



PLANT BASED Restaurant & KITCHEN LAB



Menu of the day (€13,50)

Includes cereal w/ legume cream & two organic seasonal veggies

ORGANIC GARDEN

Salad w/quinoa, cabbage, cherry tomato lettuce and sunflower seeds(€10) 8

Veggies of the day (€5)

Steamed veggies w/ bamboo sauce (€5) 3,8

Homemade bread (€2 pz)

spelt flour bread - focaccia olives & tomatoes - curry bread

Bread Basket (€8)

spelt flour bread - focaccina olives & tomatoes - curry bread

w/ creams Pink mayo - pepper & lemon mayo – avocado

Homemade v-cheese Mix w/ hot bread and figs jam

Cashewnuts Fermented - Almonds ricotta - Cashewnuts Saffron Black Pepper

PASTAS

Pici alla 'carbonara' 100% italian durum wheat spaghetti pasta 'carbonara' style (€12) 1,2,3

Paccheri al pesto 100% italian durum wheat pasta w/ basil olives & almonds pesto (€11) 1,2

Penne pasta of whole rice w/ bamboo, black olives, capers & algae (€11,50) 8

Seasonal lasagna lentils & brown rice w/ seasonal veggie (€13,50) 2,3

Pasta e fagioli pasta (oat) & beans soup (€10) 7

HOME MADE SECOND COURSES

BLACK Burger of black beans, VEGGIES & sesame

w/ protein slice bread and mix veggies (€13,5) 2,4,8

Polpette red rice, hazelnuts chickpeas balls w/ tomatoes sauce e potatoes (€12,50) 2,5,8

Frittata chickpeas quiche w/mushrooms (€10) 3

Cutlet of peas spinach lupin w/ tea matcha breading w/ baked potatoes (€12) 4,8

Only at dinner

Club sandwich rice & legume bread

w/ smoked vegetal cream lettuce spinach w/ chips & mayo (€15) 2,3,8

Pizza base of almonds w/tomatoes sauce & cashew nuts cream (€12) 2,3

DESSERT

Cake of the day (€6,5) 1,3

Pudding of the day (€5,5) 2,3

Allergens : 1.gluten 2.dry fruits 3. Soy 4.lupin 5.celery 6. Sulfites 7.Oat 8. Sesame

For any information on allergens and / or ingredients y For any information on allergens and / or ingredients you can contact the service staff. The possibility of cross-contamination with allergenic substances or those that contain allergenic substances during handling cannot be guaranteed

Food Information and preparations: all our culinary preparations and bakery products are our production. Some of our food products could have been frozen to ensure proper preservation as require by law



DRINKS

SMOOTHIES 33cl (€7)

1. Banana, apple, almond drink
2. Avocado, orange e rice drink
3. Kiwi e bluberries coconut drink

JUICES 33cl (€6)

1. Carrots – apple – lemon – ginger
2. Beetroot – carrot – celery
3. Celery-apple-fennel-mint/basil

CAFFETTERIA

Caffe Espresso (€1,5)
Caffe Macchiato (€2)
Latte macchiato (€2)

Aperitivo

MOJITO - €6

ORGANIC GINGER & SODA €5

WHITE ORGANIC WINE

Pinot Grigio - €4/€18
Chardonnay €4/€18
Prosecco Doc Treviso €4/€16

RED ORGANIC WINE

Cabernet €4/€18
Merlot €4/€18
Valpolicella €5/22

Beer Golden Ale artisanal not filtered - 33cl €5

Cover charge (€2 per person)

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