

# mediterranea












Real Tasty Life



## BISTROT MENU

We celebrate the beauty of simplicity  
with flavors and colors inspired by the Mediterranean diet.

## STARTERS

- RED PRAWN TARTARE** 2,6,\* **NEW** 19€  
Red prawn, avocado, blackberries and veg mayo with lime and mint
- VEAL TUNA** 3,4 **NEW** 17€  
Slices of veal fillet cooked at low temperature, tuna homemade sauce, and caper powder
- VEGAN MEATBALLS** 1,6,9   15€  
Legumeat meatballs with basil veg mayo, marinated red cabbage in apple vinegar
- BURRATA, ROCKET AND TOMATOES** 7  12€
- CHICKPEA HUMMUS** 1,11   6€  
Chickpeas and sweet paprika
- CANNELLINI BEANS HUMMUS** 1,11   6€  
Cannellini beans and taggiasca olives
- LENTIL HUMMUS** 1,8,11   6€  
Lentils, almond milk and orange zest
- HUMMUS TRIS** 1,11   9€

All hummus is served with crunchy spelt wafer and raw carrots



## FIRST COURSES

- RED PRAWN & ZUCCHINI RISOTTO** 2,9,\* **NEW** 19€  
Carnaroli Riserva San Massimo rice with bisque, cream of roasted prawns and diced courgettes
- RAVIOLI** 1,3,4,7,8,\* **NEW** 18€  
filled with fish served with Mediterranean sauce with lemon zest topping and olive powder
- SEAFOOD SCIALATIELLI** 1,14 **NEW** 17€  
Fresh typical pasta from Capri dressed with mussels, clams and cherry tomato
- SICILIA** 1,4,9,\* **ICONIC** 17€  
Cous cous with vegetable caponata, diced swordfish and parsley oil
- Also try it in a gluten free version with quinoa! 
- PACCHERO** 1,7  **NEW** 16€  
with cherry tomato cream and burrata cream on top
- PINK RISOTTO** 8,9  **ICONIC** 15€  
Carnaroli Riserva San Massimo rice with beetroot cream, almond and cashew sauce and lime zest on top

## SOUP

- GREEN PEAS SOUP** 4,\* **ICONIC** 11€  
Fine green peas and mint with green apple topping and smoked trout pearls
- BETROOT SOUP** 6  10€  
Beetroot in three consistencies with saffron vegan mayo topping
- CARROT SOUP**  10€  
Carrot, sweet potato and ginger with topping of mixed seeds and parsley oil



## MAIN COURSES

- BEEF FILLET** **NEW** 27€  
with neapolitan escarole sauted with olive, pine nuts, capers, sultanas
- COD SLICE MEDITERRANEAN STYLE** 4 **NEW** 22€  
with yellow and red cherry tomatoes, olives and capers
- CHICKEN WITH CURRY** 9 **ICONIC** 18€  
cooked at low temperature with brown rice and minted courgettes served with coconut milk curry
- THE BURGER** 1,6,7,11 17€  
Turmeric bun, beef burger, caramelized onion, salad, tomato, smoked scamorza, basil veg mayo with a side of marinated red sauerkraut
- Also try it in a vegan version with hamburgers of legumeat and avocado! 1,3,6,9,10,11  
- BEEF TARTARE** 6,8  16€  
seasoned with capers, olives, julienne of vegetables, and hazelnut veg mayo garnish
- SLICED CHICKEN WITH BLACK GARLIC** 9  15€  
breast and black garlic dressing, served with stewed vegetables (aubergine, celery, peppers, onion, olives, sultanas and tomato sauce)



## SIDE DISHES

**NEAPOLITAN ESCAROLA**   7€  
stewed with olive, pine nuts, capers, sultanas

**SEASONAL VEGETABLES**   6€  
Sautéed seasonal vegetables

**BAKED POTATOES**   6€  
with rosemary

**FENNEL AND CITRUS SALAD**   6€

**CAPONATA** <sup>9</sup>   6€  
Sicilian-style vegetable caponata  
stewed vegetables (aubergine, celery, peppers,  
onion, olives, sultanas and tomato sauce)

**RED CABBAGE SALAD**   6€  
marinated with apple cider vinegar and cumin

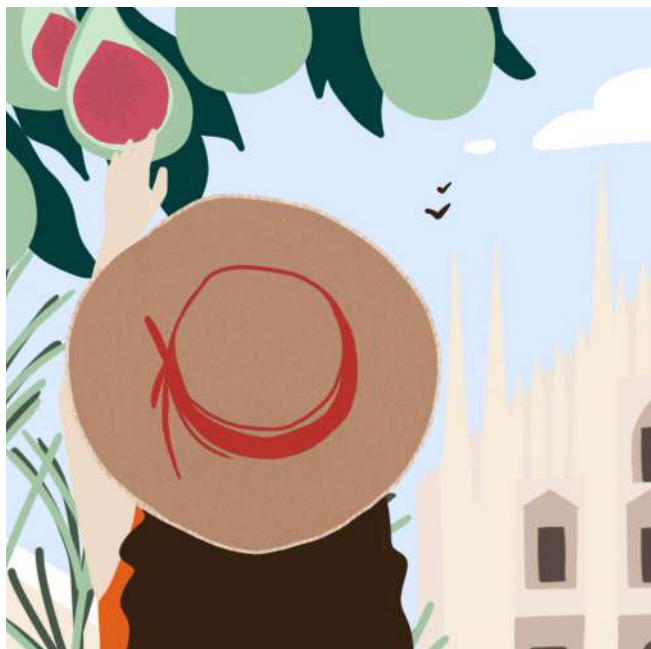
**SALAD**   6€  
with cherry tomatoes or only mixed green leaves

## BOWL & SALAD

**QUINOA BOWL** <sup>4,7,11,\*</sup>  15€  
with cherry tomatoes, feta, chickpea hummus,  
marinated purple cap cabbage, tuna in oil  
homemade, Taggiasca olives and mixed seeds


**FARRO BOWL** <sup>1,4,8</sup> **ICONIC** 14€  
with chicken cooked at low temperature,  
cherry tomatoes, marinated cabbage,  
avocado and citrus mayo

**MEDITERRANEAN SALAD** <sup>3,7</sup> 14€  
with cherry tomatoes, cooked courgettes,  
diced feta, avocado, hard-boiled egg  
and mixed seeds



## OPEN TOAST

**AVO TOAST** <sup>1,3,4</sup> **ICONIC** 15€  
Avocado in two consistencies, smoked tuna,  
hard-boiled egg and lemon zest

**VEGETARIAN** <sup>1,6,7</sup>  **NEW** 12€  
with fresh cherry tomatoes, feta, veg mayo  
with basil and Taggiasca olives

## DESSERT

**YELLOW CREAM TARTELLET** 7€  
**OR WITH RED FRUITS** <sup>1,7</sup> **ICONIC**

**TRADITIONAL HOMEMADE TIRAMISU** 7€  
**WITH PISTACHIO** <sup>1,3,7,8</sup>

**BUNDT CAKE** <sup>1,3,7,8</sup> **NEW** 7€  
Apple or choco vanilla

**SEASONAL FRUIT SALAD** 6€

**STRAWBERRIES** 6€  
**Plain, lemon and sugar or with ice cream**

**CARROTS CAKE** <sup>1,3,7,8,\*</sup> 6€

**MINI CHOCOLATE CAKE** <sup>1,3,7,8</sup> 6€

**VEGAN JAM TART** <sup>1</sup>  6€

**GLUTEN FREE BROWNIES** <sup>3,7,8,\*</sup>  4€

**The product contains this allergen**  
**The product may contain traces of this allergen**

Our menu contains substances  
allergenic. For details, see the numbers  
inserted next to the products and the legend  
on the last page of our menu.

Cover charge: €2,5



Vegetarian



Gluten free



Vegan



Protein



Low calories

# The pleasure of sharing.

Next to the name of each dish you can find the indication of allergens present, based on the following numerical correspondence:

-  1. Cereals containing gluten and derived products
-  2. Crustaceans and derived products
-  3. Eggs and derived products
-  4. Fish and derived products
-  5. Peanuts and derived products
-  6. Soya and derived products
-  7. Milk and derived products (including lactose)
-  8. Nuts and derived products
-  9. Celery and derived products
-  10. Mustard and derived products
-  11. Sesame seeds and derived products
-  12. Sulfur dioxide and sulphites in concentrations greater than 10 mg/kg or mg/l expressed as SO<sub>2</sub>
-  13. Lupine and lupine products
-  14. Shellfish and shellfish products
  - \* Frozen product

 CityLife

 Santa Marta

