

*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 raw bistro designed for the preparation of every meal: breakfast, lunch, snack, dinner. Here you can taste our creations, the fruit of the raw experience gained over the years.

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

|                                                                                                   |     |
|---------------------------------------------------------------------------------------------------|-----|
| Red Gazpacho with tomatoes, peppers, onion, parsley, olives.....                                  | 9€  |
| Guacamole with raw almond crackers .....                                                          | 10€ |
| Fermented cashew tzatziki with raw crackers .....                                                 | 10€ |
| Seaweed spaghetti Himanthalia elongata with tomatoes, basil, olives<br>and balsamic vinegar ..... | 10€ |
| Raw cheese tasting: fermented nuts (almond, cashew, macadamia) .....                              | 15€ |

Salad

|                                                                                                           |     |
|-----------------------------------------------------------------------------------------------------------|-----|
| Bowl with wild herbs/mixed greens, seasonal vegetables, quinoa,<br>avocado and curry-flavoured seeds..... | 14€ |
| Greek salad with salad, tomatoes, peppers, olives, basil, oregano and<br>almond feta .....                | 14€ |

Main course

|                                                                                                                                                |     |
|------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| Zucchini spaghetti with basil pesto (pistachios, thyme) .....                                                                                  | 12€ |
| Sushi rolls with curry sunflower seed cream, carrot, apple, avocado,<br>rocket and lentyu sauce .....                                          | 14€ |
| Creamy sprouted chickpea hummus with mint-marinated eggplants,<br>parsley, sweet pepper carpaccio and Nero d'Avola dried caper<br>powder ..... | 18€ |
| Qui-Fu: Marche quinoa tabbouleh with zucchini, tomatoes, peppers,<br>aromatic herbs, sliced artisanal "Otani" tofu on basil almond cream ..... | 18€ |

Service: 1€ per person

Allergens: Nuts, sesame, soy

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, caramelized peppers

## Sandwiches with sunflower seed burgers €12

- 3) Raw burger, cashew sour cream, caramelized onions, horseradish, zucchini carpaccio

## Avocado toast €12

Avocado toast with avocado, fermented vegetables and koji radishes

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

\*\* Gluten and salt-free dried bread made with chia seed flour and almond 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 € per person

Allergens: Dried nuts, mustard

# Sandwiches, Crepes gourmet

Sweets, snacks

|                                                                                                    |    |
|----------------------------------------------------------------------------------------------------|----|
| Chestnut and buckwheat cookie.....                                                                 | 3€ |
| Hazelnut cookie with cocoa, cocoa butter.....                                                      | 3€ |
| Almond cookie, orange, raisins and cinnamon.....                                                   | 3€ |
| Rawcher (peanut and date praline with hazelnut and cocoa heart).....                               | 3€ |
| Peanut protein bar with peanuts, dates, raw cocoa paste .....                                      | 3€ |
| Raw or rye bread filled with almond butter or jam (sugar free) .....                               | 4€ |
| Raw or rye bread filled with hazelnut and raw cocoa cream and<br>homemade peanut butter .....      | 4€ |
| Raw banana and brazil nut crêpe filled with hazelnut and raw cocoa<br>cream.....                   | 8€ |
| Raw banana brazil nut crêpe filled with fermented cashew yogurt,<br>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€ |
| Almond granita (ice cream) with coconut sugar .....                                                | 7€ |

Service: 1 € per person

Allergens: 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 .....                                          | 3,5€   |
| Cappuccino with almond milk .....                                        | 4€     |
| Cappuccino with carrob or chicory “coffee” and almond milk .....         | 4€     |
| Matcha Ice with almond milk .....                                        | 6€     |
| Golden Milk Ice with almond milk, turmeric, cinnamon and<br>pepper ..... | 5€     |
| Shaken coffee with ice .....                                             | 5€     |
| Shaken coffee with almond milk .....                                     | 6€     |

*\* 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

**Beige:** Almond milk, cinnamon, nutmeg, maca, dates

**Tiramisù:** Almond milk, banana, raw cocoa, coconut oil, dates

**Coffee:** Almond milk, coffee, dates

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

**Matcha milk:** Almond milk, matcha tea, dates, coconut oil,  
cinnamon..... 10€

*\* 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

*Homemade*

**Kombucha**

**Yerba mate**

**Ginger soda**

**Kuromame Mugicha:** revitalizing black soybean and barley drink rich in minerals.

*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.

- Lavender Spritz: lavender liqueur produced in Umbria (Penna) by Via Verde Farm.....8€
- Spritz: bitter (gentian blossom, karkadè, orange peel and spices) with prosecco on the lees ..... 8€
- Americano: bitter, red vermouth, seltzer ..... 10€
- Negroni: bitter, vermouth gin London dry ..... 12€
- Mi-To Pechino: vermouth, bitter, kombucha green tea ..... 10€
- Pastis: artisan star anise liqueur, sugar free ..... 6€
- Amaro ..... 5€
- 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€

## Wheat crackers:

Sprouted timilia ancient and sesame produced on the San Giovannello farm in the province of Enna (contains gluten)..... / 5 pcs. 6,5€  
Almond crackers, sesame and dried tomatoes..... / pcs. 1€ 10 pcs. 8€  
Almond crackers, flax seeds and olives..... / pcs. 1€ 10 pcs. 8€  
Mixed seed crackers with lentylu 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 aged cheeses: almond cheese - cashew cheese macadamia / pcs. 100 gr..... da 6 a 10€

## kombucha:

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

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

# The sweets of our market

## Cookies:

- Almond..... / pc. 3€
- Hazelnut cookie with cocoa and cocoa butter..... / 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..... / pc 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 Azienda Agricola Biologica La Ghiandaia..... / 5€

# Our raw food stock

- Organic lemon or orange powder** - 40gr (obtained from the peel dried at 40 degrees and blended)..... 6€
- Celery salt** - 40gr..... 6€
- Parsely powder** - 37gr..... 6€
- Wood roasted Tuscan peanuts** - 500gr..... 8€
- Activated and dried Sicilian almonds** 500gr..... / 2€

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