

Écrin

MENU FOOD
ENGLISH

APPETIZERS

 **Soup with home made italian miso**
- Chickpeas and millet
- Chickpeas and spelled - with gluten

Miso: very proteinic, rich in minerals (calcium magnesium), contains the 8 essential amino acids, rich in live cultures that help the intestinal flora. Intake before meals helps digestion

€ 3

 **Celeriac hummus**
Celeriac hummus with cashews, champignon mushrooms marinated and dried, chlorophyll of parsley, reduction of balsamic vinegar

€ 8

 **Avocado Tartare**
Avocado, radish, raisin, thyme

€ 8

 **Guacamole and raw crackers**
Avocado, sprouts of leek, dried tomatoes

€ 8

TASTING

 **“ Cheeses ” x 2**
Fermented and dried nuts

€ 15

 **Ecru appetizer x 2**

€ 25

SALADS

 **Mixed Salad** NV 224 Kcal
IG Low € 10
Wild salad, Shiitake fresh mushrooms, cabbage, carrots, radish, mixed seeds flavoured

 **Rocket Salad** NV 302 Kcal
IG Low € 10
Rocket salad and wild salad, caramelized walnuts and red onions, hemp seeds, balsamic vinegar

 **Waldorf Salad** NV 530 Kcal
IG Low € 10
Marinated cabbage, sour mousse of cashew nuts, mustard powder, apple, celery, walnuts

 **Papaya & Avocado Salad** NV 378 Kcal
IG Low € 12
Rocket salad, wild salad, papaya, avocado, hemp seeds, chives, balsamic vinegar, papaya pepper

 **Spinach salad** NV505 Kcal
IG Low € 12
Spinach, avocado, celery, nuts, black olives

NOODLES AND VEGETABLE DISHES WITH CREAM CHOICE

Raw vegetables marinated with oil and salt

 **White Turnip / Daikon Noodles**

 **Pumpkins Noodles**

Cream:

 **Cabbage pesto**
Cabbage, sun-dried tomatoes, almonds

€ 9

 **Shiitake Cream**
Shiitake, cashew

€ 10

SOUPS

 **Pumpkin**
Cream of pumpkin, ginger, sage, dried black kale

NV 193 Kcal
IG Low

€ 10

 **Fennel**
Cream of fennel, avocado, celery, walnuts

NV 397 Kcal
IG Low

€ 10

 **Spinach**
Cream of spinach, avocado, hemp seeds

NV 290 Kcal
IG Lo

€ 10

 **Black lentils**
Cream of sprouted lentils, miso, fresh Shiitake mushrooms

€ 12

 **Shiitake**
Cream of Shiitake mushrooms, cashew, miso

NV 200 Kcal
IG Low

€ 12

Our Shiitake Mushrooms are cultivated in the cave using an ancient and natural method by the Natural Funghi company in Manziana in the province of Rome.

Shiitake mushroom is an Asian mushroom native to Japan, it is considered the second most consumed edible mushroom in the world. The name "Shiitake" means oak mushroom.

It is included in the list of "mushrooms of health" for its hepatoprotective properties, stimulating properties of immune defenses, is active against viral bacterial agents; It is able to help lower cholesterol and to counteract arteriosclerosis. It has anti-inflammatory, antibacterial properties and is able to control the symptoms of Alzheimer's disease.

MAIN COURSES

Vegan Sushi Rolls

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

NV 249 Kcal
IG Low

It comes with:

- **Slices of avocado**

€ 12

- **Fresh Shiitake Mushrooms**

€ 15

Marinated & dried with ginger and tamari brunoise

Sprouted Chickpeas Hummus

Sprouted chickpeas processed with Italian homemade chickpeas and millet miso

NV 495 Kcal
IG Low

€ 15

It comes with: black kale marinated and massaged with avocado cream, sun-dried tomatoes, walnuts, cumin

Lentil black balls

It comes with: cauliflower with teriyaki, cabbage stew at 40° raw almond mayonnaise

€ 16

Stuffed Shiitake Mushrooms with:

- ginger and tamari brunoise
- marinated spinach with cashew cream flavored with nutmeg

It comes with: seasonal salad with wild herbs

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€ 18

DRIED VEGETABLE CHIPS

Chips

Dried seasonal vegetable chips,
Pumpkins, beetroot, white turnip, black kale

€ 3,5

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

Almond flour, sun-dried tomatoes, cappers, sesam seeds

€ 1 each

Almond crackers and olives

Almond flour, olives, origan

€ 1 each

Flax seed crackers with red onion

Flax seed flour, red onion

NV 53,5 Kcal
IG Medium Low

€ 1 each

Seed crackers

Sunflower, pumpkin, flex seeds, tamari

NV 45,5 Kcal
IG Medio

€ 1 each

Seed crackers with seasonal vegetables

Pumpkin, flex seeds, betroot, carrot, red onion

€ 1 each

Big portion pc. 7 - € 6

SANDWICHES

- HOMEMADE RAW BREAD*

- RYE BREAD

YOU CAN ADD VEGAN BURGER + € 3,5

 **1:** Mushrooms Shiitake cream with cashews, pumpkin carpaccio, marinated spinach, radish sprouts € 7,5

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

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

 **4:** Chickpeas hummus and miso, marinated black kale, sun-dried tomatoes € 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 mousse, horseradish cream, pumpkin carpaccio, wild salad, rocket sprouts

 **6:** Vegan Burger, cashew sour mousse, raw mustard, wild salad, rocket sprouts

 **7:** Vegan burger, fermented sauerkraut mousse, raw mustard, marinated cabbage salad with kummel grains, wild salad

 **8:** Vegan Burger, cashew sour mousse, raw mustard, Shiitake fresh mushrooms, marinated black kale

* 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** € 2
Flours of chestnut, almond, buckwheat sprouted, coconut sugar
With hazelnut cream and raw cocoa € 2,5

 **Hazelnut biscuit** € 2
Hazelnuts and dates

 **Rise and cocoa biscuit** € 2
Rice flour, raw cocoa, coconut sugar

 **Raw chocolates with coconut sugar** € 2

 **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/cappuccino + bread with avocado + yogurt with fruit and granola + espresso or tea** € 14

 **2 - Milk shake + chia pudding with fruits + sandwich + espresso o tea** € 18

BREAKFAST OR SNACKS

-  **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
-  **Rise and cocoa biscuit**
Rice flour, raw cocoa, coconut sugar € 2
-  **Raw chocolates with coconut sugar** € 2
-  **Energy bar with fruit**
Buckwheat sprouted, apple, sunflowers and flax seeds, cinnamon, dates, agave syrup
NV 134 Kcal
IG High € 3
-  **Energy bar with cocoa**
Buckwheat sprouted, raw cocoa paste and powder, hazelnuts, almonds, dates, agave syrup
NV 200 Kcal
IG Medium Low € 3
-  **Bread with pistachio cream or cocoa and hazelnuts cream** € 3
-  **Quinoa energy bar**
Sprouted and dried quinoa, dates, dried apricot, maca powder, almonds, hazelnuts, pistachios
NV 201 Kcal
IG High € 4,5
-  **Raw or rye bread with slice of avocado** € 5
-  **Chia Pudding**
Chia seeds, almond milk, coconut sugar, cinnamon, vanilla € 5
-  **Chia Pudding Bowl**
Chia seeds, almond milk, coconut sugar, cinnamon, vanilla € 8
-  **Cashew Yogurt fermented with granola**
NV 315 Kcal
IG Low € 6
-  **Cashew Yogurt fermented with fruits and granola** € 7
-  **Seasonal Fruit salad** € 7