


# APPETIZERS

 **Zucchini Chips served with raw almond mayonnaise** € 5  
*Allergen: Almond*


 **Homemade Tofu Balls (capers, dried tomatoes, olives) served with raw almond mayonnaise** € 6,5  
*Allergen: Soya, Almond*

 **Avocado Tartare** € 8  
Avocado, Cucumber, Sesame oil, Sesame  
*Allergen: Sesame*

 **Guacamole and raw crackers** € 9  
Avocado, sprouts of leek, tomato


# TASTING


 **“ Cheeses ” x 2** € 15  
**Fermented and dried nuts**  
*Allergen: Dried Nuts, Celery*

 **Ecru appetizer x 2** € 25


# GAZPACHO - VELVETY - SOUPS

Raw soups but served also hot

 **Summer Miso Soup:** seaweed, sweet peppers, cucumber, radish, ginger, hemp and sesame seeds NV 180 Kcal  
IG Low € 8  
*Allergen: Sesame*

 **Zucchini Soup,** avocado, tahin, sun-dried tomato NV 355 Kcal  
IG Low € 10  
*Allergen: Sesame*

## GAZPACHO:

 **Red Gazpacho:** Tomatoes, sweet peppers, red onion, black olives, parsley, grain mustard € 9  
*Allergen: Mustard*

# SALADS

All our salads are served with a cracker

- |   |                                     |             |
|---|-------------------------------------|-------------|
|  <b>Rocket Salad</b><br>Rocket salad, caramelized walnuts, red onions,<br>hemp seeds balsamic vinegar<br><i>Allergen: Walnuts</i>                                 | <b>NV 302 Kcal</b><br><b>IG Low</b> | <b>€ 10</b> |
|  <b>Mixed Salad</b><br>Salad, rocket, zucchini, carrots, green peppers,<br>radish, mixed seeds flavoured<br><i>Allergen: Pumpkin seeds, Sunflower seeds, Soya</i> | <b>NV 224 Kcal</b><br><b>IG Low</b> | <b>€ 10</b> |
|  <b>Papaya &amp; Avocado Salad</b><br>Rocket salad, Sicilian papaya, avocado, hemp<br>seeds, chives, balsamic vinegar, papaya pepper                              | <b>NV 378 Kcal</b><br><b>IG Low</b> | <b>€ 12</b> |
|  <b>Greek Salad</b> : salad, cucumber, tomatoes, red<br>onions, green peppers, olives, basil, marinated<br>homemade Tofu<br><i>Allergen: Soya</i>               |                                     | <b>€ 12</b> |


# FIRST COURSES

Raw vegetables marinated with oil and salt

 Zucchini Noodles


**NV** 48,3 Kcal  
**IG** Low

## *With sauce of your choice*

 Puttanesca Sauce (tomato, olives, cappers, basil)

**NV** 96 Kcal  
**IG** Medium Low


€ 9

 Basil pesto, thyme, pistachio

**NV** 200 Kcal  
**IG** Low

€ 10

*Allergen: Pistachio*

 Seaweed spaghetti (Himanthalia Elongata),  
with olives, sun-dried tomatoes, basil

**NV** 559 Kcal  
**IG** Low **NP** Antioxidant, draining, stimulates  
Metabolism, rebalance the immune system

€ 10

# MAIN COURSES

**Vegan Sushi Rolls** NV 249 Kcal  
IG Low € 12

**Ingredients :** Nori, curry sunflower seed cream, zucchini, carrots, avocado, sprouts leek, apple, rocket salad - Tamari & Wasabi

It comes with:

**- Slices of avocado**

*Allergen: Soya, Sunflower seeds*

**Sprouted Chickpeas Hummus** NV 495 Kcal  
IG Low € 16

Sprouted chickpeas processed with Italian homemade chickpeas and millet miso

**It comes with:** Cherry tomatoes salad, organ, powder of capers dried with Nero d'Avola

**Sprouted Green Peas Hummus with cashews and mint** NV 427 Kcal  
IG Low € 16

**It comes with:** Cherry tomatoes salad, organ, powder of capers dried with Nero d'Avola

*Allergen: Cashew*


**Sprouted chickpeas falafel, tzatziki with cashew yogurt, olives tapenade, sprouted quinoa tabulè** € 18

*Allergen: Cashew, Celery*

# HOMEMADE CRACKERS


Crackers handmade, dried for 24/48 hours at 40°C

 **Ancient grain crackers**  
Sicilian grain Timilia sprouted  
**with gluten** NV 66,4 Kcal  
IG Low € 0,5 each

 **Almond and sesame crackers** € 1 each  
Almond flour, sun-dried tomatoes, cappers, sesam seeds

 **Almond crackers and olives** € 1 each  
Almond flour, olives, organ

 **Flax seed crackers with red onion** € 1 each  
Flax seed flour, red onion NV 53,5 Kcal  
IG Medium Low

 **Seed crackers** € 1 each  
Sunflower, pumpkin, flex seeds, tamari NV 45,5 Kcal  
IG Medio

Allergen: Almond, Sesame, Pumpkin seeds, Sunflower seeds, Soya


Big portion pc. 7 € 6


# SANDWICHES


- HOMEMADE RAW BREAD\*

- RYE BREAD

YOU CAN ADD VEGAN BURGER + € 3,5

 **1:** Capers cashews cream, zucchini carpaccio, tomatoes, caramelized onion, salad, rocket sprouts € 7,5

 **2:** Cashews sour cream, avocado, sun-dried tomatoes, wild salad, rocket salad sprouts € 7,5


 **3:** Chickpeas hummus , carrots, olives, wild salad, leek sprouts € 7,5

 **4:** Olive cream, avocado, tomatoes, radish sprouts € 7,5


## SANDWICHES WITH VEGAN BURGER € 10

Ingredients Vegan burger: sunflower seeds and seasonal vegetables

NV 143,5 Kcal IG Medium Low

 **5:** Vegan Burger, cashew sour cream, horseradish cream, wild salad, rocket sprouts, caramelized sweet peppers

 **6:** Vegan burger, sweet peppers cream, wild salad, radish sprouts


 **7:** Vegan Burger, cashew sour cream, raw mustard, zucchini carpaccio, wild salad

*Allergen: Cashews, Soya, Mustard, Celery*

## CREPES GOURMET

€10

Raw crepes made with zucchini, walnuts, flax seeds




 Filled with cashews sour cream, cherry tomatoes, rocket salad, caramelized sweet peppers

*Allergen: Cashews, Soya, Walnuts*



\* Ingredients Raw Bread : sprouted buckwheat flour, chia flour, flaxseeds flour, sunflower flour, olive oil. Dried without yeast NV x 2pc: 350 Kcal IG Low

# DESSERTS

THE DESSERTS OF THE DAY ARE IN THE DESSERT COUNTER



-  **Chestnut biscuit**  
Flours of chestnut, almond, buckwheat sprouted, coconut sugar  
With hazelnut cream and raw cocoa € 2  
€ 2,5
-  **Hazelnut biscuit**  
Hazelnuts and dates € 2
-  **Raw chocolates with coconut sugar** € 2

-  **Raw Crêpe filled with hazelnut and raw cocoa cream** € 6  
Dried Banana and Brasil nuts Crêpe

-  **Almond granita with coconut sugar and cocoa beans** € 6  
NV 407 Kcal  
IG Medium High
-  **Almond granita with cane sugar** € 6

-  **Sliced of seasonal fruit** € 7

# COMBINED BREAKFAST

-  **1 - Juice or Cappuccino + Bread with avocado + Yogurt with fruit and granola + Espresso or Tea** € 14
-  **2 - Milk shake + Chia pudding with fruits + Sandwich + Espresso or Tea** € 18

Allergen: Nuts, Cashews,



# BREAKFAST OR SNACKS

 <b>Chestnut biscuit</b> Flours of chestnut, almond, buckwheat sprouted, cocoa butter, coconut sugar <b>With Hazelnut cream and Raw Cocoa</b>		€ 2 € 2,5
 <b>Hazelnut biscuit</b> Hazelnuts and dates		€ 2
 <b>Raw chocolates with coconut sugar</b>		€ 2
 <b>Peanut Protein bar</b> Peanuts, dates and raw cocoa paste		€ 3
 <b>Energy bar with fruit</b> Buckwheat sprouted, apple, sunflowers and flax seeds, cinnamon, dates, agave syrup	NV 134 Kcal IG High	€ 3
 <b>Energy bar with cocoa</b> Buckwheat sprouted, raw cocoa paste and powder, hazelnuts, almonds, dates, agave syrup	NV 200 Kcal IG Medium Low	€ 3
 <b>Quinoa energy bar</b> Sprouted and dried quinoa, dates, dried apricot, maca powder, almonds, hazelnuts, pistachios	NV 201 Kcal IG High	€ 4,5
 <b>Raw or Rye Bread filled with hazelnuts and raw cocoa cream / homemade Peanut butter</b>		€ 3,5
 <b>Raw or Rye Bread with slice of avocado</b>		€ 5
 <b>Raw Crêpe filled with hazelnut and raw cocoa cream</b> Dried Banana and Brasil nuts Crêpe		€ 6
 <b>Chia Pudding</b> Chia seeds, almond milk, coconut sugar, cinnamon, vanilla		€ 5
 <b>Chia Pudding Bowl</b> Chia seeds, almond milk, coconut sugar, fresh fruit, almonds, hazelnuts, dried fruit		€ 8
 <b>Cashew Yogurt fermented with granola</b>	NV 315 Kcal IG Low	€ 6
 <b>Cashew Yogurt fermented with fruits and granola</b>		€ 7
 <b>Seasonal Fruit salad</b>		€ 7

*Allergen: Nuts, Cashews,*