

écrur

RAW & ORGANIC FOOD

VINO E CUCINA NATURALE

ecrurawfood.it



Welcome!

Nature, beauty, simplicity, energy and color.

Are the concepts that inspired us to create a place different from any other: Écru!

A raw bistrot where you can enjoy any meal, breakfast, lunch, afternoon tea and dinner.

Here you can try our creations, which result from our long experience in raw food. We select the best ingredients from small local organic and biodynamic farms. We do not use eggs, dairy or refined sugars but only ingredients that come from the earth.

Every day we carefully transform fruit, vegetables and seeds through low-temperature cooking, fermenting, sprouting, dehydrating and marinating. These are slow procedures that take a special care to not affect the nutrients or flavors of the ingredients.

We can count on our daily deliveries to grant you fresh and seasonal food.

Our kitchen is always open and our dishes are daily prepared.

We try to meet all your needs, requests, and that is why we ask you for a little patience.

Écru is also an art gallery and we host the artists and their work for you to enjoy as you are having your delicious meal.

Once again, welcome, and may your senses be awakened by this flavourful journey!

Ecrù

Entrè

Small miso soup with chickpeas and millet miso by Lolmaia.....	4€
Black kale chips with almond mayonnaise, miso, ginger.....	7€
Avocado tartare, radish, raising, thyme.....	10€
Guacamole with Sicilian avocado and raw crackers.....	10€
Seaweed spaghetti himanthalia elongata with caper, walnuts, fennel....	10€
Raw cheese tasting: fermented nuts (almond, cashew, macadamia).....	15€

Salad

Mixed salad bowl, seasonal vegetable, quinoa, avocado, curry flavour seeds.....	14€
Waldorf salad with cabbage, cashew sour cream, apple, celery, walnuts, mustard.....	14€
Protein salad with spinach, avocado, walnuts, apple vinegar, “Otani” homemade tofu marinat. with horseradish, ginger and juniper berries..	14€

Main course

Sushi rolls (7 pcs.) with sunflower seed and curry cream, carrots, apple, avocado, rocket salad and lentylu sauce.....	14€
Chickpeas hummus, with stuffed mushrooms “quercetti” and rocket salad with dried balsamic vinegar reduction.....	18€
Qui-Fu: Italian quinoa tabulè with califlower, cabbage, chives, homemade teriyaki sauce, sliced “Otani” homemade tofu on miso almond cream..	18€

Everything is homemade.

Service: 1€ for person

Allergens: Nuts, celery, soya, mustard

Entrè, salad, main course

Sandwiches €10

with our raw protein bread** or rye bread (gluten)

- 1) Avocado, cashew sour cream, dried tomatoes, salad, leek
- 2) Sprouted chickpeas hummus, marinated kale, dried tomatoes

Sandwiches with sunflower seeds burger €12

- 3) Raw burger, cashew sour cream, marinated kale, horseradish, shiitake mushroom
- 4) Raw burger, cashew sour cream, rocket salad, kimchi

Avocado toast €12

Avocado toast with Sicilian avocado, fermented vegetables and koji radishes.

- * Dried burger made with sunflower seeds, beetroot, onion and parsley.
- ** Gluten free dried bread made with chia seed flour, almond, flax seed, sprouted buckwheat.

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

Soup

Raw vegetables blendend with hot water and served warm

Mushroom cream with shiitake, champignon, pleurotus, cashews, miso, fermented lentil sauce..... / 2€

Everything is homemade.

Service: 1 € for person

Allergens: Nuts, celery, mustard, soya

Sandwiches, Soup

Sweets, snacks

Hazelnut cookie with cocoa, cocoa butter and coconut sugar.....	3€
Almond cookie, orange, raisins and cinnamon.....	2,5€
Rawcher (peanut and date praline with hazelnut and cocoa cream).....	3€
Peanut protein bar with peanuts, dates, raw cocoa paste	3€
Raw or rye bread filled with almond butter, red fruit jam (sugar free).	4€
Raw or rye bread filled with hazelnut and raw cocoa cream and homemade peanut butter	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	7€
Fermented cashew yogurt with fruits and granola	8€
Chia pudding seeds with almond milk (sugar free)	7€
Chia pudding seeds with almond milk and fruit	8€
Granita almonds with coconut sugar	7€

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

Every dessert is prepared in our lab using only natural sweeteners.

Service: 1€ for person

Allergens: Nuts, peanuts

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	5€
Golden milk cappuccino with turmeric and almond milk	5€
Hot chocolate with dates and cashews	6€

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

Infusion & tea €4

Allergens: Nuts, soya

Coffee and infusion

Milkshake €7

- Avocado cacao: Almond milk, avocado, cocoa, agave syrup
- Beige: Almond milk, cinnamon, nutmeg, maca, agave syrup
- Tiramisù: Almond milk, banana, raw cocoa, 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

- Light green: Fennel, apple, celery, ginger
- Rouge: Beetroot, apple, carrot, ginger

Smoothies €6

- Strong green: Spinach, apple, dates, moringa powder

Soft drinks and fermented €4

- Kombucha, kefir, yerba mate, ginger soda
(Homemade)

Beverages

Water 0.5lt	1€
Water 1lt	2€

Every drink is homemade in our laboratory with fresh, natural ingredients.
Allergens: 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.

- Spritz:** bitter (gentian blossom, karkadè, orange peel eradicated spices)
with prosecco on the lees8€
- Negroni:** bitter, vermouth gin London dry / 2€
- Americano:** bitter, red vermouth, seltzer / 0€
- Mi-To Pechino:** vermouth, bitter, kombucha green tea / 0€
- Craft beer**..... 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° / pcs. 1,5€

Protein crackers (dried):

Sprouted timilia ancient and sesame produced on the San Giovannello farm in the province of Enna (contains gluten)..... / 5 pcs. 6,5€

Almond crackers, chia seeds and dried tomatoes..... / pcs. 1€ 10 pcs. 8€

Almond crakers, chia seeds and olives..... / pcs. 1€ 10 pcs. 8€

Mixed seed crackers with lentyu sauce..... / 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 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 / pcs. 100 gr..... da 6 a 10€

Homemade kimchi - 500gr..... 10€

Kombucha:

Green tea kombucha / liter..... 12€

Green tea and sage kombucha / liter..... 12€

Green tea and mango kombucha / liter..... 12€

Allergens: Nuts, peanuts, celery, sesame

The sweets of our market

Cookie:

- Almonds..... / pc. 2,5€
- Cocoa hazelnut with cocoa butter and coconut sugar..... / pc. 3€

Rawcher: peanut and date praline filled with cocoa hazelnut cream, covered with raw cocoa..... / pc 3€

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

Granola:

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

Tuscan peanut butter -300gr.....8€

Sicilian almond butter -300gr..... / 2€

Organic hazelnut cream with hazelnuts from Piedmont, cocoa and coconut sugar (on request also without coconut sugar) 300gr
Organic Garm La Ghiandaia..... / 5€

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..... / 2€

Allergens: 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.