

WATER

STILL OR SPARKLING WATER €2

NECTAR AND JUICES BY MARCO COLZANI

PEACH €5
APRICOT €5
PEAR €5
BLUEBERRY €5
MANGO €5
RASPBERRY €5
TOMATO €5
MANDARIN €5

COLD PRESS

POWER RED €6.5
Beetroot, apple, carrot, celery, ginger

PURIFYING GREEN €6.5
Apple, kiwi, cucumber

VITAMINIC ORANGE €6.5
Orange, carrot, ginger

DETOX €6.5
Kiwi, fennel, celery

VITAMIN BOOST €6.5
Lemon, orange, turmeric, ginger

CHOOSE YOURS €6.5

SOFT DRINK

KOMBUCHA | Original, ginger, lemon, raspberry €5

CHARITEA | Red or green & ginger €4.5

LEMONAID | Lime or passion fruit €4.5

NATURALBOOM | Try it hot €3.5
Green tea, ginger and papaya
Sage tea, elderflower and lemon

MOLECOLA | Try it without sugar too €3.5

SUPERFINE TASSONI TONIC WATER €3.5

GIMBER 20cl €3.5

GALVANINA CHINOTTO BIO c135.5 €4.5

GALVANINA LEMONADE BIO c135.5 €4.5

GALVANINA ORANGE JUICE BIO c135.5 €4.5

GALVANINA PEACH TEA BIO c135.5 €4.5

JUICES

ORANGE €5
GRAPEFRUIT €5
ANANAS €6

BEER & SPIRITS

HANDCRAFTED BEER 1l €6.5
IPA, Blanche, Blode ale

CEVEDALE BIRRIFICIO LA RIBALTA BEER €6
Gluten free

FORST 1857 BEER c133 l €6

FORST 0.0° BEER c133 l €6

MESSINA BEER l €6

BITTER €6

COCKTAIL | Gin Mare / Hendrick's +2€

AMERICANO €10

NEGRONI / SBAGLIATO €10

BLOODY MARY €10

GIN TONIC €10
Gin Gordon and tonica

PALE CARDINAL €10
Gin, Campari, soda, pink grapefruit juice

KOMBUCHA MULE €12
Vodka, ginger kombucha, lime juice

CAIPIROSKA KOMBUCHA €12
Vodka, raspberry kombucha, lime juice

BELLINI €12
Prosecco wine and Marco Colzani peach nectar

SPRITZ €10
Campari / Aperol / Select

HUGO SPRITZ €10
Prosecco wine, elderflower siroupe, sparkling water

MOCKTAIL

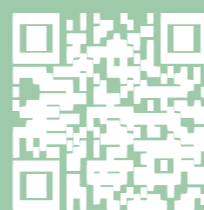
BELLINI €9
Marco Colzani peach nectar, lemon kombucha

VIRGIN MARY €9

Wellness begins from the table.

Our menu contains allergens. Beside every dish, you can find the number of the allergen inside of it. Check the list!

1. Cereals containing gluten 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
 7. Milk and products thereof (including lactose)
 8. Nuts and products thereof
 9. Celery and products thereof
 10. Mustard and products thereof
 11. Sesame seeds and products thereof
 12. Sulphur dioxide and sulphites > 10 mg/kg or 10 mg/l SO₂
 13. Lupin and products thereof
 14. Molluscs and products thereof
- * - Frozen product



mediterranea
Real Healthy Food

MENÙ BISTROT

Healthy and tasty dishes
inspired by mediterranean diet

Ageless spirits

Local and seasonal

SIGNATURE DISHES

OUR HUMMUS 1,11

TONNARELLI PASTA WITH PESTO AND SHRIMP 1,2,8 **NEW**
Tonnarelli pasta, basil pesto, shrimp with lime, and topped with chopped pistachio
18€

SICILY 1,4,9
Chunks of salted swordfish, mint oil, cous-cous, and mixed vegetables
16€

Try it also in the gluten free version with quinoa!

RISO ROSA 8,9
Carnaroli rice of Riserva San Massimo in a creamy, beet sauce, cream of almonds and peanuts, and lime zest
15€

RAINBOW TOAST 1,4,9
Flaxseed bread, fresh goat cheese, slices of avocado and mango, smoked trout, and flaxseed
16€

VEGAN LEGUME MEATBALLS 1,6
Vegan meatballs served with cabbage and salad
12€

A healthy and active cuisine without compromise.

A classic, Mediterranean cuisine reimaged in a new, modern style.

FOOD IS LIKE MEDICINE THAT NURTURES OUR WELLBEING.

Our menu contains allergens.

Details on allergens included are available to view next to our dishes, and a legend is available to view on the last page of our menu.

The dish contains this allergen
This dish may contain traces of this allergen

Cover, David Longoni bread, EVO brand Frantolo Muraglia oils from Puglia, €2
Refeel David Longoni bread €1.5



RISOTTO

Also available in a vegan version!

MEDITERRANEAN SARDINIAN FREGULA 1,14,9 €18
Sardinian fregula with mussels, clams, and roasted vegetables

RISOTTO WITH ZUCCHINI AND DILL 9 €15
Carnaroli rice of Riserva San Massimo in a creamy sauce of zucchini and dill, zucchini chips, toasted almonds, and topped with fresh goat cheese

RISOTTO WITH PEAS 4,9 €15
Carnaroli rice of Riserva San Massimo in a creamy pea sauce, trout roe, and sprouts

SARDINIAN COUS COUS WITH TOMATO 1,6,9 €14
Sardinian cous-cous with tomatoes, vegan, basil-infused mayonnaise, crushed olives, and chopped taralli

PROTEIN DISHES

RAINBOW TROUT TARTARE 4,7 €18
Rainbow trout with chunks of mango, avocado, and cream of goat cheese

COCONUT AND CURRY CHICKEN **NEW** €18
Chicken cooked at low temperature, brown rice, baked zucchini with mint, served in a cream of coconut and curry

Try it also in the Plant-based version! 6

THE BURGER 1,6,7,10,11 €17
Five grains bread, beef from Piedmonte, caramelised onions, sauteed spinach, tomatoes, homemade basil mayonnaise, smoked scamorza cheese, served with a side of red cabbage marinated in vinegar and cumin

Try it also in a vegan version, with avocado and legume burger! 1,6,9,3,10,11 €17

BEEF TARTARE 3 €16
Fassona tartare, salad, Taggiasca olives chopped capers, vegetable spaghetti, and lime-tabasco mayo

SLICED BLACK GARLIC CHICKEN 9 €14
Sliced black garlic chicken, served with roasted, seasonal vegetables

Try it also in a Plant-based version! €14

SOUP

ZUCCHINI AND DILL SOUP 7,8 €10
Creamy zucchini and dill with cream of goat cheese, and toasted almonds

GAZPACHO 1,7 **NEW** €10
Tomatoes, bread, roasted peppers and celery, topped with feta and chopped taralli

PEAS AND MINT SOUP 4 €10
Creamy peas and mint, chunks of green apple mixed with lemon juice, and trout roe

SWEET POTATO AND CARROT €10
Creamy sweet potato, carrot and ginger with mixed almond seed flakes

BOWL & SALAD

VERTICAL SALAD 4 **NEW** €16
In collaboration with PLANET FARMS
Planet Farms exotic and vibrant plant mix, smoked trout, citrus fruits, mixed seeds

QUINOA BOWL 4,7,11 €15
Quinoa, red and yellow cherry tomatoes, cream made from fresh goat cheese, spinach hummus, marinated red cabbage, tuna in homemade oil, mixed seeds

FARRO BOWL 1,8 €14
Spelt, almonds, marinated cabbage, avocados, cherry tomatoes, chicken cooked at low temperature, and wasabi

Try it also in the Plant-based version! 6

MEDITERRANEAN SALAD 7 €14
Mixed greens, red and yellow cherry tomatoes, roasted vegetables, feta, avocado, boiled egg, mixed seeds

Available also in brown rice 7,9 €14

SIDES

ZUCCHINI WITH MINT €7

AVOCADO AND TOMATO CREAM 1 **NEW** €7

MIXED TOMATO SALAD €7

SAUTEED SPINACH €7

MARINATED CABBAGE SALAD €7

GIARDINIERA HOMEMADE €7

THE HEALTHY CORNER

The following combinations are exclusively recommended by our resident nutritionist, Alda Attina, and promise the perfect balance of rich taste and optimal nutrition.

KETO FRIENDLY 1,4,7,8,9 €16

CREAMY SOUP OF ZUCCHINI AND DILL + CHUNKS OF SWORDFISH OR CHICKEN

Rich in proteins, and ideal for people that follow a keto diet

LOW CARB 4,9 €20

SLICED CHICKEN + FRUIT SALAD

A pleasing dish low in carbohydrates, while rich in fibre and essential fats

VEGAN 1,6 €21

LEGUME MEATBALLS + VEGAN GAZPACHO

Plant-based protein that is high in fibre, micronutrients, and macronutrients

SPORTIVA 1,6,9,14 €28

SARDINIAN COUS-COUS + SLICED CHICKEN

Rich in macronutrients, helps muscles recover quickly by providing the necessary proteins

HUMMUS

Served with crackers homemade

CANNELLINI BEAN HUMMUS 1,11 €6
Cannellini beans and Taggiasca olives

TOASTED CHICKPEA HUMMUS 1,11 €6
Toasted chickpeas and paprika

RED LENTIL HUMMUS 1,11 €6
Red lentils, almond milk, and orange zest

SPINACH HUMMUS 1,11 €6
Spinach and white kidney beans

SUN-DRIED TOMATO HUMMUS 1,11,12 €6
Sun-dried tomatoes and chickpeas

HUMMUS TRIO 1,11 €15
Your choice of any three of our hummus

OPEN TOAST

AVO TOAST 1,3,4 €13
Davide Longoni flaxseed bread, avocado, smoked tuna, boiled egg, lime zest

VEGETARIAN TOAST 1,7 **NEW** €12
Vegetarian toast with vegan, aubergine cooked at low temperature, glazed tomato confit, and feta

TOPPING

Enrich your dishes by adding our toppings:

FLAVOURFUL +€1.5

- Anchovy sauce 4
- Crushed olives
- Taggiasca olives
- Dry tomatoes

FRESH +€1.5

- Avocado
- Seasonal vegetables
- Fresh tomatoes
- pickled cabbage

PROTEIN +€2.5

- Chicken cooked at low temperature
- Tuna in homemade oil 4
- Feta 7
- Tofu 6
- Boiled egg 3

CRUNCHY +€1.5

- Mixed seeds 8
- Almonds 8
- Chopped taralli 1

FRUITS AND SWEETS

Made by our chef with love

PUFF PASTRY 1,3,7 €8
Custard, Chantilly, fruit coulis

CAKE OF THE DAY €7

CHOCOLATE CAKE 1,3,7 €7
With dark heart

TIRAMISÙ HOMEMADE *1,3,6,7,5,8,10,11,12 €6
The Classic or with pistachio

CHEESECAKE HOMEMADE *1,6,7,5,8,10,11,12 €6
Mixed berries or mango

SLICED SEASONAL FRUIT €6

FRUIT SALAD €6

VEGAN CHOCOLATE CAKE 1,5,6,7,12,8 €5.5

BANANA BREAD 1,3 €5.5

CARROT CAKE 1,3,7,8 €5.5

TARTS 3,8,1,5,6,7,11,12 €5.5
Hazelnut flour and a marmalade of seasonal fruits