico" Montefalco Sagrantino DOCG

Di Filippo CL 75 € 38,00

## Abruzzo

Montepulciano d'Abruzzo

Cingilia  CL 75 € 26,00

## Campania

Aglianico irpinia DOP

Vigne Irpine CL 75 € 27,00

## Puglia

"Li Janni" Primitivo di Manduria DOP

Erminio Campa CL 75 € 27,50

## Sicilia

"Tracotanza" Terre Siciliane IGT  
"Il Manto Rosso" Nero d'Avola

Etnella CL 75 € 26,50  
Rallo  CL 75 € 24,00

## Sardegna

"Torricla" Cannonau di Sardegna DOC

Francesco Fiori CL 75 € 28,00



Organic wine or produced by certified organic farm

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# WINELIST



## rosè wine

**Veneto**

Raboso "Geloso" IGT Rosè

Sette Anime



CL 75

€ 24,00

**Toscana**

"Gioia" Toscana Rosato IGT

Arizzi Wine

CL 75

€ 23,00



## dessert wine

**Piemonte**

Moscato Oltrepò Pavese DOC

Bruno Verdi



CL 75

€ 24,00

**Veneto**

Recioto Classico della Valpolicella DOCG

Le Bignele

CL 37,5

€ 35,00

**Friuli V. G.**

Verduzzo Friulano DOC  
Colli Orientali del Friuli

La Magnolia

CL 75

€ 23,00

# HALFBOTTLES



**Trentino  
Alto Adige**

## white wine

Gewürztraminer DOC

Elena Walch



CL 37,5

€ 15,00



**Toscana**

## red wine

Chianti Classico DOCG

Castello d'Albola



CL 37,5

€ 15,00

Brunello di Montalcino DOCG

Camigliano

CL 37,5

€ 26,00



Organic wine or produced by certified organic farm

The vine leaf indicates the selection on natural wine, produced with reduced treatments in the vineyard and winery, while respecting the nature and their fruits with limited use of chemical additives. # To know more about allergens, see each label.



# WINE BY THE GLASS



**Veneto**

## sparkling wine

Prosecco DOC Treviso Brut

Sette Anime



CL 15

€ 5,50



**Lombardia**



Villano Bianco Provincia di Pavia

Tenuta Fortunago



CL 15

€ 5,50

**Toscana**

“FFF” Toscana Bianco IGT

Arizzi Wine

CL 15

€ 6,00

**Sicilia**

Grillo Bianco Maggiore

Rallo

CL 15

€ 6,50



**Toscana**

“Gioia” Toscana Rosato IGT

Arizzi Wine



CL 15

€ 5,50



**Piemonte**

## red wine

Dolcetto d'Alba DOCG Superiore

Cascina del Monastero



CL 15

€ 7,50

**Lombardia**



Villano Rosso Provincia di Pavia IGP

Tenuta Fortunago



CL 15

€ 5,50

**Veneto**

Valpolicella Classico Superiore DOC

Le Bignele

CL 15

€ 7,00

**Toscana**



Chianti Colli Senesi Riserva DOCG

Tenuta Murlo

CL 15

€ 6,00

**Sicilia**

“Ipogeo” IGT Toscana Rosso

Fattoria Castellina



CL 15

€ 6,00

“Il Manto Rosso” Nero d'Avola

Rallo

CL 15

€ 6,50



**Friuli V. G.**

## sweet wine

Verduzzo Friulano DOC  
Colli Orientali del Friuli

La Magnolia



CL 15

€ 6,00



Organic wine or produced by certified organic farm

The vine leaf indicates the selection on natural wine, produced with reduced treatments in the vineyard and winery, while respecting the nature and their fruits with limited use of chemical additives. # To know more about allergens, see each label.

# gluten free MENU

## First courses

### Risotto "Risoamaro"

Carnaroli risotto with radicchio chicory from Treviso, red wine and sliced "provola" cheese # 3 - 7 - 9 - 12

€ 15,00

### Cauliflower rice alla curcuma

Pan fried cauliflower grains with vegetables, turmeric and crispy leek # 9

€ 15,00

### Spaghetti al burro e salvia

Spaghetti pasta with butter and sage # 7

€ 10,00

### Spaghetti al pomodoro

Spaghetti pasta with tomato sauce # 9

€ 10,00

Dishes from our **Steak House** section are gluten free.  
Remember to inform the staff about your gluten allergy while you're ordering.  
Gluten free bread is also available.

## Pizzas

Gluten Free **Campania**\* pizza with tomato sauce and mozzarella cheese  
# 5 - 6 - 7 - 8 - 13



€ 12,00

Gluten Free **Parmense**\* pizza with tomato sauce, mozzarella cheese and Parma ham  
# 5 - 6 - 7 - 8 - 13

€ 14,00

Gluten Free **Taggiasca**\* pizza with tomato sauce, mozzarella cheese and black olives  
# 5 - 6 - 7 - 8 - 13



€ 13,00

Gluten Free **Verzura**\* pizza with tomato sauce, mozzarella cheese, grilled peppers, eggplant, zucchini and radicchio # 5 - 6 - 7 - 8 - 13



€ 14,00

## Dessert

Gluten Free **Tiramisù**\* tiramisù with "Mascarpone" cheese cream and coffee # 3 - 7 - 8

€ 8,50

Gluten Free **Mousse alla panna con frutti di bosco**\* Whipped cream mousse with berries # 3 - 8

€ 8,50

### Available gluten free bread (\*)

# on the last page allergen list. \* Some ingredients could be fresh or frozen depending on availability of market. Since the food production takes place in a single ambience, dishes could contain traces of nickel and other ingredients due to crossed contamination.

# KIDS MENU

Rice with Parmesan cheese # 3 - 7 - 9	€ 8,00
Saffron risotto # 3 - 7 - 9	€ 8,00
Pasta/gnocchi with tomato sauce # 1 - 9	€ 7,00
Pasta/gnocchi with basil pesto # 1 - 3 - 7 - 9	€ 7,00
Pasta/gnocchi with Bolognese meat sauce # 1 - 9	€ 7,00
Pasta/gnocchi without sauces # 1	€ 7,00
Pasta/gnocchi with butter # 1 - 7	€ 7,00
Pasta/gnocchi with olive oil # 1	€ 7,00
Pasta/gnocchi with clams with parsley # 1 - 2 - 4 - 9 - 14	€ 9,00
Breaded chicken cutlet (breast) # 1 - 3 - 6 - 7	€ 10,50
Chicken steak (breast) # NO ALLERGENS	€ 10,50
Beef steak # NO ALLERGENS	€ 10,50
Baby New York hamburger # NO ALLERGENS	€ 9,50
Baby chicken würstel # 3 - 7 - 10	€ 9,00
Omelette with vegetables and Lodi cheese # 3 - 7 - 9	€ 8,50
French fries* # 1	€ 5,00
Grilled vegetables # NO ALLERGENS	€ 5,00
Organic assorted vegetables "caponatina style" # 9	€ 5,00
Ham baby # NO ALLERGENS	€ 8,00
Raw ham baby # NO ALLERGENS	€ 9,00
Bresaola ham # NO ALLERGENS	€ 9,00
Salami # NO ALLERGENS	€ 8,00
Fresh fruit and vegetables juices # NO ALLERGENS	€ 5,00
Seasonal fruit # NO ALLERGENS	€ 3,50
Tiramisù baby (without alcool) # 1 - 3 - 4 - 6 - 7 - 8	€ 5,00
Ice cream # 3 - 6 - 7 - 8	
1 flavour	€ 2,50
2 flavour	€ 4,00

# OUR INVITATION TO EAT HEALTHY

follow the plum 

to identify GIFTdiet plates inserted  
in the menu, chosen for the quality of the  
proposed foods, the simplicity of cooking  
and seasoning and the correct  
proportions among the ingredients  
used.

## Dieta**GIFT**

**Gradualness • Individuality • Flexibility • Tone**

It is not just a diet, but a lifestyle to marry gradually, remembering the importance of the movement in the maintenance of their welfare. Eating GIFT means tasting dishes made from the fruits of the earth without sacrificing taste.

### 1/3 whole grain carbohydrates:

of the  
dish

gasoline from our car must never be lacking, so a whole-complex carbohydrates is essential: bread, pasta, rice, potatoes will be welcome at the table, but be careful not to exceed one third of the pot.



### 1/3 Proteins:

of the  
dish

the protein source is very important for our muscles: green light to fish, eggs, cheese, meats and nuts. To limit the effect of insulin rebound, in each of the three main meals, it is always inserted a protein source, to the extent "visual" approximately one-third of the total volume.



### 1/3 Fruit and vegetables

of the  
dish

Fresh fruits and vegetables, raw and unseasoned are also permitted outside of meals. A daily intake of dietary fiber, rich and steady, also ensures optimum operation of the digestive functions. For this reason the plate will have to contain at least one third of its total.



## GIFT Diet in pills:

NO

- to junk food
- to the refined food
- to preservatives
- to dyes
- to Sugar

YES

- to natural sweeteners
- to whole grains
- to generous contribution of water and fiber
- to fresh fruits and vegetables
- to sport • to the long chewing

# ALLERGENS LIST

- 1** Cereals containing gluten, i.e: wheat, rye, barley, oats, spelt, kamut and products thereof.
- 2** Crustaceans and products thereof.
- 3** Eggs and products thereof.
- 4** Fish and products thereof.
- 5** Peanuts and products thereof.
- 6** Soybeans and products thereof, except:
  - a) Oil and raffinated soy fat (I);
  - b) Mixed natural tocopherols (E306), D-alpha tocopherol, natural acetate D-alpha tocopherol, natural succinate D-alpha soya tocopherol;
  - c) Vegetable oil derivated from phytosterols and ester soya phytosterols;
  - d) Vegetable stanol ester made from vegetable soya sterols.
- 7** Milk and products thereof (including lactose).
- 8** Nuts/treenuts, i.e almonds (*Amygdalus communis* L.), hazelnuts (*Corylus avellana*), walnuts (*Juglans regia*), cashews (*Anacardium occidentale*), pecan nuts [*Carya illinoiesis* (Wangenh.) K. Koch], Brazil nuts (*Bertholletia excelsa*), pistachio nuts (*Pistacia vera*), macadamia or Queensland nuts (*Macadamia ternifolia*) and products thereof.
- 9** Celery and products thereof.
- 10** Mustard and products thereof.
- 11** Sesame seeds and products thereof.
- 12** Sulphur dioxide and sulphites at concentrations of more than 10 mg/kg or 10 mg/litre expressed as total SO<sub>2</sub>, calculated for the products as offered ready for consumption or recreated according to the manufacturer's instructions.
- 13** Lupin and products thereof.
- 14** Molluscs and products thereof.



# ALLERGENS MENU *pizzas and salads extras*

<b>Almond</b>	ALLERGENS: 8	<b>Eggs</b>	ALLERGENS: 3	<b>Pepperoni</b>	ALLERGENS: NO
<b>Anchovies</b>	ALLERGENS: 4	<b>Frankfurter</b>	ALLERGENS: 3 - 7 - 10	<b>Pesto</b>	ALLERGENS: 1-2-4-6-7-9-12-14
<b>Artichokes</b>	ALLERGENS: NO	<b>French fries</b>	ALLERGENS: 1 - 6	<b>Pistachio</b>	ALLERGENS: 6-7-8
<b>Asparagus</b>	ALLERGENS: NO	<b>Fresh tomato</b>	ALLERGENS: NO	<b>Porcini</b>	ALLERGENS: NO
<b>Auricchio cheese</b>	ALLERGENS: 7	<b>Friarielli</b>	ALLERGENS: NO	<b>Pumpkin cream</b>	ALLERGENS: 7
<b>Bacon</b>	ALLERGENS: NO	<b>Garlic</b>	ALLERGENS: NO	<b>Raw ham</b>	ALLERGENS: NO
<b>Basil</b>	ALLERGENS: NO	<b>Goat Ricotta cheese</b>	ALLERGENS: 7	<b>Red chicory</b>	ALLERGENS: NO
<b>Black olives</b>	ALLERGENS: NO	<b>Gorgonzola</b>	ALLERGENS: 7	<b>Ricotta cheese</b>	ALLERGENS: 7
<b>Boiled potatoes</b>	ALLERGENS: NO	<b>Grana cheese flakes</b>	ALLERGENS: 3-7	<b>Rocket salad</b>	ALLERGENS: 7
<b>Bresaola</b>	ALLERGENS: NO	<b>Grana cheese grated</b>	ALLERGENS: 3-7	<b>Salami</b>	ALLERGENS: NO
<b>Brie</b>	ALLERGENS: 7	<b>Ham</b>	ALLERGENS: NO	<b>Sausage</b>	ALLERGENS: NO
<b>Bufalo Stracciatella cheese</b>	ALLERGENS: 7	<b>Hemp seeds</b>	ALLERGENS: NO	<b>Scamorza cheese</b>	ALLERGENS: 7
<b>Capers</b>	ALLERGENS: NO	<b>Lard</b>	ALLERGENS: NO	<b>Seafood</b>	ALLERGENS: 2-4-12-14
<b>Casera cheese</b>	ALLERGENS: 7	<b>Mozzarella cheese</b>	ALLERGENS: 7	<b>Shrimps</b>	ALLERGENS: 2-12
<b>Champignon mashrooms</b>	ALLERGENS: NO	<b>Mozzarella cheese with buffalo milk</b>	ALLERGENS: 7	<b>Smoked salmon</b>	ALLERGENS: 4
<b>Cherry tomatoes</b>	ALLERGENS: NO	<b>Mozzarella vegan</b>	ALLERGENS: 7	<b>Speck</b>	ALLERGENS: NO
<b>Chili pepper</b>	ALLERGENS: NO	<b>Mozzarella without lactose</b>	ALLERGENS: 7	<b>Spicy salami</b>	ALLERGENS: NO
<b>Cicory</b>	ALLERGENS: NO	<b>Nduja</b>	ALLERGENS: NO	<b>Spinach</b>	ALLERGENS: NO
<b>Cooking cream</b>	ALLERGENS: 7	<b>Octopus</b>	ALLERGENS: 14	<b>Taleggio cheese</b>	ALLERGENS: 7
<b>Parma salami</b>	ALLERGENS: NO	<b>Onions</b>	ALLERGENS: NO	<b>Tattler</b>	ALLERGENS: 14
<b>Corn</b>	ALLERGENS: NO	<b>Origan</b>	ALLERGENS: NO	<b>Tomato sauce</b>	ALLERGENS: NO
<b>Crayfish</b>	ALLERGENS: 2-4-14	<b>Pears</b>	ALLERGENS: NO	<b>Tuna</b>	ALLERGENS: 4
<b>Dry tomatoes</b>	ALLERGENS: 12	<b>Pecorino cheese</b>	ALLERGENS: 7	<b>Walnuts</b>	ALLERGENS: 8
<b>Eggplant</b>	ALLERGENS: NO	<b>Pecorino zafferano</b>	ALLERGENS: 7	<b>Zucchini</b>	ALLERGENS: NO