

*écrur*

**RAW & ORGANIC FOOD**

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VINO E CUCINA NATURALE

[ecrurawfood.it](http://ecrurawfood.it)



Welcome!

## Nature, beauty, simplicity, energy and color.

Are the concepts that inspired us to create a place unlike any other: Ecrù! A crudist bistro designed for the preparation of every meal: breakfast, lunch, snack, dinner. Here you can taste our creations, the fruit of the crudist experience gained over the years.

We don't use eggs, lactose and refined sugars, but only raw raw materials from the earth.

We select the best raw materials from small, organic, biodynamic farms in the country, and we produce everything in our own workshop. Every day we process fruit, vegetables and seeds, all at low temperature, fermenting, sprouting, marinating and drying them with long, slow and careful processing times, leaving the nutritional and organoleptic properties of each element unaltered.

The kitchen is always open and the dishes are prepared on the spot, always trying to meet your requests, which is why we ask you to be patient while waiting and give you the opportunity to look at the works of the exhibiting artists. Ecrù is also an art gallery: we select and host artists and their works to captivate your eyes as well as your palate!

Welcome again and may your senses be awakened on this tasty journey!

Ecrù

Entrè

Tomato stuffed with basil pesto, pistachios, thyme .....	9€
Red Gazpacho with tomatoes, peppers, olives, onion, parsley .....	9€
Cucumber avocado tartar, sesame oil .....	10€
Guacamole with raw almond crackers .....	10€
Tzatziki with fermented cashew yogurt and raw crackers .....	10€
Seaweed spaghetti Himanthalia elongata with dried tomatoes, basil, olives and balsamic vinegar .....	10€
Raw cheese tasting (fermented dried fruit) .....	15€

Salad

Mix salad, seasonal vegetables, quinoa, avocado, curry flavoured seeds.	14€
Papaya salad with rocket salad, wild herbs, avocado, walnuts, chives, balsamic vinegar reduction .....	14€
Greek salad with almond feta .....	14€

Main course

Zucchini spaghetti with basil pesto (pistachios, thyme) .....	12€
Sushi rolls with sliced avocado, lentyu sauce .....	13€
Sprouted chickpeas hummus with fermented vegetables, salad .....	16€
Qui-Fu: italian quinoa tabbouleh with seasonal vegetables, aromatic herbs, sliced artisanal “Otani” tofu on basil almond cream .....	18€

Service: 1€ for person

Allergens: Dried nuts, celery, soya

Entrè, salad, main course

## Sandwiches €10

choice of raw protein bread\*\* or rye bread (Gluten)

- 1) Avocado, cashew sour cream, dried tomatoes, salad
- 2) Sprouted chickpea hummus, carrots, olives, salad, chives
- 3) Sprouted chickpea hummus, caramelized peppers, marinated wild rocket

## Sandwiches with sunflower seed burgers €12

- 4) Raw burger, cashew sour cream, marinated wild rocket, homemade kimchi
- 5) Raw burger, cashew sour cream, zucchini carpaccio, caramelized onion, horseradish
- 6) Raw burger, tzatziki fermented cashew yogurt, tomato, salad

\* Dried burger made with sunflower seeds and seasonal vegetables.

\*\* Gluten and salt-free dried bread made with chia seed flour, almond flour, flax seed flour.

Nutritional values for 100g of product (about two slices of raw bread):

Energy - Kcal 547 equal to KJ 2288,65 Protein 18,80 Total fat 47,2 Carbohydrate 24,8

## Crepes Gourmet €14

Dried zucchini crepes with chia seeds flour and buckwheat flour filled with cashew sour cream, datterini, rocket salad, caramelized onions

Service: 1 € for person

Allergens: Dried nuts, mustard

# Sandwiches, Crepes gourmet

Sweets, snacks

Chestnut biscuit / with hazelnut and raw cocoa cream.....	2,5€
Hazelnut biscuit with cocoa, cocoa butter and coconut sugar.....	2,5€
Almond biscuit, orange, raisins and cinnamon.....	2,5€
Rawcher (peanut and date praline with hazelnut and cocoa heart).....	2,5€
Peanut protein bar with peanuts, dates, raw cocoa paste .....	3€
Raw or rye bread filled with almond butter or red fruit jam (sugar free) .....	4€
Raw or rye bread filled with hazelnut and raw cocoa cream and homemade peanut butter .....	4€
Avocado toast with seasonal vegetables.....	8€
Raw banana and brazil nut crêpe filled with hazelnut and raw cocoa cream.....	8€
Raw banana brazil nut crêpe filled with fermented cashew yogurt, fresh fruit (sugar free) .....	8€
Fermented cashew yogurt with peanut butter .....	6€
Fermented cashew yogurt with fruits and granola .....	8€
Chia pudding seeds with almond milk (sugar free) .....	6€
Chia pudding seeds with almond milk and fruit .....	8€
Granita almonds with coconut sugar .....	6€

Service: 1€ for person

Allergens: Dried nuts, peanuts

...look at the display for our specials and cakes of the day!

# Coffee & cappuccino

Hand-picked organic specialty coffee 100% Arabica roasted in Rome	
by "Aliena Coffee Roasters" .....	1,5/2€
Specialty double coffee .....	3€
American coffee .....	3€
Carrob “coffee” .....	2€
Chicory coffee .....	2€
Espresso with almond milk / soya milk .....	2/2,5€
Pure almond milk .....	4€
Cappuccino with soya milk .....	3€
Cappuccino with almond milk .....	4€
Cappuccino with carrob or chicory “coffee” and almond milk .....	4€
Matcha Cappuccino with almond milk .....	4€
Golden milk cappuccino with turmeric and almond milk .....	4€
Shaken coffee with ice .....	4€
Shaken coffee with almond milk .....	5€

*\* In our lab we make cold press almond milk everyday using Sicilian almonds.*

# Infusion & tea €4

*Allergens: Dried nuts, soya*

Coffee and infusion

## Milkshake €7

**Papaya Milk:** Almond milk, Sicilian papaya, dates

**Beige:** Almond milk, cinnamon, nutmeg, maca, agave syrup

**Tiramisù:** Brazil nut milk, banana, raw cocoa, coconut oil, dates

**Coffee:** Almond milk, coffee, agave syrup

**Matcha milk:** Almond milk, matcha tea, dates, coconut oil, cinnamon

**Lassi:** Fermented cashew yogurt, cumin, cardamom

*\* In our lab we make cold press almond milk everyday using “Sicilian almonds.”*

## Cold press juice €6

**Orange:** Melon, peach, lemon, basil

**Rouge:** Watermelon, lemon, ginger

## Soft drinks €4

Kombucha, kefir, yerba mate, ginger soda

*Allergens: Dried nuts, celery*

Milkshake · cold press · fermented

## Glass of wine

Ask the Staff.....Cal 6€

**Gregoletto:** Prosecco sui lieviti doc cantine Gregoletto

Premaor di Miane, Treviso.....Bott 22€ - Cal 6€

## Bottles of wine

Check out our wine cellar.

## Drinks

*For our drinks, we use liqueurs and distillates from small wineries that use quality alcohols combined with a blend of plants and herbs.*

**Pastis:** anis, Piedmont herbs and mountain plants ..... 5€

**Amaro Alpino:** cold maceration of thirty botanicals, among which pine needles, lavender and eldebarry flowers..... 5€

**Spritz:** bitter (gentian blossom, karkadè, orange peel eradicated spices) with prosecco on the lees ..... 8€

**Negroni:** bitter, vermouth gin London dry ..... 12€

**Americano:** bitter, red vermouth, seltzer ..... 10€

**Mi-To Pechino:** vermouth, bitter, kombucha green tea ..... 10€

**Beer** craftsmanship ..... 6€



# The fermented and dried products of our market

**Raw protein bread:** flatbread type bread for sandwiches, semi-dried and without salt, made with chia seed flour, almond, flax seed. All flours are made in Lab after sprouting and drying at 40° ..... 1 pcs. 1,5€

## Wheat crackers:

Sprouted timilia ancient and sesame produced on the San Giovannello farm in the province of Enna (contains gluten)..... 15 pcs. 6,5€  
Almond crackers, sesame and dried tomatoes..... 1 pcs. 1€ 10 pcs. 8€  
Almond crakers, flax seeds and olives..... 1 pcs. 1€ 10 pcs. 8€  
Mixed seed crackers with lentyu sauce..... 1 pcs. 1€ 10 pcs. 8€

*\* The flours used to prepare the crackers are produced in our Lab after sprouting and drying at 40 degrees.*

**Fermented cashew yogurt** - 250 gr ..... 6€

## Mixed wheat seeds:

Sunflower and pumpkin seeds with curry or paprika ( the seeds are activated and then dried at 40 degrees - ideal in salads or as a salty snack ) - 200 gr..... 7€

## Cheese:

Assorted soft or ages cheeses: almond cheese - cashew cheese macadamia 1 pcs. 100 gr..... da 6 a 10€

## kombucha:

Homemade kimchi - 500gr..... 10€  
Green tea kombucha 1 liter..... 12€  
Green tea and sage kombucha 1 liter..... 12€  
Green tea and mango kombucha 1liter..... 12€

*Allergens: Dried nuts, peanuts, celery and sesame*

# The sweets of our market

## Biscuits:

Chestnut flour, buckwheat, almonds..... 1 pc. 2€

Almond biscuit, orange, raisins and cinnamo..... 1 pc. 2,5€

Cocoa hazelnut with cocoa butter and coconut sugar..... 1 pc. 2,5€

**Rawcher:** peanut and date praline filled with cocoa hazelnut

cream, covered with raw cocoa..... 1 pc 2,5€

**Peanut protein bar** with peanuts, dates, raw cocoa paste..... 1 pz. 3€

## Granola:

Sprouted buckwheat with cocoa, almonds and hazelnuts - 250 gr..... 7€

Sprouted buckwheat with fruit -250 gr..... 7€

**Tuscan peanut butter** -300gr..... 7€

**Sicilian almond butter** -300gr..... 12€

**Organic hazelnut cream** with hazelnuts from Piedmont, cocoa and coconut sugar (on request also without coconut sugar) 300gr

Azienda Agricola Biologica La Ghiandaia..... 15€

# Our raw food stock

**Organic lemon or orange powder** - 40gr (obtained from the peel dried at 40 degrees and blended)..... 3,5€

**Celery salt** - 40gr..... 3,5€

**Parsely powder** - 37gr..... 4,5€

**Wood roasted Tuscan peanuts** - 500gr..... 6€

**Activated and dried Sicilian almonds** 500gr..... 12€

Allergens: Dried nuts, peanuts, celery

Our preparations are fresh and expressed, just in some cases product could be frozen by us (Pesti, Hummus, Dessert).  
Ask to the staff for allergies and intolerances.

# Market