

# COLD PRESSED JUICES € 5

+ ENERGIZING SHOT of IERBA MATE with ginger, lemon € 2

 **Rosé** Celery, fenneel beetrot, apple, moolichio, rapa NP Digestive, protective skin € 5

 **Rouge** Beetroot, carrot, apple, ginger NP Antiox, ipocalorico, revitalizing, rich in iron € 5

 **Orange** carrot, lemon, mint, ginger NP Antiox, immunotonic € 5

 **Light Green** Fennel, apple, mint, ginger NP Digestive, anti-inflammatory, sedative € 5

 **Citrus** Orange, carrot, lemon € 5

## SMOOTHIES

 **Easy** Apple, dates, cinnamon NP High nutritional power, drepressing diuretic € 5

 **Green Cream** Avocado, celery, kiwi, sweetner upon request NP Hepatic, nutritious, vitaminic, shrinking support € 5

 **Strong Green** Spinach, apple, dates NP Energizing, hydrosaline, reintegration € 5

 **Ecru** Spinach, apple, kiwi, goji berries, Moringa powder + Yerba Mate shot NP Energizing, immunostimulating € 6

Allergen: Celery

# REFRESHING AND FERMENTED DRINKS HOME MADE

 **Yerba mate, ginger, lemon**

NP yerba mate: tonic, energizing, diuretic, antiox,  
Ginger: gastroprotective, metabolic activator

€ 3

 **Ginger soda with lemon, brown sugar**

NP Ginger: gastroprotective, metabolic activator

€ 3

## KOMBUCHA € 3,5

The Kombucha tea is a fermented drink based of tea and bacterial culture and yeasts. It is of Oriental origin, has arrived in europe from China anda Russia For chinese traditional medicine is a long life elixir, a living drink rich in probiotics. Helps intestinal activity, the kidney stones, helps with heart disease, with sleep disturbances, with joint pains, etc..

 **Kombucha - Green Tea**

 **Kombucha - Green Tea & Mango**

 **Kombucha - Green Tea, sage, lemon**

 **Kombucha - Black Tea & Red Fruits**

 **Kombucha - Black Tea, grapefruit, star anise, cinnamon**

## KEFIR OF FLAVORED WATER

Water Kefir is a simple water-based fermented beverage, the grains of Kefir are gods Probiotic ferments that are immersed in water feed mainly on sugar, transforming it in enzymes, vitamins and minerals. It has many therapeutic properties, thanks to his ferments this drink works as a rebalancer of the bacterial flora, stimulates the immune system intestinal with beneficial effects on the immune system of the whole body.

 **Flavored Kefir**

€ 3,5

# RAW VEGAN COLD PRESSED 200 ML

Milk Also Take Away!! (€ 5 x ½ Lt –€ 8 x 1 Lt)

 **Almonds** VN 272 Kcal  
GI Medium € 3,5  
NP Tonic, calcium, mineralizing

 **Hazelnuts** VN 196,5 Kcal  
GI Low € 3,5  
NP Tonic, mineralizing, very nutritious recommended in cases of high psychophysical stress (children, sports)

 **Pumpkin seeds** (on request) VN 217 Kcal  
GI Low € 4,5  
NP Contrasts oxidative stress, cellular aging and the free radicals Pesticide intestinal the curbitacin, active principle, paralyzes the worm muscles

 **Sesame** (on request) VN 229 Kcal  
GI Medium Low € 4,5  
NP Protection for cardiovascular system, Strengthens the bones, favors sleep because increases the level of serotonin

Allergen: Almond, Hazelnut, Sesame

# MILK SHAKE

 <b>Avocado cacao</b> Avocado, almond milk, raw cacao, agave syrup	<b>NP</b> Vit. A/C/E, omega 3, energizing, tonic, sedative nervous system, mineralizing	€ 6
 <b>Beige</b> Almond milk, dates, cinnamon, vanilla, nutmeg, maca	<b>NP</b> Mineralizing, calcium, tonic, nutritious	€ 6
 <b>Golden Milk</b> Almond milk, turmeric, almond oil, dates	<b>NP</b> Mineralizing, tonic, nutritious, antiinflammatory, energizing	€ 6
 <b>Tiramisù</b> Brasil nuts milk, banana, raw cocoa, coconut oil, maca, dates	<b>NP</b> Very nutritious, liver support	€ 6
 <b>Matcha Milk</b> Almond milk, matcha tea, dates, coconut oil, vanilla, cinnamon	<b>NP</b> Support of the nervous system and cardiovascular system	€ 6
 <b>Avocado seeds</b> Almond milk, spinach, apple, avocado, dried avocado seed powder, ginger, dates		€ 6
 <b>Coffee</b> Almond milk, coffee, maple syrup	<b>NP</b> It supports the nervous system, hepatic; Perfect to drink in the morning	€ 6

Allergen: Almond, Brasil Nuts

# LASSI WITH FERMENTED CASHEW YOGURT

Lassi is an Ayurvedic Indian drink, it drinks after or during meals. It's refreshing; It's rich of probiotics and helps digestion

 <b>Lassi</b> Cashew yogurt, cardamom, cumin - you can change spices and sweeten it as you like	<b>VN</b> 400 kcal <b>GI</b> Low <b>NP</b> Cardiovascular protection, protective for the bones, carminative for the intestine	€ 6
 <b>Lassi with fruit at your choice</b> , cashew yogurt, cardamom, cumin and sweeten it as you like		€ 7

Allergen: Cashews

# COFFEE &...

 <b>Espresso Palombini Gold Quality</b>		€ 1 € 1,5
 <b>American Coffee</b>		€ 1,5
 <b>Espresso with almond milk</b>		€ 1,5 € 2
 <b>Chicory “coffee”</b>	<i>Draining urinary tract</i>	€ 2
 <b>Carrob “coffee”</b>	<i>Soothing for the throat, calcium supplement</i>	€ 2
 <b>Vietnamese Coffee</b> If you're not in hurry...		€ 2,5

## ...CAPPUCCINO

 <b>Cappuccino with soya milk</b>	<i>Estrogenic (menopause, amenorrhea)</i>	€ 2,5
 <b>Cappuccino with almond/ hazelnut milk</b>	<i>Antioxidant / Very nutritious</i>	€ 3,5
 <b>Cappuccino with chicory coffee and halzenut milk</b>	<i>Anti generative of the nervous system</i>	€ 3,5
 <b>Cappuccino with carob coffee and almond milk</b>	<i>Wellness of the bones</i>	€ 3,5
 <b>Matcha Cappuccino</b> with almond milk		€ 4
 <b>Cappuccino Golden Milk</b> with almond milk Turmeric, almond oil, agave syrup	<i>Anti-inflammatory, strengthens the immune system</i>	€ 4
 <b>Cashew Hot Chocolate</b> with cacao and dates		€ 5

Allergen: Almond, Hazelnut, Soya, Cashew

# CRAFT RAW BEER

## 'Na Birretta Bio

Organic blonde beer, light dry, refreshing and refreshing, from hints of malt and spiced. It goes well with delicate dishes in general.

Produced and bottled by Birradamare - Roma -  
Vol. 4,5% - 33 cl.

*Ingredients: water, organic barley malt,  
organic spiced, hops and yeast*

€ 5

## Beer Gluten Free Bio

The Schnitzer Brau gluten-free beer is produced in the Black Forest, in Germany. It is a light beer with a fresh taste. Millet malt present in the recipe makes it suitable for those who seek gluten-free products. Schnitzer is a German company founded in 1968. It is specialized in the production of certified organic foods, developed specifically for people with problems of food intolerance.

Produced and bottled by: Schnitzerbräu  
GmbH & Co. KG, Marleiner Str. 9, D-7765  
Offenburg da 7,5% - Vol.5,0% - 33 cl

*Ingredients: water, millet bio malt, protein of the  
organic peas, organic hops, yeast.*

€ 5

# INFUSION & TEA € 3

 **Genmaicha: Green Tea Bancha with roasted brown rice and puffed** (Japan)

 **Yunnan Lincang: Green Tea** (China)

 **Ginger Tea: Black tea, ginger**

 **Lapsang Souchong: Tè nero** (Cina)

 **Jasmine Tea**

 **Draining Tisane: Birch, ginger, cumin, juniper berries, horsetail, fennel**

 **Digestive tisane: Liquorice, star anise, fennel**

 **Energy tisane: artichoke, fennel, lemon, mint**

 **Tisane of chamomile flowers - dried flowers in our RawLab**

 **Rooibos Giardini di Sicilia: clementine, orange, apple, carrot, leaves of blackberry, eucalpto, beetroot, hibiscus, lemongrass**

 **Rooibos: goji, blueberries, malva flowers**

 **Karkadè: Hibiscus Flowers**

 **Red Vine Infusion**

Anti-inflammatory, antioxidant, tonic, good for circulation permeability  
Infusion: 10 minutes

€ 3,5

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