




APPETIZERS

-  **Soup with home made italian miso**
- Chickpeas and Millet
- Chickpeas and Barley
Allergen: 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
-  **Chips with miso mayonnaise homemade**
Dried seasonal vegetable chips,
Pumpkins, Black kale
Allergen: Almond, Cashews
- € 5
-  **Celeriac hummus**
Celeriac hummus with cashews, champignon mushrooms marinated and dried,
parsley's powder, reduction of balsamic vinegar
Allergen: Cashew
- € 8
-  **Avocado Tartare**
Avocado, radish, raisin, thyme
- € 8
-  **Guacamole and raw crackers**
Avocado, sprouts of leek, dried tomatoes
- € 9

TASTING

-  **“ Cheeses ” x 2**
Fermented and dried nuts
Allergen: Cashews, Walnuts, Almond
- € 15
-  **Ecru appetizer x 2**
- € 25

BREAKFAST OR SNACKS


 Chestnut biscuit Flours of chestnut, almond, buckwheat sprouted, cocoa butter, coconut sugar With Hazelnut cream and Raw Cocoa		€ 2 € 2,5
 Hazelnut biscuit Hazelnuts and dates		€ 2
 Raw chocolates with coconut sugar		€ 2
 Peanut Protein bar Peanuts, dates and raw cocoa paste		€ 3
 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
 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 filled with hazelnuts and raw cocoa cream / homemade Peanut butter		€ 3,5
 Raw or Rye Bread with slice of avocado		€ 5
 Raw Crêpe filled with hazelnut and raw cocoa cream Dried Banana and Brasil nuts Crêpe		€ 6
 Chia Pudding Chia seeds, almond milk, coconut sugar, cinnamon, vanilla		€ 5
 Chia Pudding Bowl Chia seeds, almond milk, coconut sugar, fresh fruit, almonds, hazelnuts, dried fruit		€ 8
 Cashew Yogurt fermented with granola	NV 315 Kcal IG Low	€ 6
 Cashew Yogurt fermented with fruits and granola		€ 7
 Seasonal Fruit salad		€ 7


Allergen: Nuts, Cashews,

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, organ € 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, Lentyu sauce NV 45,5 Kcal
IG Medio € 1 each

Big portion pc. 7 € 6

Allergen: Cashews, Almond, Sesame

MAIN COURSES

Vegan Sushi Rolls

NV 249 Kcal

Ingredients : Nori, curry sunflower seed cream, cauliflower, carrots, IG Low
avocado, sprouts leek, apple, rocket salad -
Lentyu sauce* & Wasabi

It comes with:

- **Slices of avocado**

€ 12

or - **Fresh Shiitake Mushrooms**

Marinated & dried with ginger and Lentyu sauce

€ 15

*Lentil and millet sauce without soya produced by Lolmaia
Organic Tuscany Farm of Dario Benossi

Balance:

- Sprouted chickpeas hummus cream
- Raw or Rye bread (Gluten) with cashew sour cream,
avocado and sun dried tomato
- Seasonal salad with wild herbs

€ 15

Allergen: Cashews, Almond

Qui - Fu:

- Quinoa* Tabulè with Sicilian Broccoli, hazelnuts, turmeric
- Sliced Homemade Tofu* on wild salad and mayonese with chickpeas
miso

€ 15

Allergen: Soya, Hazelnuts

** Italian Products from Organic farm

Sprouted Chickpeas Hummus

Sprouted chickpeas processed with Italian
homemade chickpeas and millet miso

NV 495 Kcal

IG Low

€ 16

It comes with: Black kale marinated
with avocado cream, sun-dried tomatoes, walnuts,
cumin

Allergen: Walnuts

SALADS

All our salads are served with a cracker

- | | | |
|---|-------------------------------------|-------------|
|  Rocket Salad
Rocket salad, caramelized walnuts, red onions,
hemp seeds balsamic vinegar

<i>Allergen:</i> Walnuts | NV 302 Kcal
IG Low | € 10 |
|  Mixed Salad
Salad, Spinach, Shitake mushrooms, cabbage,
carrots, radish, mixed seeds flavoured | | € 10 |
|  Waldorf Salad
Marinated cabbage, cashew sour mousse,
mustard powder, apple, celery, walnuts

<i>Allergen:</i> Walnuts, Celery | NV 530 Kcal
IG Low | € 10 |
|  Protein Salad
Fresh spinach, marinated homemade Tofu,
avocado, apple vinegar
(Tofu marinated with ginger, chives, horseradish,
oil, Lentylu Sauce , Juniper berries)

<i>Allergen:</i> Soya | | € 12 |

SANDWICHES

- HOMEMADE RAW BREAD*
- RYE BREAD (Allergen: Gluten)

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


ALLERGEN: Cashews, Mustard, Celery, Almond

SOUPS

 **Pumpkin**
Cream of pumpkin, ginger, sage
Allergen: Celery


NV 193 Kcal
IG Low

€ 10

 **Fennel**
Cream of fennel, avocado, celery, walnuts
Allergen: Celery, Walnuts


NV 397 Kcal
IG Low

€ 10

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

NV 290 Kcal
IG Lo

€ 10

 **Shiitake**
Cream of Shiitake mushrooms, cashew, miso with rice
and italian soya
Allergen: Cashew, Soya

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.

Shitake 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.




VEGETABLE NOODLES €10

Raw vegetables marinated with oil and salt



 **Pumpkins Noodles with Shiitake Cream**
Allergen: Cashew

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 + Cashew Yogurt with fruit and granola + Espresso or Tea** € 14
-  **2 - Milk shake + Chia pudding with fruits + Sandwich + Espresso or Tea** € 18

Allergen: Nuts, Cashews,